

MON 6TH	7.00	Lane Swim	9.45	10.00	12.00	12.30	1.10	1.15		8.00	8.00	9.00	
				Open Swim Lane Available		Aquacise Booking Required			Open Swim Lane Available 1.15-6.00 Swim Team 3 lanes 6.15-8.00		Adult Swimming		
TUE 7TH	7.00	Lane Swim	9.45	10.00					Open Swim Lane Available Swim Team 1 lane 6.30-7.30	8.00	8.00	9.00	
											Adult Swimming		
WED 8TH	7.00	Lane Swim Triathlon Club 3 lanes 7.00-8.00	9.45	10.00			1.30	Staff Training	3.00		Open Swim Lane Available	7.00	PRIVATE HIRE LLC SWIM TEAM
THU 9TH	7.00	Lane Swim	9.45	10.00					Open Swim Lane Available Swim Team 2 lanes 7.15-8.30			8.30	
FRI 3RD 10TH	7.00	Lane Swim	9.45	10.00	12.00	12.30	1.10	1.15	Open Swim Lane Available No lane available 2.00pm-3.00pm due to staff training	6.15	Fun Hour	7.15	Open Swim Lane Available
SAT 4TH 11TH	9.15	Open Swim Lane Available	12.00	12.00	1.00	1.00		3.00					
				Fun Hour									
SUN 5TH 12TH	9.15	Family Friendly See ratio below Shallow End Only Booking Required	10.00	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.

*** No Aquacise on Friday 3rd, Extra open swim 12.00pm-1.15pm**

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**