

Dingwall Leisure Centre - Pool Programme

Monday 4th June to Sunday 1st July 2018

MON	7.00Public Swimming1.00			1.002.00 Lane Swimming (L.S)	2.003.30 Public Swimming		3.455.45 Swimming Lessons		5.456.45 Adult Lessons		6.457.45 Conon Swim Club		7.458.45 Adult Stroke Develop		8.459.30 Public Swimming (L.S)		
TUE	7.00Public Swimming1.00			1.002.00 Lane Swimming (4 lanes)	2.003.30 Staff Training		3.455.45 Swimming Lessons		5.456.30 Public Swimming (L.S)		6.307.30 Dingwall Swim Club		7.308.30 Ladies Only		8.309.30 Public Swimming HH (L.S)		
WED	7.00Public Swimming1.00			1.002.00 Public Swimming HH & L.S	2.003.30 Public Swimming		3.456.15 Swimming Lessons			6.158.30 Public Swimming (L.S 6.15-7.15)			8.309.30 Adults Only (L.S)				
THU	7.00Public Swimming1.00			1.002.00 Lane Swimming (4 lanes)	2.003.30 Public Swimming		3.304.30 Family Swimming		4.306.30 Public Swimming (L.S 5.30-6.30)		6.308.15 Dingwall Swim Club			8.159.30 Public Swimming (L.S 8.15-9.30)			
FRI	7.00Public Swimming12.30				12.301.15 You Time Aqua Aerobics	1.152.15 Public Swimming	2.153.30 Staff Training		3.455.45 Swimming Lessons		5.459.30 Public Swimming (L.S 5.45-6.45 and 8.30-9.30pm) Pool may close 6.45pm – 8.15pm for party hire						
SAT	8.009.00 Public Swims HH		9.0011.00 Swimming Lessons		11.0012.00 Family Swimming		12.003.00 Public Swimming (Snorkelling available 2-2.45pm)			3.004.00 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	8.009.00 Public Swimming		9.0011.00 Dingwall Swim Club		11.0012.00 Family Swimming		12.003.00 Public Swimming			3.004.00 Adult Swimming (L.S)							

Programme Guidance Notes

Swimming Lessons – For more information please contact reception (public swimming will replace all swimming lessons out with the term programme).

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 (HH) – Public swimming is only £1 per person during the times stated.

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.