

# Competition Pool Timetable - Term Time

DAY	LANE	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	
MONDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS	
		7	PLS			SCHOOL TUITION				PS	SCHOOL TUITION				PS		PS		PLS - S															
		6	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS		PS		PLS - S															
		5	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS		PS		PLS - S															
	DEEP	4	PLS - T		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		3	PLS - T			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
TUESDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	PLS			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		5	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
	DEEP	4	PLS - T		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
WEDNESDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		5	PLS - T			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
THURSDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		5	PLS - T			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
FRIDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		5	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
	DEEP	4	PLS - T		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		3	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		2	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
SATURDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		5	PLS - F			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME										SET UP - CLOSED	HIGHLAND SWIM TEAM 1815-2015		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
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		2	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
SUNDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME										SET UP - CLOSED	LEARN TO SWIM SCHEME		SET UP - CLOSED	AQUA AEROBICS 2015-2100		PLS
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
		6	PLS - M			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														
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		1	PLS - S			SCHOOL TUITION				PS	SCHOOL TUITION				PS			PS		PLS - S														

KEY	PLS	PUBLIC LANE SWIMMING	L2S	Love to Swim	• During kids lessons Monday - Friday (1515- 1830) Saturday (0845 - 1330) No lane will be available for public swimming.																							
	T	TRAINING	ST	School Tuition	Wednesday's between 1200-1230 Adult & Child Lesson in tank lanes 6-8.																							
	S	SLOW		NPLQ- Mon- Fri 2000-2100	• Lessons only run during term time, during Highland Council school holiday periods this space will revert to public use.																							
	M	MEDIUM		Wed & Fri 0830-0930	• Lanes marked as "PLS - T" are available for those wishing to use training aids such as fins and paddles; maximum of 5 swimmers at any one time allowed.																							
	F	FAST			• Customers should note times may vary. Please check with reception for confirmation. Please check notice board for closures and restrictions. Shallow lane depth may vary.																							
	PS	PUBLIC SESSION																										
		Monday & Wednesday - 0600-0730 Pool Depth 2 M																										
		Updated 29/1/25																										