

Dingwall Leisure Centre - Pool Programme

Monday 25th September – Sunday 8th October 2017

| | | | | | | | | | | | | | |
|------------|---------------------------------|---------------------------------|---------------------------------|---|------------------------------|---|----------------------------|---|----------------------------|-----------------------|--|------------------------------|-------------------------------|
| MON | 7.00 Public Swimming | 9.30 School Use | 9.30 School Use | 11.00 PABA | 11.45 School Use | 1.00 Lane Swimming (L.S) | 2.00 School Use | 3.30 | 3.45 Swimming Lessons | 5.45 Adult Lessons | 6.45 Conon Swim Club | 7.45 Adult Stroke Develop | 8.45 Public Swimming (L.S) |
| TUE | 7.00 Public Swimming | 9.00 School Use | 1.00 School Use | 1.00 Lane Swimming (4 lanes) | 2.00 Staff Training | 3.30 | 3.45 Swimming Lessons | 5.45 Public Swimming (L.S) | 6.30 Dingwall Swim Club | 7.30 Ladies Only | 8.30 Public Swimming Happy Hour (L.S) | 9.30 | |
| WED | 7.00 Public Swimming | 10.15 School Use | 1.00 School Use | 1.00 Public Swimming Happy Hour (L.S) | 2.00 School Use | 3.30 | 3.45 Swimming Lessons | 6.15 Public Swimming (L.S 6.15-7.30) | 8.30 Adults Only (L.S) | 9.30 | | | |
| THU | 7.00 Public Swimming | 9.00 School Use | 1.00 Lane Swimming (4 lanes) | 2.00 Public Swimming | 3.30 Family Swimming | 4.30 Public Swimming (L.S 5.30-6.30) | 6.30 Dingwall Swim Club | 8.00 Public Swimming (L.S 8.30-9.30) | 9.30 | | | | |
| FRI | 7.00 Public Swimming | 12.30 You Time Aqua Aerobics | 1.15 School Use | 2.15 #Public Swimming (L.S 1.15-2.00) | 3.45 Swimming Lessons | 5.45 Public Swimming (L.S 5.45-6.45 and 8.30-9.30pm) <small>Pool may close 6.45pm – 8.15pm for party hire</small> | 9.30 | | | | | | |
| SAT | 8.00 Public Swims Happy Hour | 9.00 Swimming Lessons | 11.00 Family Swimming | 12.00 Public Swimming (Snorkelling available 2-2.45pm) | 3.00 Adult Swimming (L.S) | <p>Join our fantastic value <i>High Life Scheme</i>. Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.</p> | | | | | | | |
| SUN | 8.00 Public Swimming | 9.00 Dingwall Swim Club | 11.00 Family Swimming | 12.00 Public Swimming | 3.00 Adult Swimming (L.S) | | | | | | | | |

Programme Guidance Notes

Swimming Lessons – For more information please contact reception.

Lane Swimming – Available where **L.S** is stated on the programme (please note there will be 4 lanes out on a Tuesday and Thursday between 1& 2pm).

Family Swims – Designed for families (no un-accompanied adults or children) mats / toys will be out for the kids.

Adult Stroke Development – If interested in developing your technique please book at reception.

Happy Hour – Activity £1 per person during the times stated.

Staff training – Staff training may take place in the pool on Friday 2.15-3.30pm, please check with reception.

Party Hire – The swimming pool is available to book for party hire on Friday nights 7.00-8.00pm and may be closed to the public 6.45pm – 8.15pm (Check pool availability at reception before coming to swim).

Aqua Aerobics – Gentle aerobics class held in the shallow end of the pool.

PABA – Parent & Baby Aqua Aerobics class – starts the 4th of September and finishes 25th September (this will be replaced with public swims after this date)

Dingwall Leisure Centre, Tulloch Avenue, Dingwall, IV15 9LH – Tel (01349) 864226.