

MON	7.00	9.45	Lane Swim	School lessons <i>*Please see note below</i>	12.30	1.10	1.15	3.45	4.00	6.00	6.15	8.00	8.00	9.00
					Aquacise Booking Required		Open Swim Lane Available		Swimming lessons		Open Swim Swim Team 3 lanes 6.15-8.00		Adult Swimming	
TUE	7.00	9.45	Lane Swim	School Lessons <i>*Please see note below</i>	12.30			3.45	4.00	6.00	6.15	8.00	8.00	9.00
							Open Swim Lane Available		Swimming lessons		Open Swim Lane Available Swim Team 1 lane 6.30-7.30		Adult Swimming	
WED	7.00	9.45	Lane Swim Triathlon Club 3 lanes 7.00-8.00	10.00	1.30		3.00	3.45	4.00	6.00	6.15	7.00	8.00	9.00
				Open Swim Lane Available <i>*See note below</i>		Staff Training	Open Swim Lane Available		Swimming lessons		Open Swim Lane Available		PRIVATE HIRE LLC SWIM TEAM	
THU	7.00	9.45	Lane Swim	School lessons	12.30			3.45	4.00	6.00	6.15	8.30	8.00	9.00
							Open Swim Lane Available		Swimming lessons		Open Swim Lane Available Swim Team 2 lanes 7.15-8.30		Adult Swimming	
FRI	7.00	9.45	Lane Swim	School lessons	12.30	1.10	1.15	3.45	4.00	6.00	6.15	7.15	7.15	8.30
					Aquacise Booking Required		Open Swim Lane Available <i>*See note below</i> No lane available 2.00pm-3.00pm due to staff training		Swimming lessons		Fun Hour		Open Swim Lane Available <i>*Not Available</i> 27/09 + 04/10	
SAT	9.00	11.00	Swimming lessons	11.15	12.00	1.00	1.00	3.00						
			Open Swim Lane Available	Fun Hour	Open Swim Lane Available <i>*See note below</i>									
SUN	9.15	10.00	Family Friendly See ratio below Shallow End Only Booking Required	10.15			3.00	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						
				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. **Extra open swims – Mon 16th Sep 10.00am-12.00pm & Tue 17th Sep 10.00am-12.30pm*

**Wednesday 18th Sep pool will close at 1pm and reopen at 3pm for next session. *Saturday 28th Sep pool will close at 1.45pm due to an event.*

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*