

<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 Aqua natal.	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)	19.00-19.45 <b>Deep Water Aerobics</b> (deep end) <b>Public Swimming</b> (Shallow end)	19:45 – 20:45 <b>Public swimming</b> <b>Staff Training</b> 20:00 to 21:00
<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>	19.30-20.45 <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> <b>Adult tuition 20.00-20.45 – using two lanes.</b>
<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)	12.00-15.00 <b>Public swimming</b> (12.00-15.00 1 lane available)	15.00 – 16.00 <b>Private Hire</b>				

**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** \_ Every Friday the pool hall is closed 12.30-2.30 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

## 3<sup>rd</sup> January – 6<sup>th</sup> April 2025

<b>MON</b>	<b>06.45-07.30</b> Pre-Work Workout Fitness Suite	<b>9.15-9.55</b> Beginners Circuits Fitness Suite	<b>10.00-10.45</b> Silver Circuits Assembly rooms	<b>11.00-12.00</b> Otago Assembly rooms	<b>18.00-18.45</b> Circuits High School Gym	<b>19.00-19.45</b> Deep water Aquafit Main Pool Hall
<b>TUE</b>	<b>06.45-07.30</b> Pre-Work Workout Fitness Suite	<b>9.30-10.15</b> Aquafit Main Pool Hall	<b>18.00-18.45</b> Circuits Fitness Suite		<b>19.00-19.30</b> HIIT Assembly rooms	
<b>WED</b>	<b>06.45-07.30</b> Pre-Work Workout Fitness Suite	<b>14.00-15.00</b> Senior Hour Fitness Suite	<b>18.00-18.30 &amp; 18.35-19.05</b> Indoor Cycling Assembly Rooms		<b>19.30-20.30</b> Box-fit Assembly Rooms	
<b>THU</b>	<b>06.45-07.30</b> Pre-Work Workout Fitness Suite	<b>09.15-09.55</b> Circuits Fitness Suite			<b>18.00-18.30</b> Metafit Primary School Gym	<b>19.00-19.45</b> Aquafit Main Pool Hall
<b>FRI</b>	<b>06.45-07.30</b> Pre-Work Workout Fitness Suite	<b>9.15-9.55</b> Beginners Circuits Fitness Suite	<b>10.00-11.00</b> Parkinson's Assembly rooms	<b>11.15-12.15</b> Silver Circuits Assembly rooms	<b>18.30-19.00</b> HIIT Assembly Rooms	
<b>SAT</b>		<b>08.45-09.30</b> Circuits Fitness Suite				
<b>Sun</b>						

**PROGRAMME GUIDANCE NOTES**

**Circuits** – Lose weight, tone up, get stronger, faster & fitter (max 30 per class)  
**Beginner Circuits** –Low to Moderate 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.  
**Otago** – an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility.  
**Boxfit** – Class focusing on endurance, strength, high intensity and recovery. Can be adapted for beginners.

**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**