



# East Caithness Community Complex - Pool Timetable

Monday 9th October - Sunday 22nd October 2017

MON	7.00	Public Swimming (L) <b>12.15pm-12.45pm Happy Swim</b>			4.30	4.30	5.30	5.30	6.30	6.30	10.00		
						W.A.S.C		Lane Swimming		Public Swimming (#)			
TUE	7.00	Public Swimming (L)						5.30	W.A.S.C		9.00	9.00	10.00
											Adults only Swimming		
WED	7.00	Public Swimming (#)(L)				5.00	6.00	6.00	7.00	7.00	Public Swimming <b>7.00-7.30pm Happy Swim</b>		10.00
						W.A.S.C		Lane Swimming					
THU	7.00	Public Swimming (L)			4.30	5.30	5.30	7.30	7.30	8.15	8.15	10.00	
					W.A.S.C		Public Swimming		Adult Tuition		Public Swimming(L)		
FRI	7.00	Public Swimming (L)			4.30	5.30	5.30	6.30	6.30	7.30	7.30	10.00	
					W.A.S.C		Lane swimming		Public Swimming		Kayak Club		
SAT	10.00	2.00	2.00	3.00	3.00	4.00	<p style="text-align: center;"><b>Join our fantastic value <i>High Life Scheme</i>.</b>            Pay one low monthly fee and get unlimited use of all Leisure Centre run activities &amp; discounts when you shop locally.            Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.</p>						
		Public Swimming WASC – 2 lanes 10.00-11.30 Family Friendly 12.00-1.00 <b>1-1.30pm Happy Swim</b>		Private Hire*	Public Swimming								
SUN	10.00	Public Swimming * Family Friendly 10.00-3.00 <b>1-1.30pm Happy Swim</b>			4.00	<p style="text-align: center;"><b><u>Pool closed on First Monday 8-10pm and first Wednesday of the month 12.30-2.30pm for staff training Approx Sorry for any inconvenience</u></b></p>							

## PROGRAMME GUIDANCE NOTES

**Swimming lessons** – Pool closed during these sessions Monday-Thursday.

**Lane swimming** – 1 lane will be up for lane swimming where (L) is stated on the programme

**Adult Tuition** – Adult swimming lessons will be taking place in the pool from 7.30-8.15pm on a Thursday, for more information or to book contact reception

**Happy Swim** – Activity £1 per person during the times stated only.

**# Staff training** – Staff training may take place in the pool on Mondays 7-9pm and Wednesday 1.30pm-2.30pm **Building closed on the 1<sup>ST</sup> Wednesday 12.15pm-2.30pm of each month .**

**\*Private Hire** – The swimming pool is available to book for party hire on Saturdays 2.15-3.00pm and may be closed to the public, otherwise it will be public swimming 2.00pm-2.45pm

**Aqua Fit** – Gentle aerobics class held in the shallow end of the pool – deep end open during this time

**W.A.S.C**– Wick swimming club. Pool closed during these sessions

**PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE**

MON	6.45 Pre-Work Workout	7.15	9.30 Beginners Aerobics Class – Assembly rooms (Commences 4 <sup>th</sup> September)	10.15	11.00 Walking Group (Commences 4 <sup>th</sup> September)	12.00	18.00 High Intensity Circuits	19.00
TUE	09.20 Metafit – Assembly rooms	10.00	10.00 Pure Abs – Assembly Rooms	10.30	18.00 Circuits – Fitness Suite Closed	19.00		
WED	6.45 Pre-Work Workout	7.15	9.15 High Intensity Circuits – Fitness Suite Closed	10.00	14.30 Seniors gym class – Fitness Suite Closed	15.15	18.00 Metafit	18.40
THU	9.30 Tots Dance Class – Assembly rooms (Commences 7 <sup>th</sup> September)	10.15	11.00 Beginners Gym Class Fitness Suite Closed (Commences 7 <sup>th</sup> September)	12.00	16.00 Caithness United Football Team PRIVATE SESSION - Fitness Suite Closed	16.45	18.00 High Intensity Circuits	19.00
FRI	6.45 Pre-Work Workout	7.15	18.00 Ladies Weights Only Class (Max 8 per class) – Part fitness suite access	18.45				

**Fitness Suite Opening Times** Monday – Friday 7.00 - 22.00, Saturday – 10.00 - 16.00, Sunday - 10.00 - 16.00

## PROGRAMME GUIDANCE NOTES

**High Intensity Circuits** – Lose weight, tone up, get stronger, faster & fitter (max 30 per class) be held in one of gyms within the high school

**Early Morning Blast** – Short high intensity class to start your day (max 12 per class)

**Metafit** – 30 minute body weight based class intensity is gauged by yourself and your ability (max 30 per class)

**Senior Circuits** – Moderate to low intensity circuitry class for senior citizens (max 12 per class)

**Beginners Aerobics Class** – Aerobics class to music. Low impact class aimed at beginners

**Walking Group** - Hour long walk in and around town. Go at your own pace and enjoy a warm cuppa after your hour long walk. Great social class for beginners with a cuppa and biscuits afterwards

**Tots Dance Class** – Come and enjoy an upbeat exercise class with your toddler. Toddler must be able to walk. Enjoy the music and exercise with your child.

**Beginners Gym Class** – Are you a Gymaphobic? Then this drop in session is a great class for you. Learn the machines and have the instructor answer any of your questions.

**Ladies Weights only Class** – 8 week block. Max 8 per class. Small group session will teach you the correct technique and show you how to use weights effectively

**Inductions** – Can be taken on Monday at 5pm, Wednesday at 10am, Sunday at 2pm or by prior arrangement at reception

**Important** – If a class has less than half its capacity level on a regular basis then highlife highland have the right to cancel the class with no given notice