

<b>MON</b>	7.00	9.45	<b>Lane Swim</b>	<b>School lessons</b>	12.30	1.10	1.15	3.45	4.00	6.00	6.15	8.00	8.00	9.00
					<b>Aquacise Booking Required</b>		<b>Open Swim Lane Available</b>		<b>Swimming lessons</b>		<b>Open Swim Swim Team 3 lanes</b>		<b>Adult Swimming</b>	
<b>TUE</b>	7.00	9.45	Lane Swim	School lessons	12.30		Open Swim Lane Available	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	
<b>WED</b>	7.00	9.45	Lane Swim Triathlon Club 3 lanes 7.00-8.00	Open Swim Lane Available	10.00	1.30	Staff Training	3.00	3.45	4.00	6.00	6.15	7.00	PRIVATE HIRE LLC SWIM TEAM
							Open Swim Lane Available		Open Swim Lane Available		Swimming lessons		Open Swim Lane Available	
<b>THU</b>	7.00	9.45	Lane Swim	School lessons	12.30		Open Swim Lane Available <i>*See note below</i>	3.45	4.00	6.00	6.15		8.30	
							Open Swim Lane Available <i>*See note below</i>		Swimming lessons		Open Swim Lane Available Swim Team 2 lanes 7.15-8.30			
<b>FRI</b>	7.00	9.45	Lane Swim	School lessons	12.30	1.10	1.15	3.45	4.00	6.00	6.15	7.15	PRIVATE HIRE <i>*See note below</i>	
					<b>Aquacise Booking Required</b>		Open Swim Lane Available <i>No lane available 2.00pm-3.00pm due to staff training</i>		Swimming lessons		Fun Hour			
<b>SAT</b>	9.00	11.00	Swimming lessons	Open Swim Lane Available	11.15	12.00	12.00	1.00	3.00					
							Fun Hour		Open Swim Lane Available					
<b>SUN</b>	9.15	10.00	Family Friendly See ratio below Shallow End Only Booking Required	Open Swim Lane Available	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

**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.

**\*Pool will be closed 1.15pm-2.45pm due to private hire on Thursday 7<sup>th</sup>/14<sup>th</sup>/21<sup>st</sup>/28<sup>th</sup> November**      **\*Extra Open swim Friday 20<sup>th</sup> December 7.15pm-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/](http://www.highlifehighland.com/lochaber-leisure-centre/timetables/)

Please book online – [online.highlifehighland.com](http://online.highlifehighland.com)

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

**\*Timetable subject to change**