

Mon	07.00-9.30 Public swimming (2 lanes from 7.00-8.00)	9.30-10.00 Swimming lessons (w/c 1 st , 15 th , 29 th July. Half pool available)	10.00-11.00 Public Swimming	11.00-12.00 Fun Float Session (8 Years and above)	12.00-17.00 Public Swimming		17.00-18.00 Wick Swimming Club (Open to public 15 th - 29 th July)	18.00-19.00 Lane Swimming (2 lanes for WASC)	19.00-20.45 Public swimming (Closed last Monday of month for staff training)		
Tue	07.00-9.30 Public swimming (2 lanes from 7.00-8.00)	9.30-10.00 Swimming lessons (w/c 1 st , 15 th , 29 th July.)		09.30-10.15 Aquafit	10.15-17.00 Public Swimming		17.00-19.30 Wick Swimming Club (Open to public 15 th -29 th July)		19.30-20.45 Public swimming		
Wed	07.00-9.30 Public swimming (2 lanes from 7.00-8.00)			9.30-10.00 Swimming lessons (w/c 1 st , 15 th , 29 th July. Half pool available)	10.00-17.00 Public Swimming (Family friendly admission policy applies from 11.00-12.00)		17.00-18.00 Wick Swimming Club (Open to public 15 th - 29 th July)	18.00-19.45 Public swimming (1 lane for WASC 18.00-19.00)		19.45-20.45 Lane Swimming	
Thu	07.00-9.30 Public swimming (2 lanes from 7.00-8.00)			9.30-10.00 Swimming lessons (w/c 1 st , 15 th , 29 th July. Half pool available)	10.00-17.00 Public Swimming		17.00-18.00 Wick Swimming Club (Open to public 15 th - 29 th July)	18.00-19.00 Public Swimming (1 lane for WASC)	19.00-20.45 Adults only Session (Adult tuition 19.45-20.30 – using two lanes.)		
Fri	07.00-9.30 Public swimming (2 lanes from 7.00-8.00)		9.30-10.00 Swimming lessons (w/c 1 st , 15 th , 29 th July. Half pool available)	10.00-12.30 Public Swimming	12.30-14.30 Staff training	14.30-17.00 Public Swimming		17.00-18.00 Wick Swimming Club (Open to public 15 th - 29 th July)	18.00-19.00 Family Friendly	19.00-20.00 Fun Float Session (8 Years and above)	20.00-20.45 Public swimming
Sat		10.00-12.30 Public swimming (W.A.S.C X2 Lanes 10.00-11.30)		12.30-16.00 Public swimming (Family friendly admission policy applies 12.30-14.30)							
Sun		10.00-12.00 Public swimming (Family friendly admission policy applies)		12.00-16.00 Public swimming (12.00-16.00 1 lane available)							

PROGRAMME GUIDANCE NOTES

Learn to Swim Programme – Pool Hall temporarily closed due teaching programme.

Adult Tuition – Swimming tuition for adults, every Thursday, learn a life skill from our qualified instructors.

Lane swimming – All the pool hall available with categorise of lanes, Slow, medium, and fast

Staff Training – Last Monday of the month 19.00-20.45 the pool hall is closed for training.

School Sessions – Pool Hall temporarily closed due to teaching programme.

Open session – Swim session, where everyone is welcome, 1 lane available.

East Caithness Community Facility – Class and Fitness Suite Timetable 1st July – 19th August 2024

MON	06.45-07.30 Pre-Work Workout Fitness Suite	9.15-9.55 Beginners Circuits Fitness Suite	10.00-10.45 Silver Circuits Assembly rooms	11.00-12.00 Otago Assembly rooms	18.00-18.45 Circuits Primary School Hall
TUE	06.45-07.30 Pre-Work Workout Fitness Suite	9.30-10.15 Aquafit Main Pool Hall			18.00-18.45 Circuits Fitness Suite
WED	06.45-07.30 Pre-Work Workout Fitness Suite		14.00-15.00 Senior Hour Fitness Suite	18.00-18.30 18.35-19.05 Indoor Cycling Assembly Rooms	
THU	06.45-07.30 Pre-Work Workout Fitness Suite	09.15-09.55 Circuits Fitness Suite			18.00-18.30 Metafit Primary School Gym
FRI	06.45-07.30 Pre-Work Workout Fitness Suite	9.15-9.55 Beginners Circuits Fitness Suite	10.00-11.00 Parkinson's Assembly rooms	11.15-12.15 Silver Circuits Assembly rooms	
SAT			09.00-09.30 Metafit Primary School		

PROGRAMME GUIDANCE NOTES

Circuits – Lose weight, tone up, get stronger, faster & fitter (*max 30 per class*)

Beginner Circuits – Moderate to low intensity exercise class. A body conditioning mix of cardio and muscular endurance.

Pre-work Workout – Short high intensity class to start your day (*max 20 per class*)

Gym Inductions – please book your space via reception.

Metafit – High intensity class, get stronger, faster & fitter.

Indoor Cycling – Class focusing on endurance, strength, intervals, high, intensity and recovery. Can be adapted for beginners.

Silver Circuits – Focuses on functional strength and mobility helping to maintain ability in all activities of daily living.

Parkinson's – Specifically created for people with Parkinson's, consist of functional exercises, some of which are chair-based, and some use a range of simple equipment.

Otago – an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility.

Fitness Suite Opening Times

Monday 07.30 – 20.45
 Tuesday 07.30 – 9.15, 9.45 – 18.00, 18.45-20.45
 Wednesday 7.30 – 14.00, 14.45 – 20.45
 Thursday 07.30 – 09.15, 10.00 – 20.45
 Friday 07.30 – 9.15, 9.45-20.45
 Saturday 10.00 -16.00
 Sunday 10.00-16.00

Make life easier for our receptionists by presenting your highlife cards on arrival.

Telephone - 01955 609709

Email – wick.pool@highlifehighland.com