



### Lochbroom Leisure Centre

### Swim Timetable: 11<sup>th</sup>NOV – 1<sup>st</sup>DEC 2024 \*Subject To Change\*

MON	07.30-08.30 LANE SWIM	8.30-9.00 PUBLIC SWIM	9.00-10.30 SCHOOL SWIMMING	10.30-11.30 SENIOR SWIM	11.45-13.15 SCHOOL SWIMMING	13.15-14.00 PUBLIC SWIM	14.00-15.00 ADDITIONAL NEEDS	15.45-17.15 SWIM LESSONS	17.15-18.15 PUBLIC SWIM	18.15-20.00 SWIM CLUB
TUES	12.00-13.00 LANE SWIM	13.00-14.00 SENIOR SWIM	14.15-15.30 SCHOOL SWIMMING	15.45-16.45 SWIM LESSONS	17.00-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 SWIM TO MUSIC			
WED	12.15-13.00 LANE SWIM	13.00-15.30 PUBLIC SWIM	15.45-17.15 SWIM LESSONS	17.15-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 PUBLIC SWIM				
THURS	12.00-13.00 LANE SWIM	13.00-14.00 SENIOR SWIM	14.00-15.00 PUBLIC SWIM	15.00-16.00 FAMILY SWIM	16.00-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 PUBLIC SWIM			
FRI	10.00-11.00 PUBLIC SWIM	11.00-12.00 PARENT + TODDLER	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-14.45 ELIMINATOR	15.00-16.00 FAMILY SWIM	16.00-17.00 PUBLIC SWIM			
SAT	10.00-11.00 PUBLIC SWIM	11.00-12.30 SWIM LESSONS	12.30-14.00 PUBLIC SWIM	14.00-15.00 FAMILY SWIM	15.00-16.00 PUBLIC SWIM	A single lane will be available 15.00-16.00 for any lane swimmers				
SUN	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-14.00 PUBLIC SWIM	14.00-14.45 ELIMINATOR	15.00-16.00 PUBLIC SWIM	A single lane will be available 10.00-11.00 for any lane swimmers				

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 fun obstacle inflatable for 8-14yr olds to enjoy. (Please note users must be able to swim 1 length to be able to take part).

**Parent + toddler** – This session is a designed for parents to take their baby/toddler swimming and interact with other children and help gain confidence in the water.

**School Swimming** – These sessions are for School use only – this will run for 4 weeks.



Games Hall Classes and Activities				Fitness Room Opening Times Classes		
MON	METAFIT 07.30-08.00		18.00-19.00 BODY BALANCE	MON 07.30-20.00		
TUES	SPINNING 9.15-10.00	17.45-18.45 BODYPUMP	19.00-20.00 SMASH IN 2 BADMINTON	TUE 10.00-20.00		
WED	STRETCH N TONE 9.15-10.00		18.00-19.00 SPINNING	WED 10.00-20.00	14.00-15.00 LADIES HOUR	19.00-20.00 FITNESS TEENS
THURS		18.00-18.45 BARBELL FITNESS	19.00-20.00 WALKING FOOTBALL	Thursday 10.00-20.00		
FRI	BODY PUMP 10.00-10.45	FAMILY FUN 13.00-14.00		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		

**The games hall available for court or whole hall bookings out with the above times.**

- Family Fun** – Bouncy castle and soft play session for 0-12years. 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.
- Stretch N Tone** – This class involves body weight exercises and stretches to help strengthen your whole body and leave you feeling relaxed.
- 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.
- Metafit** – This is a 30 minute, non-choreographed, bodyweight only workout that will set the metabolism on fire.
- Smash in 2 Badminton** – This session is for all abilities of players to come along and enjoy a game of badminton.
- Walking Football** – Walking Football is aimed at all abilities of people to come and enjoy a game of indoor football.

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

- Ladies Hour** – This session is specifically for woman who are wanting to learn to use the equipment confidently in a relaxed environment.
- Fitness Teens** – this session is for 11-15 yr olds who are interested in using the gym and learning new exercises to keep fit.