



NORTH COAST LEISURE CENTRE

Mon 24th Feb - Sat 22nd Mar 2025

DAY	PUBLIC SWIMMING	GYM
MONDAY	1000-1100 Open Session 1100-1200 Schools M 1215 – 1300 Water Aerobics 1305-1500 Schools FH	1100-1500
TUESDAY	1500-1800 Open Session 1800-1830 Aqua Boards Adults Only* 1830-1900 Aqua Boards Adults Only* 1900-2000 Adults Only	1500-2000
WEDNESDAY	CLOSED	CLOSED
THURSDAY	1500-1800 Open Session 1800-1830 Aqua Boards Kids 8+ yrs** 1830-1900 Aqua Boards Kids 8+ yrs** 1900-2000 Open Session	1500-1900 1900-2000 Circuits
FRIDAY	1100-1200 Open Session 1200-1230 Mobility & Flexibility 1230-1430 Open Session 1430-1700 Swimming Lessons	1100 – 1300 1300 – 1400 Teen Gym 1400 - 1700
SATURDAY	1000-1230 Swimming Lessons 1230-1330 Family Session 1330-1500 Open Session	1000-1500
SUNDAY	CLOSED	CLOSED

*Aqua Boards Adults Only 4 places per session. ** Aqua Boards Kids 8 places per session

For further information please contact us via Telephone on 01641 760350 or via email at north.coast.leisure@highlifehighland.com