

Dingwall Leisure Centre - Pool Programme

**Monday 7th October – Sunday 13th October 2024 +
Monday 28th October - Sunday 24th November 2024**

MON	7.00-9.00 Lane Swimming	9.00-11.00 Open Swimming	11.00-1.15 School Use		1.15-2.30 Lane Swimming	2.30-3.30 Open Swimming		3.45-6.15 Swimming Lessons	6.15-7.00 Adult Only Session	7.00-8.00 Dingwall Swim Club	8.00-9.00 Lane Swimming
TUE	7.00-9.00 Lane Swimming	9.00-11.30 School Use		11.30-1.00 Open Swimming	1.00-3.30 Staff Training			3.45-6.15 Swimming Lessons	6.15-8.00 Open Swimming		8.00-9.00 Sub Aqua
WED	7.00-9.00 Lane Swimming	9.00-1.00 Open Swimming			1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming		3.45-6.15 Swimming Lessons	6.15-7.00 Aqua Aerobics	7.00-8.00 Open Swimming	8.00-9.00 Lane Swimming
THU	7.00-9.00 Lane Swimming	9.00-11.00 School Use	11.00-12.00 Open Swim	12.00-1.15 School Use	1.15-2.30 Lane Swimming	2.30-3.30 Open Swimming		3.45-5.45 Swimming Lessons	5.45-9.00 Dingwall Swimming Club		
FRI	7.00-9.00 Lane Swimming	9.00-10.45 Open Session	10.45-11.30 Aqua Aerobics	11.30-1.00 School Use	1.00-2.30 Lane Swimming	2.30-3.30 Adult Lessons	3.30-4.30 Family Friendly	4.30-7.00 Open Swimming (Lane Available 5.00-6.00pm)		7.00-8.00 ASD	8.00-9.00 *Lane Swimming
SAT		9.00-10.00 Lane Swimming	10.00-11.00 Family Friendly	11.00-1.30 Open Swimming	1.30-2.30 Lane Swimming		<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 £26.60 for individual memberships or £39.99 for family memberships.</p>				
SUN		9.00-10.00 Lane Swimming	10.00-11.00 Family Friendly	11.00-1.30 Open Swimming	1.30-2.30 Lane Swimming						

Programme Guidance Notes.

Lane Swimming - Lane swimming sessions will have 4 lanes with a maximum of 8 swimmers in each lane.

Open Sessions - A public swimming session, all ages and abilities welcome.

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.

Aqua Aerobics - Fitness to music class taking place within the shallow end of the swimming pool. There will be no Aqua Aerobics on Friday 8th Nov - open swimming will replace this.

ASD - Coached adult swimming class for developing your technique (**the spa and steam room will be open to the public during these sessions**)

Swimming Lessons - Term time lessons for children. The next block will run from Monday 28th October - Thursday 19th December

Dingwall Academy - The pool is closed to the public. Please note where Dingwall Academy utilise the pool during their first period of the day lane swimming will finish at 8.45am.

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)

Sub Aqua - This will commence on Tuesday 29th of October. The pool will be closed to the public at this time. Open swimming will replace this on 8th Oct.

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.