

Dingwall Leisure Centre - Pool Programme

Monday 24th April – Sunday 2nd July 2017

MON	7.00 Public Swimming 1.00			1.00 2.00 Public Swimming (L.S)	2.00 3.30 Public Swimming		3.45 5.45 Swimming Lessons		5.45 6.45 Adult Lessons		6.45 7.45 Conon Swim Club		7.45 8.45 Adult Stroke Develop		8.45 9.30 Public Swimming (L.S)	
TUE	7.00 Public Swimming 1.00			1.00 2.00 Lane Swimming (4 lanes)	2.00 3.30 Staff Training		3.45 5.45 Swimming Lessons		5.45 6.30 Public Swimming (L.S)		6.30 7.30 Dingwall Swim Club		7.30 8.30 Ladies Only		8.30 9.30 Public Swimming Happy Hour (L.S)	
WED	7.00 9.00 Public Swimming	9.00 10.00 School Use	10.00 Public Swimming 1.00		1.00 2.00 Public Swimming Happy Hour (L.S)	2.00 3.30 Public Swimming		3.45 6.15 Swimming Lessons			6.15 8.30 Public Swimming			8.30 9.30 Adults Only (L.S)		
THU	7.00 Public Swimming 1.00			1.00 2.00 Lane Swimming (4 lanes)	2.00 3.30 Public Swimming	3.30 4.30 Family Swimming	4.30 6.30 Public Swimming			6.30 8.00 Dingwall Swim Club		8.00 9.30 Public Swimming (L.S 8.30-9.30)				
FRI	7.00 Public Swimming 12.30			12.30 1.15 You Time Aqua Aerobics	1.15 3.30 #Public Swimming (L.S 1.15-2.00)			3.45 5.45 Swimming Lessons		5.45 9.30 Public Swimming (L.S 5.45-6.45 and 8.30-9.30pm) Pool may close 6.45pm – 8.15pm for party hire						
SAT	8.00 9.00 Public Swims Happy Hour	9.00 11.00 Swimming Lessons		11.00 12.00 Family Swimming	12.00 3.00 Public Swimming (Snorkelling available 2-2.45pm)		3.00 4.00 Adult Swimming (L.S)		Join our fantastic value <i>High Life Scheme</i> . Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.							
SUN	8.00 9.00 Public Swimming	9.00 11.00 Dingwall Swim Club		11.00 12.00 Family Swimming	12.00 3.00 Public Swimming		3.00 4.00 Adult Swimming (L.S)									

Programme Guidance Notes

Swimming Lessons – For more information please contact reception.

Lane Swimming – Available where **L.S** is stated on the programme (please note there will be 4 lanes out on a Tuesday and Thursday between 1& 2pm).

Family Swims – Designed for families (no un-accompanied adults or children) mats / toys will be out for the kids.

Adult Stroke Development – If interested in developing your technique please book at reception.

Happy Hour – Activity £1 per person during the times stated.

Staff training – Staff training may take place in the pool on Friday 2.15-3.30pm, please check with reception.

Party Hire – The swimming pool is available to book for party hire on Friday nights 7.00-8.00pm and may be closed to the public 6.45pm – 8.15pm (Check pool availability at reception before coming to swim).

Aqua Aerobics – Gentle aerobics class held in the shallow end of the pool.

Dingwall Leisure Centre, Tulloch Avenue, Dingwall, IV15 9LH – Tel (01349) 864226.