

Membership – includes gym, swim and tennis!

Adult membership (over 21) – no contract or joining fee

Monthly (standing order – includes free induction)	£25.00
Annually (standing order – includes free induction)	£240.00

Junior membership (12–21) – no contract or joining fee

Monthly (standing order – includes free induction)	£15.00
Annually (standing order – includes free induction)	£150.00

Swimming season tickets

	Winter	Summer
Adult (over 16)	£102.00	£185.00
Senior (60+ years) / Adult concession	£80.00	£125.00
Junior (5–16 years)	£55.00	£68.00

Family tickets available – price on request

Concessions: Those claiming disability allowance, job seekers allowance, carers

Swimming PAY AS YOU GO FOR NON-MEMBERS

Adult	£5.20
Adult daily gym member	£3.90
Adult 12-swim card (12 for the price of 10)	£52.00
Senior / Adult Concession	£3.70
Senior 10-swim card	£30.00
Junior (Under 5s go FREE)	£2.80
Junior 10-swim card	£20.00
Family tickets available – price on request	
Spectator	£1.00

Gym PAY AS YOU GO FOR NON-MEMBERS

Compulsory induction all ages	£10.00
Adults (inc. seniors)	£6.00
Adult 10-session gym card	£40.00
Junior (12–21 years)	£3.00
60 plus Tues & Thurs 9am–12pm	£3.00

Tennis and multi-courts

Per court hire (60 minutes)	
Tennis (free for members)	£5.00
Multi-court (football, basketball and netball available)	£10.00
Extra for floodlights (<i>inc. members</i>)	£4.00

Classes POOL, FITNESS STUDIO & COURTS

Masterclass – stroke development	£8.00
Aqua Fitness	£6.00
Swimming lessons – price on request	

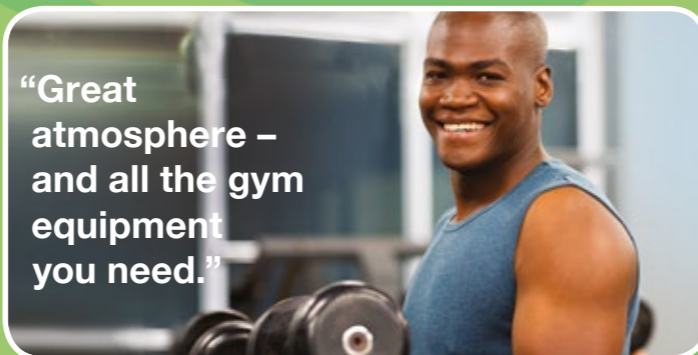
Other classes include: Aqua Workout, Armageddon Fitness, Cardio Tennis, Outdoor Circuits, Personal Training, Pilates, Thai Boxing and Yoga & Meditation. See website or ask at reception.



“The staff are really very helpful, supportive and encouraging.”



“This is my favourite place in the holidays. It's loads of fun!”

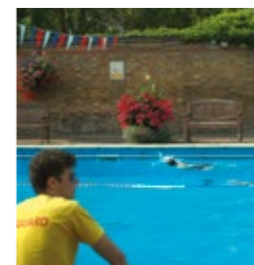
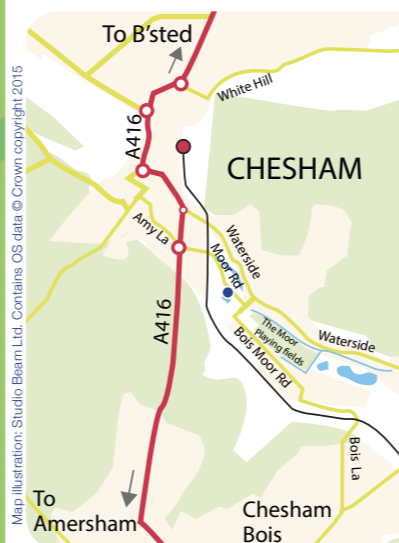


“Great atmosphere – and all the gym equipment you need.”



“A unique facility – the outdoor pool is a jewel.”

How to find us



Our sports centre is in the Chesham Moor area, with river walks, ancient woodland, playing fields and a children's playground all nearby. We are approximately 15 minutes' walk from Chesham town centre and its Metropolitan line station, and approximately 2 miles from Amersham town centre.

There is plenty of room along the railings outside our centre to secure your bike.

Free parking next to the playground (adjacent to our centre), and then a short walk.

Centre opening hours

Monday–Thursday: 06.00–21.00

Friday: 06.00–20.00

Weekends and Bank Holidays: 08.00–18.00

Open all year except 1 January and 26 December

Pool opening hours

See our summer and winter timetables overleaf.

Chesham Moor Gym and Swim

Moor Road, Chesham, Bucks. HP5 1SE

01494 776975

www.cheshammoorfitness.org.uk

[f Cheshammoor](https://www.facebook.com/Cheshammoor)

[@cheshammoorgym](https://www.instagram.com/cheshammoorgym)



Your friendly community sports centre

Centre information, prices and swimming timetable

SWIM
Tennis
GYM
£25
All-in!



Great value membership
Welcoming for all ages & abilities
Pay as you go options

APRIL 2017 – APRIL 2018



Open air heated pool

- Our pool is near chemical-free – we were the first UK outdoor pool to use ionisation technology for cleaner healthier water.
- Average pool temperature in summer is 28°C (83°F).
- Average pool temperature in winter 26°C (78°F).
- Specialised sessions including Early Morning Swimming, Toddler, Therapy, 60+, Aqua Workout and Masterclass stroke development swimming lessons.
- Pool, inflatable and barbecues are available for hire for private parties all year round.
- Hoist for disabled users – please ask at reception.
- Benches, chairs and tables on poolside.

Gym

- Our instructors are on hand to help you achieve your fitness and weight loss goals, whatever your age or level.
- Personal training is also available.
- All gym users are required to have a short induction before first using the gym – please ask at reception.

Tennis / Multi courts

- Tennis court hire is included in membership
- Two outdoor tennis courts, with the option of a multi court for basketball, netball or football.
- Floodlights for darker evenings (additional fee).
- Tennis lessons are also available – please contact reception.

General information

- Ramp for disabled access to our centre.
- Café – for hot and cold drinks and snacks.
- Free WiFi.
- Swim shop selling goggles, swim hats and other swimming accessories.
- Occasionally our centre or pool may be closed to the public for maintenance, galas or private hires. Please check on www.cheshammoorfitness.org.uk, or call us before you set off to avoid any disappointment.
- Sign up to our newsletter via www.cheshammoorfitness.org.uk to be kept up to date with the latest news, offers and events.



SUMMER SWIMMING TIMETABLE 1 APRIL – 31 OCTOBER

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm
MON	Lanes swimming only 6–8am				Adults only 8–9.30am				Aqua Fitness 9.30–10.30		Toddler/Therapy & 60 plus 10.30–11.30		Adults only 11.30am–1.30pm						General swimming 1.30–6pm						Lane 6.30pm–7pm		Adults 7–8pm		Hire/closed		
TUE	Lanes 6–8am		Masterclass		Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		Lane 11.30am–1.30pm						General swimming 1.30–4.30pm				Inflatable 4.30–5.30pm		Lane 5.30–7pm		Adults 7–8pm		Aqua Fitness 8–8.45pm		
WED	Lanes swimming only 6–8am				Adults 8–9.30am		Lessons		General 9.30–10.30		Toddler/Therapy & 60 plus 10.30–11.30		Adults 11.30am–1.30pm						General swimming 1.30–6pm				Lessons 4–6pm		Adults only 6–8pm		Hire/closed				
THU	Lanes 6–8am		Masterclass		Adults only 8–9.30am				General 9.30–10.30		School hols Inflatable		Adults 11.30am–1.30pm						General swimming 1.30–6pm						Lane 6.30pm–7pm		Adults 7–8pm		Chiltern Tri 8–9pm		
FRI	Lanes swimming only 6–8am				Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		Lane 11.30am–1.30pm						General swimming 1.30–6pm						Adults 6–7pm		Hire/closed				
SAT	Closed				Adults only 8–9.30am				General 9.30–10.30		Aqua Workout 10.30–11.30		General swimming 11.30am–1.30pm						Inflatable 2–4pm				General 4–5pm		Adults 5–6pm		Hire/closed				
SUN	Closed				Adults only 8–10am								General swimming 10am–5pm												Adults 5–6pm		Hire/closed				

KEY

 General swimming – children under 8 must be accompanied by an adult. Under 5s must be in the pool with an adult	 Lanes swimming	 Masterclass – stroke development	 Toddler swim/Therapy & 60 plus	 Chiltern Tri	 Available for hire/swimming lessons or closed
 Adult swimming	 Inflatable (Mon/Wed/Thurs school hols only)	 Aqua classes	 Swimming lessons	 Closed	

WINTER SWIMMING TIMETABLE 1 NOVEMBER – 31 MARCH

	6am	6.30am	7am	7.30am	8am	8.30am	9am	9.30am	10am	10.30am	11am	11.30am	12pm	12.30pm	1pm	1.30pm	2pm	2.30pm	3pm	3.30pm	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm	9pm	
MON	Lanes swimming only 6–8am				General swimming 8–10.30am						Aqua Fitness 10.30–11.15am		General swimming 11.30am–1.30pm												General swimming 5–8pm		Hire/closed		Hire/closed			
TUE	Lanes 6–8am		Masterclass		General swimming 8–1.30pm																						General swimming 5–8pm		Hire/closed		Hire/closed	
WED	Lanes swimming only 6–8am				General swimming 8–1.30pm						Aqua Fitness																General swimming 5–8pm		Hire/closed		Hire/closed	
THU	Lanes 6–8am		Masterclass		General swimming 8–1.30pm																						General swimming 5–7.30pm		Chiltern Tri 7.30–8.30pm		Closed	
FRI	Lanes swimming only 6–8am				General swimming 8–1.30pm																						General swimming 5–7.30pm					
SAT	Closed				Masterclass		Lane		General swimming 9am–12pm																							
SUN	Closed				General swimming 8am–12pm																											

Please check www.cheshammoorfitness.org.uk for any temporary changes to the timetable

Pool guidelines

Please shower before your swim.

Apply sun cream at least 30 minutes before swimming.

Babies must wear swim nappies.

Children 8 and under to be accompanied by an adult. Under 5s must be in the pool with an accompanying adult.

Lane swimming is for adults and serious junior swimmers.

Lanes may be added or taken away at the discretion of lifeguard.

Bank Holidays run on Sunday timetable (closed Boxing Day).

TIMED SESSIONS of max. 1½ hours **may be introduced at very busy times**, as listed below. (Inflatable & lane sessions may be cancelled):

Mon, Tues & Thurs: 1.30pm–3pm, 3.15pm–4.45pm

5pm–7pm

Wed & Fri: 5pm–6pm

Weekends:

For Sunday only: 10am–11.30am

Sat & Sun:

11.30am–1pm

1.15pm–2.45pm

3pm–5pm.

Times can change and sessions may be cancelled due to pool hires. Please check website or contact us on 01494 776975.

Enjoy your swim!