

# East Caithness Community Facility - Pool Timetable

28<sup>th</sup> October – 22<sup>nd</sup> December 2024

<b>Mon</b>	07.00-9.45 <b>Public swimming</b> (2 lanes from 7.00-8.00)		10.00-10.30 <b>School Swimming</b>		10.45-15.35 <b>Public swimming</b> 11.30-12.00 Part of the shallow end used for Aquanatal.		15.50-17.00 <b>Learn to Swim Programme</b>		17.00-18.00 <b>Wick Swimming Club</b>		18.00-19.00 <b>Lane Swimming</b> (2 lanes for WASC)		19.00-20.45 <b>Public swimming</b>				
<b>Tue</b>	07.00-09.30 <b>Public swimming</b> (2 lanes from 7.00-8.00)	09.30-10.15 <b>Aquafit</b>	10.15-14.45 <b>Public swimming</b>			15.00-17.00 <b>Learn to Swim Programme</b>			17.00-19.30 <b>Wick Swimming Club</b>		19.45-20.30 <b>Deep Water Aerobics</b> (Deep end part pool available)		19.30-20.45 <b>Public Swimming</b>				
<b>Wed</b>	07.00-15.15 <b>Public swimming</b> (2 lanes from 7.00-8.00) <b>Parent and toddler session</b> 10:25 to 12:35 in deep end with floor raised to 0.9m					15.30-17.00 <b>Learn to Swim Programme</b>			17.00-18.00 <b>Wick Swimming Club</b>		18.00-19.45 <b>Public swimming</b> (1 lane for WASC 18.00-19.00)		19.45-20.45 <b>Lane Swimming</b>				
<b>Thu</b>	07.00-9.45 <b>Public swimming</b> (2 lanes from 7.00-8.00)		10.00- 11.00 <b>School Swimming</b>		11.15- 15.15 <b>Public Swimming</b>		15.30-17.00 <b>Learn to Swim Programme</b>			17.00-18.00 <b>Wick Swimming Club</b>		18.00-19.00 <b>Public Swimming</b> (1 lane for WASC)		19.00-19.45 <b>Aquafit</b>		20.00-20.45 <b>Adults only Session</b> Adult tuition 20.00-20.45 – using two lanes.	
<b>Fri</b>	07.00- 9.45 <b>Public swimming</b> (2 lanes from 7.00-8.00)		10.00- 11.00 <b>School Swimming</b>		11.15-12.30 <b>Public swimming</b>		12.30-14.30 <b>Staff training</b>		14.30-17.00 <b>Public Swimming</b> (15.45-16.45 Part of pool used for learn to swim)			17.00-18.00 <b>Wick Swimming Club</b>		18.00-19.00 <b>Public Swimming</b> (Family friendly admission policy applies)		19.00-20.45 <b>Kayak Club</b>	
<b>Sat</b>			10.00-12.30 <b>Public swimming</b> (W.A.S.C X1 Lanes 10.00-11.30)			12.30-16.00 <b>Public swimming</b> (Family friendly admission policy applies 12.30-14.30)											
<b>Sun</b>			10.00-12.00 <b>Public swimming</b> (Family friendly admission policy applies)			12.00-16.00 <b>Public swimming</b> (12.00-16.00 1 lane available)		15:00 to 16:00 <b>Private Hire</b> 24 <sup>th</sup> November and 22 <sup>nd</sup> 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

## 28<sup>th</sup> October – 22<sup>nd</sup> December 2024

<b>MON</b>	06.45-07.30 <b>Pre-Work Workout</b> Fitness Suite	9.15-9.55 <b>Beginners Circuits</b> Fitness Suite	10.00-10.45 <b>Silver Circuits</b> Assembly rooms	11.00-12.00 <b>Otago</b> Assembly rooms	18.00-18.45 <b>Circuits</b> High School Gym
<b>TUE</b>	06.45-07.30 <b>Pre-Work Workout</b> Fitness Suite	9.30-10.15 <b>Aquafit</b> Main Pool Hall		18.00-18.45 <b>Circuits</b> Fitness Suite	19.45-20.30 <b>Deep Water</b> <b>Aerobics</b> Main Pool Hall
<b>WED</b>	06.45-07.30 <b>Pre-Work Workout</b> Fitness Suite		14.00-15.00 <b>Senior Hour</b> Fitness Suite		18.00-18.30 18.35-19.05 <b>Indoor Cycling</b> Assembly Rooms
<b>THU</b>	06.45-07.30 <b>Pre-Work Workout</b> Fitness Suite	09.15-09.55 <b>Circuits</b> Fitness Suite		18.00-18.30 <b>Metafit</b> Primary School Gym	19.00-19.45 <b>Aquafit</b> Main Pool Hall
<b>FRI</b>	06.45-07.30 <b>Pre-Work Workout</b> Fitness Suite	9.15-9.55 <b>Beginners Circuits</b> Fitness Suite		10.00-11.00 <b>Parkinson's</b> Assembly rooms	11.15-12.15 <b>Silver Circuits</b> Assembly rooms
<b>SAT</b>		08.45-09.30 <b>Circuits</b> 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.

**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.

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