

East Caithness Community Facility - Pool Timetable

3rd January to 6th April 2025

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|------------|---|--|--|--|--|--|--|--|---|--|---|--|--|------------------------------|--|--|
| Mon | 07.00-9.45 Public swimming (2 lanes from 7.00-8.00) | | 10.00-10.30 School Swimming | | 10.45-15.35 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) | | 19.00-19.45 Deep Water Aerobics (deep end) Public Swimming (Shallow end) | | 19:45 – 20:45 Public swimming & Staff Training 20:00 to 21:00 | |
| Tue | 07.00-09.30 Public swimming (2 lanes from 7.00-8.00) | | 09.30-10.15 Aquafit | | 10.30 – 12.30 School Swimming | | 12:45 -14.45 Public swimming | | 15.00-17.00 Learn to Swim Programme | | 17.00-19.30 Wick Swimming Club | | | | 19.30-20.45 Public Swimming | |
| Wed | 07.00-15.15 Public swimming (2 lanes from 7.00-8.00) Parent and toddler session 10:25 to 12:35 in deep end with floor raised to 0.9m | | | | | | 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 | 07.00-9.45 Public swimming (2 lanes from 7.00-8.00) | | 10.00- 11.00 School Swimming | | 11.15- 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- 9.45 Public swimming (2 lanes from 7.00-8.00) | | 10.00-11.00 School Swimming | | 11.15-12.30 Public swimming | | 12.30-14.30 Staff training | | 14.30-17.00 Public Swimming (15.30-16.45 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) | | 12.00-15.00 Public swimming (12.00-15.00 1 lane available) | | 15.00 – 16.00 ASN Session | | | | | | | | | |

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

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

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

Staff Training _ Every Friday the pool hall is closed 12.30-2.30 and the last Monday of the month from 20:00 for training

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

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

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

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE



East Caithness Community Facility – Class and Fitness Suite Timetable

3rd January – 6th April 2025

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|------------|---|---|--|---|--|--|
| 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 | 19.00-19.45 Deep water Aquafit Main Pool 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 | | 19.00-19.30 HIIT Assembly rooms | |
| 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 | | 19.30-20.30 Box-fit 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 | 18.30-19.00 HIIT Assembly Rooms | |
| SAT | | 08.45-09.30 Circuits Fitness Suite | | | | |
| Sun | | | | | | |

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.
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