

# Dingwall Leisure Centre - Pool Programme

Monday 27<sup>th</sup> November – Saturday 23<sup>rd</sup> December

MON	7.00		1.00		1.00	2.00	3.30		3.45	5.45	5.45	6.45	6.45	7.45	7.45	8.45	8.45	9.30	9.30			
	Public Swimming				Lane Swimming (L.S)	Public Swimming			Swimming Lessons		Adult Lessons		Conon Swim Club		Adult Stroke Develop		Public Swimming (L.S)					
TUE	7.00	9.00	9.00		1.00		1.00	2.00	2.00	3.30		3.45	5.45	5.45	6.30	6.30	7.30	7.30	8.30	8.30	9.30	9.30
	Public Swimming		School Use				Lane Swimming (4 lanes)	Staff Training			Swimming Lessons		Public Swimming (L.S)		Dingwall Swim Club		Ladies Only		Public Swimming Happy Hour (L.S)			
WED	7.00		1.00		1.00		2.00	2.00	2.00	3.30		3.45		6.15	6.15	8.30		8.30		9.30	9.30	
	Public Swimming				Public Swimming Happy Hour (L.S)		Public Swimming			Swimming Lessons		Public Swimming (L.S 6.15-7.30)				Adults Only (L.S)						
THU	7.00	9.00	9.00		1.00		1.00	2.00	2.00	3.30	3.30	4.30	4.30	6.30		6.30	8.15		8.15		9.30	9.30
	Public Swimming		School Use				Lane Swimming (4 lanes)	Public Swimming			Family Swimming	Public Swimming (L.S 5.30-6.30)		Dingwall Swim Club		Public Swimming (L.S 8.15-9.30)						
FRI	7.00		12.30		12.30		1.15	1.15	3.30			3.45	5.45	5.45	Public Swimming (L.S 5.45-6.45 and 8.30-9.30pm)		9.30					
	Public Swimming		You Time Aqua Aerobics		#Public Swimming				Swimming Lessons		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	9.00		11.00		11.00	12.00	12.00		3.00	3.00	4.00	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.								
	Public Swims Happy Hour		Swimming Lessons		Family Swimming		Public Swimming (Snorkelling available 2-2.45pm)		Adult Swimming (L.S)													
SUN	8.00	9.00	9.00		11.00		11.00	12.00	12.00		3.00	3.00	4.00									
	Public Swimming		Dingwall Swim Club		Family Swimming		Public Swimming		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.**