

# Thurso Leisure Centre - Pool Timetable

## From Monday 1 July – Sunday 14<sup>th</sup> July 2024

<b>MON</b>	07.30-08.30 <b>Lane Swim</b>	08.30-09.30 <b>Open swim</b> 2 lanes for lane swim until 9.00	09.30-10.30 <b>Open Swim</b> LTS 9.00-10.00	10.30-11.15 <b>Aqua fit</b>	11.15-12.30 <b>Open swim</b>	12.30-14.00 Closed – Staff Training	14.00-17.00 <b>Open swim</b>		17.00-20.00 <b>TASC</b>																															
<b>TUE</b>	07.30-08.30 <b>Lane Swim</b>	08.30-09.30 <b>Open swim</b> 2 lanes for lane swim until 9.00	09.30-11.00 <b>Open Swim</b> LTS 9.00-10.00	11.00-12.00 <b>Fun floats</b> 5-15 yrs	12.00-13.30 <b>Open swim</b>	13.30-14.00 <b>Deep Water Circuits</b> Shallow end available	14.00-15.00 <b>Open swim</b>	16.00-17.00 <b>Family Friendly session</b>	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Lane Swim</b> (2 lane TASC)	19.00-21.00 <b>Open swims</b> 2 lanes available from 8pm on request																													
<b>WED</b>	07.30-08.30 <b>Lane Swim</b>	08.30-09.30 <b>Open swim</b> 2 lanes for lane swim until 9.00	09.30-10.30 <b>Open Swim</b> LTS 9.00-10.00	10.30-17.00 <b>Open swim</b>				17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Lane Swim</b> (2 lanes TASC)	19.00-20.00 <b>Water Circuits</b>																														
<b>THU</b>	07.30-08.30 <b>Lane Swim</b>	08.30-09.30 <b>Open swim</b> 2 lanes for lane swim until 9.00	09.30-10.00 <b>Open Swim</b> LTS 9.00-10.00	10.00-11.00 <b>Family Friendly Session</b>	11.00-16.00 <b>Open swim</b>			16.00-17.00 <b>Open Swim</b> (2 lanes TASC)	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Additional Support Session</b>	19.00-20.00 <b>Open Swim</b>	20.00-21.00 <b>Adult swim</b>																												
<b>FRI</b>	07.30-08.30 <b>Lane Swim</b>	08.30-09.30 <b>Open swim</b> 2 lanes for lane swim until 9.00	09.30-10.30 <b>Open Swim</b> LTS 9.00-10.00	10.30-12.30 <b>Open swim</b>		12.30-14.00 Closed – Staff Training	14.00-15.00 <b>Open swim</b>	15.00-16.00 <b>Fun floats</b> 5-15 yrs	16.00-17.00 <b>Open Swim</b> (2 lanes TASC)	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Open Swim</b>	19.00-20.00 <b>Lane Swim</b>																												
<b>SAT</b>	10.00-11.00 <b>Family Friendly Session</b>	11.00-13.00 <b>Open swims</b>			13.00-13.45 <b>Open swims</b> 2 lanes available on request		<table border="1"> <thead> <tr> <th>Activity</th> <th>Adult</th> <th>Concession</th> <th>Young Scot</th> </tr> </thead> <tbody> <tr> <td>Sauna / Steam Room</td> <td>£8.00</td> <td>£4.80</td> <td>£3.90</td> </tr> <tr> <td>Shower</td> <td>£3.70</td> <td>£2.20</td> <td>£1.80</td> </tr> <tr> <td>Swim (with Sauna / Steam)</td> <td>£8.00</td> <td>£4.80</td> <td>£3.90</td> </tr> <tr> <td>Fitness Suite (Per Participant)</td> <td>£9.10</td> <td>£5.40</td> <td>£4.30</td> </tr> <tr> <td>Fitness Room Induction</td> <td>£12.50</td> <td>£7.40</td> <td>£5.90</td> </tr> <tr> <td>Fitness Class</td> <td>£8.00</td> <td>£4.80</td> <td>£3.90</td> </tr> </tbody> </table>						Activity	Adult	Concession	Young Scot	Sauna / Steam Room	£8.00	£4.80	£3.90	Shower	£3.70	£2.20	£1.80	Swim (with Sauna / Steam)	£8.00	£4.80	£3.90	Fitness Suite (Per Participant)	£9.10	£5.40	£4.30	Fitness Room Induction	£12.50	£7.40	£5.90	Fitness Class	£8.00	£4.80	£3.90
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<b>SUN</b>	10.00-11.00 <b>Family Friendly Session</b>	11.00-13.00 <b>Open swims</b>			13.00-13.45 <b>Open swims</b> 2 lanes available on request		<p><b>Open swims</b> - 45 minutes to 1 hour <b>Admissions Policy</b> Children aged 3 &amp; under 1 Adult: 1 Child Children aged 4-7 years 1 Adult: 2 Children <b>Shallow end available during Deep Water Aerobics</b> Family Friendly – online bookable to secure a space</p>																																	

- Open Swim - A public swimming session, all ages and abilities welcome, standard admissions policy applies, toddler pool available.
- Family Friendly session is where our admission policy is relaxed to allow ratio of 1 Adult: 2 Children aged from 0 to 7 (online bookable) [www.summer.highland.gov.uk/connect/mrmlogin.aspx](http://www.summer.highland.gov.uk/connect/mrmlogin.aspx)
- All-inclusive and budget members can book certain sessions up to 7 days in advance, Pay as you go members can book up to 3 days in advance.
- Any payments must be paid in advance online or can be done over the phone using your card by phoning into the facility, walk ins can be accommodated.
- **Online Bookable sessions are Aquafit, Water Circuits, Additional Support Session and Family Friendly Session - Lead adult pays at time of booking, additional family members pay on entering the facility for non members.**
- For more information, please visit our Facebook page or at <https://www.facebook.com/thursoleisurecentre>
- All sessions are 45 minutes to 1 hour.

# Thurso Leisure Centre – Fitness Classes Timetable

## From Monday 1 July – 14<sup>th</sup> July 2024

Monday	Metafit 09.15-09.45	Aqua fit (Pool Hall) 10.30-10.15		Circuits 17.15-17.45	Pilates 18.00-18.45		Learn to Lift 19.00-20.30	
Tuesday		Beginners Circuits 10.30 – 11.00	Deep Water (Pool Hall) 13.30-14.00		Metafit 18.00 – 18.30	Bums & Tums 18.45 – 19.30	Stretching & Flexibility 19.45 – 20.15	
Wednesday	Pre-Work Work Out 06.15 – 06.45	Stretching & Flexibility 09.30 – 10.00	Silver circuits 10:30-11:30	12.00-13.00 Active Health Dynamic Wellbeing	14.00-15.00  Otago	HIIT 18.00 – 18.30	Indoor Cycling 18.45-19.30	Water Circuits (Pool Hall) 19.00-20.00
Thursday		H.I.I.T 09.30 - 10.00	Yoga Beginners 10.15-11.00	Otago 12.30-13.30	Parkinson’s Class 14.00-15.00	Yoga 17.00-17.45	Kettle bells 18.00-18.45	Indoor cycling 19.00-19.45
Friday	Pre-Work Work Out 06.15 – 06.45	Circuits 10.30 – 11.00		Metacub 15.30-16.00 <span style="background-color: yellow;">1st Friday of each month</span>	Stretching & Flexibility 17.15-17.45	Indoor Cycling 18.00-18.45	Gym Induction 19.00-19.30	
Saturday	Indoor Cycling 09.00 - 09.45	New Class In gym 09.00-10.00	<b><u>Fitness Suite Opening Times</u></b> Monday - 07.30 to 20.30 Tuesday & Thursday – 07.30 to 21.00 (new later time) Wednesday & Friday - 06.15 to 20.30 Saturday & Sunday – 08.00 to 14.00 <u>Monday/Saturday – restricted access to weight area during classes highlighted in green</u>					<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <span style="color: red; font-size: 1.2em; margin-right: 5px;">●</span> High Intensity         </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <span style="color: yellow; font-size: 1.2em; margin-right: 5px;">●</span> Moderate Intensity         </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> <span style="color: green; font-size: 1.2em; margin-right: 5px;">●</span> Low Intensity         </div> </div> <p style="text-align: center; margin-top: 10px;">Tel: 01847 893260</p>
Sunday	Cycle Fusion 09.00 – 09.45							

### PROGRAMME GUIDANCE NOTES

- **Circuits** – lose weight, tone up, get stronger, faster & fitter.
- **H.I.I.T./ Pre-Work Work Out** – High intensity class, get stronger, faster & fitter.
- **Beginners Circuits** – Moderate to low intensity exercise class. A body conditioning mix of cardio and muscular endurance.
- **Kettle Bells Work Out** - tone up, get stronger, faster & fitter.
- **Stretching & Flexibility** – A low intense class designed to increase flexibility & mobility. This is great for people of all ages and fitness levels and will benefit everyday life.
- **Indoor Cycling** –Classes focusing on endurance, strength, intervals, high intensity and recovery. Can be adapted for beginners.
- **Pilates/Yoga** - Low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood.
- **Otago** - an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility.
- **Learn to lift**- Beginner weightlifting class for those with little to no experience.
- **Intermediate Lift**- For those with experience in Weightlifting or have attended learn to lift and want to progress.