

Dingwall Leisure Centre - Pool Programme

Monday 24th February – Sunday 6th April 2025

MON	7.00-9.00 Lane Swimming	9.00-12.00 Open Swimming	12.00-1.15 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 Open Swimming (snorkelling available 10.00-11.00am)		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	9.00-12.00 Open Swimming	12.00-1.15 School Use	1.15-2.00 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	9.00-11.00 Open Swimming	11.00-11.45 Aqua Aerobics	11.45-1:00 Open Swim	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		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	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.

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.

School Use The pool is closed to the public.

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.

