



Poolewe Swimming Pool Programme

From 23 April

Wednesday

OPENING HOURS 10:00-18:30

10.00	11.00	Lane Swim
11.00	12.00	Lane Swim
12.00	13.00	Open Swim
13.00	14.00	Lane Swim
14.00	15.00	Parent & Toddler
15.00	16.00	Lane Swim
16.00	16.30	LTS Seals 1
16.30	17.00	LTS Seals 2
17.00	17.30	LTS Swordfish 1
17.30	18.30	Aquafit

THURSDAY

OPENING HOURS 10.00-17:00

11.00	12.00	School Swim
12.00	13.00	Lane Swim
13.00	14.00	Open swim
14.00	15.00	School Swim
15.00	16.00	Lane Swim
16.00	16.30	LTS Swordfish 2
16.30	17.00	LTS Sharks 1
17.00	17.30	LTS Sharks 2

FRIDAY

OPENING HOURS 10.00-17:00

10.00	11.00	Lane Swim
11.00	12.00	Lane Swim
12.00	13.00	Lane Swim
13.00	14.00	Recovery/quiet Swim
14.00	15.00	LTS Dolphins 1/Rookies
15.00	16.00	LTS Dolphins 2/Rookies
16.00	16.30	LTS Seals 1
16.30	17.00	LTS Seals 2

SATURDAY

OPENING HOURS 10.00-13:00

10.00	11.00	Lane Swim
11.00	12.00	Open Swim
12.00	13.00	Family Fun Session

Please note - Programmes may change, see our Facebook page for updates.

Phone: 01445 781345

Activity Price list

Activity	Standard	Concession	Budget
Swimming	£8.00	£4.80	£0.50
Lesson (each)			
Shower	£3.70	£2.20	£0.50

High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£479.90	£39.99
Individual	£319.20	£26.60
Budget	50p per activity (Proof must be shown)	

<https://www.highlifehighland.com/join-high-life-highland/>