

# Dingwall Leisure Centre - Pool Programme

## Friday 3<sup>rd</sup> January – Sunday 23<sup>rd</sup> February 2025

MON	7.00-9.00 Lane Swimming	9.00-11.15 Open Swimming	11.15-1.15 School use	1.15-2.00 Lane Swimming	2.00-3.30 Open Swimming	3.45-6.15 Swimming Lessons	6.15-7.00 Open Swimming	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 (Lane available 6.15-7.15)		8.00-9.00 Lane Swimming	
WED	7.00-9.00 Lane Swimming	9.00-1.00 Primary Swimming Lessons		1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming (snorkelling available 2-3)	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	9.00-1.00 Primary Swimming Lessons		1.00-2.00 Lane Swimming	2.00-3.30 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 Swimming	10.45-11.30 Aqua Aerobics	11.30-1.00 School Use	1.00-2.30 Lane Swimming	2.30-3.30 Open Swimming	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. Aqua will begin on Wednesday 8<sup>th</sup> of January.

**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. Term 1 will run w/c 13<sup>th</sup> January - w/c 17<sup>th</sup> March. There will be no lessons the week of 17<sup>th</sup> of February

**School Use** The pool is closed to the public.

**Primary Swimming Lessons** - The pool is closed to the public. These will run from Wednesday 15<sup>th</sup> January to Thursday 13<sup>th</sup> February. Open sessions will replace these otherwise.

**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).

**Dingwall Swim Club** - Swimming pool is closed to the public at this time

**Lane Available** - Please ask the lifeguard if you require a lane within the open session at the specific times mentioned.

**Snorkelling available** - Upon request we will put one lane out for those wishing to take snorkelling equipment. This will only be available where stated in the programme. Max 4 per lane, with 1 lane per session.

**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.

