



## **Lochbroom Leisure Centre**

Swim Timetable: 1<sup>ST</sup> JULY – 18<sup>TH</sup> AUG 2024 \*SUBJECT TO CHANGE\*

SWIII IIIIletable. 1 JULI – 18 AUG 2024 "Subject to Change"										
07.30-08.30	8.30-9.00	9.00-10.00	10.00-12.00	12.00-13.00	13.00-15.00	15.00-16.00	16.00-18.00	18.00-19.00	19.00-20.00	
LANE SWIM	PUBLIC SWIM	AQUAROBICS	PUBLIC SWIM	LANE SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	LANE SWIM	PUBLIC SWIM	
12.00-13.00	13.00-14.00	14.00 -15.00	15:00-16:00	16.00-18.00	18.00-19.00	19.00-20.00				
LANE SWIM	SENIOR SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	LANE SWIM	SWIM TO MUSIC				
12.00-13.00	13.00-15.00	15.00-16.00	16.00-16.45	17.00-18.00	18.00-19.00	19.00-20.00				
LANE SWIM	PUBLIC SWIM	FAMILY SWIM	ELIMINATOR	PUBLIC SWIM	LANE SWIM	PUBLIC SWIM				
12.00-13.00	13.00-14.00	14.00-15.00	15.00-16.00	16.00-18.00	18.00-19.00	19.00-20.00				
LANE SWIM	SENIOR SWIM	PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	LANE SWIM	PUBLIC SWIM				
10.00-12.00	12.00-13.00	13.00-15.00	15.00-16.00	16.00-16.45						
PUBLIC SWIM	LANE SWIM	PUBLIC SWIM	FAMILY SWIM	ELIMINATOR						
10.00-14.00	14.00-15.00	15.00-16.00	A single lane will be available 15.00-16.00 for any lane swimmers							
PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM								
10.00-11.00	11.00-12.00	12.00-14.00	14.00-14.45	1.45 15.00-16.00 A single lane will be available 10.00-11.00 for any lane swimmers						
PUBLIC SWIM	FAMILY SWIM	PUBLIC SWIM	ELIMINATOR	PUBLIC SWIM						
	07.30-08.30 LANE SWIM 12.00-13.00 LANE SWIM 12.00-13.00 LANE SWIM 12.00-13.00 LANE SWIM 10.00-12.00 PUBLIC SWIM 10.00-14.00 PUBLIC SWIM 10.00-11.00	07.30-08.30 8.30-9.00   LANE SWIM PUBLIC SWIM   12.00-13.00 13.00-14.00   LANE SWIM SENIOR SWIM   12.00-13.00 13.00-15.00   LANE SWIM PUBLIC SWIM   12.00-13.00 13.00-14.00   LANE SWIM SENIOR SWIM   10.00-12.00 12.00-13.00   PUBLIC SWIM LANE SWIM   10.00-14.00 14.00-15.00   PUBLIC SWIM FAMILY SWIM   10.00-11.00 FAMILY SWIM	07.30-08.30 8.30-9.00 9.00-10.00   LANE SWIM PUBLIC SWIM AQUAROBICS   12.00-13.00 13.00-14.00 14.00-15.00   LANE SWIM SENIOR SWIM PUBLIC SWIM   12.00-13.00 13.00-15.00 15.00-16.00   LANE SWIM PUBLIC SWIM FAMILY SWIM   12.00-13.00 13.00-14.00 14.00-15.00   LANE SWIM SENIOR SWIM PUBLIC SWIM   10.00-12.00 12.00-13.00 13.00-15.00   PUBLIC SWIM LANE SWIM PUBLIC SWIM   10.00-14.00 14.00-15.00 15.00-16.00   PUBLIC SWIM FAMILY SWIM PUBLIC SWIM   10.00-11.00 11.00-12.00 12.00-14.00   PUBLIC SWIM FAMILY SWIM PUBLIC SWIM	07.30-08.30 8.30-9.00 9.00-10.00 10.00-12.00   LANE SWIM PUBLIC SWIM AQUAROBICS PUBLIC SWIM   12.00-13.00 13.00-14.00 14.00-15.00 15:00-16:00   LANE SWIM SENIOR SWIM PUBLIC SWIM FAMILY SWIM   12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45   LANE SWIM PUBLIC SWIM FAMILY SWIM ELIMINATOR   12.00-13.00 13.00-14.00 14.00-15.00 15.00-16.00   FAMILY SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM   10.00-14.00 14.00-15.00 15.00-16.00 A single lane will be public SWIM   10.00-11.00 11.00-12.00 12.00-14.00 14.00-14.45   PUBLIC SWIM FAMILY SWIM PUBLIC SWIM ELIMINATOR	07.30-08.30 8.30-9.00 9.00-10.00 10.00-12.00 12.00-13.00   LANE SWIM PUBLIC SWIM AQUAROBICS PUBLIC SWIM LANE SWIM   12.00-13.00 13.00-14.00 14.00-15.00 15:00-16:00 16.00-18.00   LANE SWIM SENIOR SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM   12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45 17.00-18.00   LANE SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM   10.00-12.00 12.00-13.00 14.00-15.00 15.00-16.00 16.00-18.00   PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM   10.00-14.00 14.00-15.00 15.00-16.00 A single lane will be available 15.00-16.00   PUBLIC SWIM FAMILY SWIM PUBLIC SWIM 14.00-14.45 15.00-16.00   PUBLIC SWIM FAMILY SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM	07.30-08.30 8.30-9.00 9.00-10.00 10.00-12.00 12.00-13.00 13.00-15.00   LANE SWIM PUBLIC SWIM AQUAROBICS PUBLIC SWIM LANE SWIM PUBLIC SWIM   12.00-13.00 13.00-14.00 14.00-15.00 15:00-16:00 16.00-18.00 18.00-19.00   LANE SWIM SENIOR SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM LANE SWIM   12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45 17.00-18.00 18.00-19.00   LANE SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM LANE SWIM LANE SWIM   12.00-13.00 13.00-14.00 14.00-15.00 15.00-16.00 16.00-18.00 18.00-19.00   LANE SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM PUBLIC SWIM LANE SWIM   10.00-12.00 12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45 PUBLIC SWIM   PUBLIC SWIM LANE SWIM PUBLIC SWIM ELIMINATOR ELIMINATOR   10.00-14.00 14.00-12.00 12.00-14.00 14.00-14.45 15.00-16.00 A s	07.30-08.30 8.30-9.00 9.00-10.00 10.00-12.00 12.00-13.00 13.00-15.00 15.00-16.00   LANE SWIM PUBLIC SWIM AQUAROBICS PUBLIC SWIM LANE SWIM PUBLIC SWIM FAMILY SWIM   12.00-13.00 13.00-14.00 14.00-15.00 15:00-16:00 16.00-18.00 18.00-19.00 19.00-20.00   LANE SWIM SENIOR SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM LANE SWIM SWIM TO MUSIC   12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45 17.00-18.00 18.00-19.00 19.00-20.00   LANE SWIM PUBLIC SWIM ELIMINATOR PUBLIC SWIM LANE SWIM PUBLIC SWIM   12.00-13.00 13.00-15.00 15.00-16.00 16.00-16.45 16.00-16.45 16.00-16.45   PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM   10.00-14.00 14.00-15.00 15.00-16.00 16.00-16.45 16.00-16.45 16.00-16.45   PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM	07.30-08.30 8.30-9.00 9.00-10.00 10.00-12.00 12.00-13.00 13.00-15.00 15.00-16.00 16.00-18.00   LANE SWIM PUBLIC SWIM AQUAROBICS PUBLIC SWIM LANE SWIM PUBLIC SWIM FAMILY SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM PUBLIC SWIM 13.00-15.00 19.00-20.00	17.30-08.30	

Standard Admission Policy – Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis. Children aged 4,5,6 and 7 must be accompanied by an adult on a ratio of 1 adult to 2 children.

Public Swim – A public swim session is for all ages and abilities, some public swims will have a lane available as stated.

Family Swim — This session allows families with younger children to enter on amended admissions policy of 1 adult to 2 under 8's. Please note these sessions are set for the detailed time only.

Lane Swim – This session is designed for people who want to swim lengths, we offer a slow and fast lane. Swimmers must follow the directional arrows.

Senior Swim – This is a session for 50-year-old +

Swim to Music – This session has music in the background, and you can swim to the tunes.

Aquarobics – This session is instructor lead with music and provides exercises (at shoulder to waist depth) and equipment to give you a workout in the water.

Eliminator – This session is an inflatable run for ages 8-14yrs old. Users must be able to swim a length to take part.



## **Lochbroom Leisure Centre**

		Games Hall		Fitness Room			
	(	Classes and Activities		Opening Times	Classes		
MON	METAFIT 07.30-08.00	FAMILY FUN 14.00-15.00	18.00-19.00 BODY BALANCE	MON 07.30-20.00			
TUES		FAMILY FUN 14.00-15.00	18.00-19.00 BODYPUMP	TUE 10.00-20.00			
WED		FAMILY FUN 14.00-15.00	18.00-19.00 SPINNING	WED 10.00-20.00			
THURS		FAMILY FUN 14.00-15.00	18.00-18.45 BARBELL FITNESS	Thursday 10.00-20.00			
FRI		FAMILY FUN 14.00-15.00		FRI 10.00-17.00			
SAT		12.00-13.00 FAMILY FUN		SAT 10.00-16.00			
SUN		12.00-13.00 FAMILY FUN		SUN 10.00-16.00			
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Gameshall available for court or whole hall bookings out with the above times.

Family Fun—Bouncy castle and soft play sessions for 0-12 years. Children under 8 should be accompanied by an adult.

Body Balance - A yoga-based class that will improve your mind, your body and your life.

Body Pump—The Original Barbell Class - the ideal workout for anyone looking to get lean, toned and fit fast. Spinning— a 30-minute-high intensity interval class on the bike, that is low impact on the joint and you are in charge of your resistance and speed.

Barbell Fitness – A circuit style class, that gives you a chance to exercise with a barbell and can teach you new exercises with one whilst getting some fitness training.

**Inductions** – Before using the fitness room for the first time, you will need to complete and induction & PAR-Q form.