



### Lochbroom Leisure Centre

Swim Timetable: 23<sup>RD</sup> DEC 2024 – 5<sup>TH</sup> JAN 2025 *\*Subject To Change\**

MON	10.00-11.00 PUBLIC SWIM	11.00-12.00 AQUAROBICS	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-15.00 FAMILY SWIM	15.00-16.00 PUBLIC SWIM	
24 <sup>th</sup> , 25 <sup>th</sup> & 26 <sup>th</sup>	<b>CLOSED</b>						
FRI	10.00-12.00 PUBLIC SWIM	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-14.45 ELIMINATOR	15.00-16.00 PUBLIC SWIM		
SAT	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-16.00 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	12.00-16.00 PUBLIC SWIM	A single lane will be available 10.00-11.00 for any lane swimmers			
MON	10.00-12.00 PUBLIC SWIM	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-15.00 FAMILY SWIM	15.00-16.00 PUBLIC SWIM		
31 <sup>st</sup> Dec, 1 <sup>st</sup> & 2 <sup>nd</sup> Jan	<b>CLOSED</b>						
FRI	10.00-12.00 PUBLIC SWIM	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-15.00 ELIMINATOR	15.00-16.00 PUBLIC SWIM		
SAT	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-16.00 PUBLIC SWIM				
SUN	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-16.00 PUBLIC SWIM				



**Games Hall**  
Classes and Activities

**Fitness Room**  
Opening Times      Classes

MON 23 <sup>rd</sup> & 30 <sup>th</sup> DEC		FAMILY FUN 12.00-13.00		MON 10.00-16.00		
TUES				TUE CLOSED		
WED				WED CLOSED		
THURS				Thursday CLOSED		
FRI 27 <sup>th</sup> Dec & 3 <sup>rd</sup> Jan	10.00-10.45 BODY PUMP	FAMILY FUN 13.00-14.00		FRI 10.00-16.00		
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.