

Mon	07.00-9.45 Public swimming (2 lanes from 7.00-8.00)		10.00-11.00 School Swimming		11.15-15.35 Public swimming 11.30-12.00 Part of the shallow end used for Aqua natal.		15.50-17.00 Learn to Swim Programme		17.00-18.00 Wick Swimming Club		18.00-19.00 Lane Swimming (2 lanes for WASC)		19.00-20.45 Public swimming			
Tue	07.00-09.30 Public swimming (2 lanes from 7.00-8.00)	09.30-10.15 Aquafit	10.30-11.30 School swimming	11.45-15.15 Public swimming		15.30-17.00 Learn to Swim Programme		17.00-19.30 Wick Swimming Club				19.45-20.30 Deep Water Aerobics (Deep end part pool available)	Public Swimming 19.30-20.45			
Wed	07.00-15.15 Public swimming (2 lanes from 7.00-8.00)					15.30-17.00 Learn to Swim Programme		17.00-18.00 Wick Swimming Club		18.00-19.45 Public swimming (1 lane for WASC 18.00-19.00)		19.45-20.45 Lane Swimming				
Thu	07.00-10.15 Public swimming (2 lanes from 7.00-8.00)		10.30- 11.30 School Swimming		11.45- 15.15 Public Swimming		15.30-17.00 Learn to Swim Programme		17.00-18.00 Wick Swimming Club		18.00-19.00 Public Swimming (1 lane for WASC)		19.00-19.45 Aquafit		20.00-20.45 Adults only Session Adult tuition 20.00-20.45 – using two lanes.	
Fri	07.00- 12.30 Public swimming (2 lanes from 7.00-8.00)			12.30-14.30 Staff training		14.30-17.00 Public Swimming (15.45-16.45 Part of pool used for learn to swim)		17.00-18.00 Wick Swimming Club		18.00-19.00 Public Swimming (Family friendly admission policy applies)		19.00-20.45 Kayak Club				
Sat			10.00-12.30 Public swimming (W.A.S.C X1 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)		Private Hire 15:00 to 16:00 24 th November and 22 nd December only									

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 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.

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

East Caithness Community Facility – Class and Fitness Suite Timetable

28th October – 22nd December 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 High School Gym
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	19.45-20.30 Deep Water Aerobics Main Pool Hall
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	19.00-19.45 Aquafit Main Pool Hall
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		08.45-09.30 Circuits Fitness Suite			

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 – Wednesdays 19:00, Fridays 11:00 or Saturdays 14:30, or ask at 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 – 09.15, 09.55 - 20.45

Tuesday 07.30 – 18.00, 18.45 - 20.45

Wednesday 7.30 - 14.00, 15:00 – 20.45

Thursday 07.30 – 09.15, 09:55 – 20.45

Friday 07.30 – 09.15, 09.55-20.45

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