



Lochbroom Leisure Centre

Swim Timetable: 2ND DEC – 22ND DEC 2024 *Subject To Change*

MON	07.30-08.30 LANE SWIM	8.30-11.00 PUBLIC SWIM	11.00-12.00 AQUAROBICS	12.00-13.00 LANE SWIM	13.00-14.00 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	14.00-15.30 PUBLIC SWIM	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	12.00-13.00 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	10.00-12.00 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.



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.