

Dingwall Leisure Centre - Pool Programme

Monday 1st July – Sunday 18th August 2024

MON	7.00–9.00 Lane Swimming	9.00–10.30 * Summer Swim School Wks 1 & 2 only	10.30–11.30 Family Friendly Swimming	11.30–1.00 Open Swimming	1.00–2.00 Lane Swimming	2.00–6.15 Open Swimming (Lane Available 5.15–6.15)		6.15–7.00 Adults only Session	7.00–8.00 Lane Swimming	8.00–9.00 Adult Stroke Dev
TUE	7.00–9.00 Lane Swimming	9.00–10.30 * Summer Swim School Wks 1 & 2 only	10.30–1.00 Open Swimming		1.00–3.00 Staff Training		3.00–4.00 Family Friendly Swimming	4.00–8.00 Open Swimming (Lane Available 5.15–6.15)		8.00–9.00 Lane Swimming
WED	7.00–9.00 Lane Swimming	9.00–10.30 * Summer Swim School Wks 1 & 2 only	10.30–11.30 Family Friendly Swimming	11.30–1.00 Open Swimming	1.00–2.00 Lane Swimming	2.00–6.15 Open Swimming (Lane Available 5.15–6.15)		6.15–7.00 Aqua Aerobics	7.00–9.00 Lane Swimming	
THU	7.00–9.00 Lane Swimming	9.00–10.30 * Summer Swim School Wks 1 & 2 only	10.30–1.00 Open Swimming		1.00–2.00 Lane Swimming	2.00–3.00 Family Friendly Swimming	3.00–8.00 Open Swimming (Lane Available 5.00–6.00)			8.00–9.00 Lane Swimming
FRI	7.00–9.00 Lane Swimming	9.00–10.30 * Summer Swim School Wks 1 & 2 only	11–11.45 Aqua Aerobics	11.45–1.00 Open Swimming	1.00–2.30 Lane Swimming	2.30–3.30 Adult Lessons	3.30–4.30 Family Friendly Swimming	4.30–7.00 Open Swimming (Lane Available 5.15–6.15)	7.00–8.00 Adult Stroke Dev	8.00–9.00 *Lane Swimming
SAT		9.00–10.00 Lane Swimming	10.00–11.00 Family Friendly Swimming	11.00–1.30 Open Swimming	1.30–2.30 Lane Swimming	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 £26.60 for individual memberships or £39.99 for family memberships.				
SUN		9.00–10.00 Lane Swimming	10.00–11.00 Family Friendly Swimming	11.00–1.30 Open Swimming	1.30–2.30 Lane Swimming					

Programme Guidance Notes:

Lifeguard Course – Please be aware DLC will be running national pool lifeguard courses with up to 10 candidates over 2 weeks of the holiday programme commencing Monday 8th July & Monday 15th July, these will take place within the pool predominantly through the day (9-3pm).

School Transition Week – Please note the swimming pool will be closed on Wednesday 10th July from 10.30-3pm due to the school transition week.

Open Sessions - A public swimming session, all ages and abilities welcome. Some open sessions will have a lane available as stated.

Family Friendly Session - Designed for families (no un-accompanied adults or children). This session allows families to come in out with the standard admissions policy. (1 adult to 2 under 8's regardless of age). The toddlers pool will be open during these sessions.

Adult Stroke Development - Coached classes for developing your technique.

Adults Only Session – This session is an adult only session (no under 16s permitted)

Friday Evening Lane Swimming – Please be aware due to the demand of pool parties these can be booked on Friday evenings from 8.00-9.00pm (check reception for availability)

Summer Swim School - This will take place during the first 2 weeks (week commencing 1st July & 8th July) after which open swimming will replace these lessons commencing Monday 15th July.

Aqua Aerobics – Fitness to music class taking place within the shallow end of the swimming pool, Please note Aqua Aerobics will not be taking place on Friday 26th July, Wednesday 31st July nor Friday 2nd August. Open swimming will replace this on these dates.

Admissions Policy: Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis. Children aged 4, 5, 6 and 7 must be accompanied by an adult on a ratio of 1 Adult: 2 children