

# Dingwall Leisure Centre - Pool Programme

## Thursday 8<sup>th</sup> November – Sunday 25<sup>th</sup> November 2018

MON	7.00 9.00 Public Swimming	9.00 School Use 1.00		1.00 2.00 Lane Swimming (L.S)	2.00 3.30 School Use		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 9.00 Public Swimming	9.00 School Use 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 HH (L.S)
WED	7.00 9.00 Public Swimming	9.00 School Use 1.00		1.00 2.00 Public Swimming HH & L.S	2.00 3.30 School Use		3.45 6.15 Swimming Lessons		6.15 8.30 Public Swimming (L.S 6.15-7.15)		8.30 9.30 Adults Only (L.S)
THU	7.00 9.00 Public Swimming	9.00 School Use 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 (L.S 5.30-6.30)		6.30 8.15 Dingwall Swim Club		8.15 9.30 Public Swimming (L.S 8.15-9.30)
FRI	7.00 9.00 Public Swimming	9.00 School Use 12.30		12.30 1.15 You Time Aqua Aerobics	1.15 2.15 Public Swimming	2.15 3.30 Staff Training		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 HH	9.00 11.00 Swimming Lessons	11.00 12.00 Family Swimming	12.00 Public Swimming (Snorkelling available 2-2.45pm) 3.00		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 Public Swimming 3.00		3.00 4.00 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.**