

# Dingwall Leisure Centre - Pool Programme

## Monday 22<sup>nd</sup> April – Sunday 30<sup>th</sup> June 2019

MON	7.00 9.00 Public Swimming	9.00 Public Swimming (TP 10.00-11.00) 1.00			1.00 2.00 Public Swimming (LS & TP)	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 (LS)
TUE	7.00 Public Swimming 1.00				1.00 2.00 Lane Swimming (TP)	2.00 3.30 Staff Training		3.45 5.45 Swimming Lessons	5.45 6.30 Public Swimming (LS & TP)	6.30 7.30 Dingwall Swim Club	7.30 8.30 Ladies Only	8.30 9.30 Public Swimming (L.S)
WED	7.00 10.00 Public Swimming	10.00 12.00 School Use	12.00 1.00 Public Swimming	1.00 2.00 Public Swimming (LS & TP)	2.00 3.30 Public Swimming		3.45 6.15 Swimming Lessons	6.15 Public Swimming (TP) (LS 6.15-7.15) 8.30			8.30 9.30 Adults Only (LS)	
THU	7.00 10.00 Public Swimming	10.00 12.00 Public Swimming (TP 10.30-11.30)	12.00 1.00 Public Swimming	1.00 2.00 Lane Swimming (TP)	2.00 3.45 Public Swimming		3.45 4.45 Family Swimming (TP)	4.45 6.30 Public Swimming (TP) (LS 5.30-6.30)	6.30 8.15 Dingwall Swim Club	8.15 9.30 Public Swimming (LS 8.15-9.30)		
FRI	7.00 Public Swimming 12.30			12.30 1.15 You Time Aqua Aerobics	1.15 2.15 Public Swimming (LS & TP)	2.15 3.30 Staff Training		3.45 5.45 Swimming Lessons	5.45 Public Swimming (TP 5.45-8.30) (LS 5.45-6.45 and 8.30-9.30pm) 9.30 Pool may close 6.45pm – 8.15pm for party hire			
SAT	8.00 9.00 Public Swimming	9.00 11.00 Swimming Lessons	11.00 12.00 Family Swimming (TP)	12.00 Public Swimming(TP 1.00 – 3.00) (Snorkelling available 2-2.45pm) 3.00		3.00 4.00 Adult Swimming (LS)	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 £20.60 for individual memberships or £31.00 for family memberships.					
SUN	8.00 9.00 Public Swimming	9.00 11.00 Dingwall Swim Club	11.00 12.00 Family Swimming (TP)	12.00 Public Swimming (TP 1.00 – 3.00) 3.00		3.00 4.00 Adult Swimming (LS)						

### Programme Guidance Notes

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

**Happy Hour** – Public swimming is only £1 per person during certain times, these times are coloured yellow.

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

**Lane Swimming** – Please note there will be 4 lanes out on a Tuesday and Thursday between 1 & 2pm, there are other laned swimming sessions available where (LS) is stated on the programme.

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

**Toddlers Pool (TP)** – Due to operational changes, the toddlers pool will be open during specific sessions only, these times are available when (TP) is stated on the programme.

**Flume** – Again due to operational changes the flume will be open to the public during the first 20 minutes of each hour during public and family swimming sessions where possible. Please note that the flume will usually be available from 9am with last entry being 8pm.