

East Caithness Community Facility - Pool Timetable

1st July – 19th August 2024

Mon	07.00-9.30 Public swimming <small>(2 lanes from 7.00-8.00)</small>	9.30-10.00 Swimming lessons <small>(w/c 1st, 15th, 29th July. Half pool available)</small>	10.00-11.00 Public Swimming	11.00-12.00 Fun Float Session <small>(8 Years and above)</small>	12.00-17.00 Public Swimming	17.00-18.00 Wick Swimming Club <small>(Open to public 15th - 29th July)</small>	18.00-19.00 Lane Swimming <small>(2 lanes for WASC)</small>	19.00-20.45 Public swimming <small>(Closed last Monday of month for staff training)</small>	
Tue	07.00-9.30 Public swimming <small>(2 lanes from 7.00-8.00)</small>	9.30-10.00 Swimming lessons <small>(w/c 1st, 15th, 29th July.)</small>	10.00-10.45 Aquafit		10.45-17.00 Public Swimming	17.00-19.30 Wick Swimming Club <small>(Open to public 15th -29th July)</small>		19.30-20.45 Public swimming	
Wed	07.00-9.30 Public swimming <small>(2 lanes from 7.00-8.00)</small>	9.30-10.00 Swimming lessons <small>(w/c 1st, 15th, 29th July. Half pool available)</small>	10.00-17.00 Public Swimming <small>(Family friendly admission policy applies from 11.00-12.00)</small>			17.00-18.00 Wick Swimming Club <small>(Open to public 15th - 29th July)</small>	18.00-19.45 Public swimming <small>(1 lane for WASC 18.00-19.00)</small>		19.45-20.45 Lane Swimming
Thu	07.00-9.30 Public swimming <small>(2 lanes from 7.00-8.00)</small>	9.30-10.00 Swimming lessons <small>(w/c 1st, 15th, 29th July. Half pool available)</small>	10.00-17.00 Public Swimming			17.00-18.00 Wick Swimming Club <small>(Open to public 15th - 29th July)</small>	18.00-19.00 Public Swimming <small>(1 lane for WASC)</small>	19.00-20.45 Adults only Session <small>(Adult tuition 19.45-20.30 – using two lanes.)</small>	
Fri	07.00-9.30 Public swimming <small>(2 lanes from 7.00-8.00)</small>	9.30-10.00 Swimming lessons <small>(w/c 1st, 15th, 29th July. Half pool available)</small>	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 <small>(Open to public 15th - 29th July)</small>	18.00-19.00 Family Friendly	19.00-20.00 Fun Float Session <small>(8 Years and above)</small>	20.00-20.45 Public swimming
Sat		10.00-12.30 Public swimming <small>(W.A.S.C X2 Lanes 10.00-11.30)</small>	12.30-16.00 Public swimming <small>(Family friendly admission policy applies 12.30-14.30)</small>						
Sun		10.00-12.00 Public swimming <small>(Family friendly admission policy applies)</small>	12.00-16.00 Public swimming <small>(12.00-16.00 1 lane available)</small>						

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

Aquafit sessions- Water Aerobics all welcome, workout designed to improve overall health from our qualified instructors.

Family sessions – Fun and enjoyable sessions for all the family, **Family Friendly admission policy during these times only.**

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

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

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

Adult and Child Instruction – For pre-school children, Wednesdays, 10.15am – 12.30pm.



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