

FESTIVE POOL SESSIONS

MONDAY 22nd	Lane Swimming*	7:15am – 8:30am	Maximum 16 swimmers
	Aqua Aerobics	8:45am – 9:30am	Maximum 20 spaces
	Open Swimming	12:30pm – 2:00pm	Lane available
	AquaFit	7:00pm – 7:45pm	Maximum 20 spaces
TUESDAY 23rd	Lane Swimming*	6:30am – 7:30am	Maximum 16 swimmers
	Lane Swimming*	7:30am – 8:30am	Maximum 16 swimmers
	Open Swimming	1:00pm – 2:00pm	Lane available
	Open Swimming	7:00pm – 8:00pm	Lane available
MONDAY 29th	Family Splash Session*	9:00am - 9.45am	Maximum 5 Families
	Family Splash Session*	10:00am - 10:45am	Maximum 5 Families
	Family Open Session	11:00am - 11:45am	Maximum 20 Swimmers
	Open Swimming	12:00pm-12:45pm	Lane Available
TUESDAY 30th	Family Splash Session*	9:00am-9:45am	Maximum 5 Families
	Family Splash Session*	10:00am - 10:45am	Maximum 5 Families
	Family Open Session	11:00am-11:45am	Maximum 20 Swimmers
	Open Swimming	12:00pm-12:45pm	Lane Available

SATURDAY & SUNDAY SESSIONS ARE AS PER USUAL

Please note the Leisure Centre is closed on the following dates (inclusive):

24th December – 26th December and 31st December – 2nd January.

Book online at: online.highlifehighland.com

For more information, please call the centre on 01479 870281

