

MON 16TH 23RD	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required *Open swim 23rd 1.10	1.15 Open Swim Lane Available 3.45	4.00 Swimming lessons *Open swim 23rd 6.00	6.15 Open Swim Swim Team 3 lanes *See note below 8.00	8.00 Adult Swimming 9.00
TUE 17TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00		1.15 Open Swim Lane Available 3.45	4.00 Swimming lessons 6.00	6.15 Open Swim Lane Available Swim Team 1 lane 6.30-7.30 8.00	8.00 Adult Swimming 9.00
WED 18TH	7.00 Lane Swim Triathlon Club 3 lanes 7.00-8.00 9.45	10.00 Open Swim Lane Available 12.00	1.30 Staff Training	3.00 Open Swim Lane Available 3.45	4.00 Swimming lessons 6.00	6.15 Open Swim Lane Available 7.00	PRIVATE HIRE LLC SWIM TEAM
THU 19TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00		1.15 Open Swim Lane Available 3.45	4.00 Swimming lessons 6.00	6.15 Open Swim Lane Available Swim Team 2 lanes 7.15-8.30 8.30	
FRI 20TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required 1.10	1.15 Open Swim Lane Available No lane available 2.00pm-3.00pm due to staff training 3.45	4.00 Swimming lessons 6.00	6.15 Fun Hour 7.15	7.15 Open Swim Lane Available 8.30
SAT 21ST	9.00 Swimming lessons 11.00	11.15 Open Swim Lane Available 12.00	12.00 Fun Hour 1.00	1.00 Open Swim Lane Available 3.00	<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 22ND	9.15 Family Friendly See ratio below Shallow End Only Booking Required 10.00	10.15 Open Swim Lane Available 3.00					

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 Aquacise or swimming lessons on Monday 23rd, Open swim 10am-8pm, swim team will not be in 23rd Dec, public lane available.**

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**