

MON	7.00 9.00 Lane Swim	Summer Lessons	10.30 12.00 Open Swim Lane Available	12.30 1.10 Aquacise Booking Required	1.15 4.00 Open Swim Lane Available	4.00 5.00 Fun Hour	5.00 8.00 Open Swim Lane Available <small>Lane Available 5.00-6.00 Swim Team 3 lanes 6.15-8.00</small>	8.00 9.00 Adult Swimming
TUE	7.00 9.00 Lane Swim	Summer Lessons	10.30 4.00 Open Swim Lane Available		4.00 5.00 Fun Hour		5.00 8.00 Open Swim Lane Available <small>Swim Team 1 lane 6.15-8.00</small>	8.00 9.00 Adult Swimming
WED	7.00 9.00 Lane Swim <small>Triathlon Club 2 lanes 7.00-8.00</small>	Summer Lessons	10.30 1.30 Open Swim Lane Available	Staff Training	3.00 4.00 Open Swim Lane Available	4.00 5.00 Fun Hour	5.00 7.00 Open Swim Lane Available	PRIVATE HIRE LLC SWIM TEAM <small>*See note below</small>
THU	7.00 9.00 Lane Swim	Summer Lessons	10.30 11.15 <small>Family Friendly See ratio below Shallow End Only Booking Required</small>	11.30 4.00 Open Swim Lane Available		4.00 5.00 Fun Hour	5.00 8.30 Open Swim Lane Available <small>Swim Team 2 lanes 7.15-8.00</small>	
FRI	7.00 9.00 Lane Swim	Summer Lessons	10.30 12.00 Open Swim Lane Available	12.30 1.10 Aquacise Booking Required	1.15 4.00 Open Swim Lane Available	4.00 5.00 Fun Hour	5.00 8.30 Open Swim Lane Available	
SAT	9.15 12.00 Open Swim Lane Available	12.00 1.00 Fun Hour	1.00 3.00 Open Swim Lane Available		 <p>ALL-INCLUSIVE access to all High Life leisure centres is just £39.99 per month for the family or £26.60 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £479.90 or an individual membership for £319.20</p>			
SUN	9.15 10.00 <small>Family Friendly See ratio below Shallow End Only Booking Required</small>	10.15 3.00 Open Swim Lane Available						

Family Friendly Sessions – Specifically designed for families with ratio 1 adult to 1 under 4 and a second child under 8 (no un-accompanied adults or children) Shallow end only. Booking Required.
Open Swim – Public swimming session, all ages and abilities welcome, Lane available. Please come early to avoid disappointment.
Lane Swim – Participants must be able to swim continuously. *No Swim team Tues/Thurs 1st – 14th July, Mon/Wed 15th July-4th August*
Wednesday: 17th/24th/31st July no Swim team, Open swim 5pm-8.30pm,
Fun Hour – Floats/mats will be available; this session is excellent fun for all. **No lane available during Fun Hour.**

Swimming Pool Admission Policy	All Sessions Except Family Friendly Sessions	Family Friendly Sessions
Children	Carer to child admission ratio required	Carer to child admission ratio required
Children aged 0, 1, 2, 3 years	One: One	One: Two
Children aged 4, 5, 6, 7 years	One: Two	One: Three
Mixed under and over 4	One: One	One: Two
Children aged 8 years +	May use the facilities unaccompanied, but High Life Highland would highly recommend that all children ages 8,9 or 10yrs are supervised by a carer	
Children with additional needs	High Life Highland recommend that children with additional needs are appropriately supervised	

Deep water access beyond 1.35 metres – Customers must be able to pass the High Life Highland Deep Water Competency Test available at reception or visit

www.highlifehighland.com/lochaber-leisure-centre/timetables/

Please book online – online.highlifehighland.com

***Swimming Pool is cleared at session end time**

***Timetable subject to change**