

Dingwall Leisure Centre - Pool Programme

Monday 28th June – Sunday 15th August 2021

MON	7.00 – 7.45 7.10 – 7.55 Lane Swimming	9.00-9.30 * Swimming Lessons (See below info re alternating weeks & sessions)	10.00-10.30 *Swimming Lessons (See below info re alternating weeks & sessions)	11.00 – 11.45 11.10 – 11.55 Lane Swimming		3.00 – 3.45 3.10 – 3.55 Family Swimming	4.20 - 5.05 4.30 - 5.15 Lane Swimming	5.40 – 6.25 5.50 – 6.35 Family Swimming	7.00 – 7.45 7.10 – 7.55 Adult Stroke Development
TUE	7.00 – 7.45 7.10 – 7.55 Lane Swimming	9.00-9.30 * Swimming Lessons (See below info re alternating weeks & sessions)	10.00-10.30 *Swimming Lessons (See below info re alternating weeks & sessions)	11.00 – 11.45 11.10 – 11.55 Family Swimming		3.00 – 3.45 3.10 – 3.55 Lane Swimming	4.20 - 5.05 4.30 - 5.15 Lane Swimming	5.40 – 6.25 5.50 – 6.35 Family Swimming	7.00 – 7.45 7.10 – 7.55 Lane Swimming
WED	7.00 – 7.45 7.10 – 7.55 Lane Swimming	9.00-9.30 * Swimming Lessons (See below info re alternating weeks & sessions)	10.00-10.30 *Swimming Lessons (See below info re alternating weeks & sessions)	11.00 – 11.45 11.10 – 11.55 Lane Swimming		3.00 – 3.45 3.10 – 3.55 Family Swimming	4.20 - 5.05 4.30 - 5.15 Lane Swimming	5.40 – 6.25 5.50 – 6.35 Family Swimming	7.00 – 7.45 7.10 – 7.55 Lane Swimming
THU	7.00 – 7.45 7.10 – 7.55 Lane Swimming	9.00-9.30 * Swimming Lessons (See below info re alternating weeks & sessions)	10.00-10.30 *Swimming Lessons (See below info re alternating weeks & sessions)	11.00 – 11.45 11.10 – 11.55 Family Swimming		3.00 – 3.45 3.10 – 3.55 Lane Swimming	4.20 - 5.05 4.30 - 5.15 Lane Swimming	5.40 – 6.25 5.50 – 6.35 Family Swimming	7.00 – 7.45 7.10 – 7.55 Lane Swimming
FRI	7.00 – 7.45 7.10 – 7.55 Lane Swimming	9.00-9.30 * Swimming Lessons (See below info re alternating weeks & sessions)	10.00-10.30 *Swimming Lessons (See below info re alternating weeks & sessions)	11.00 – 11.45 You Time Aqua Aerobics		3.00 – 3.45 3.10 – 3.55 Lane Swimming	4.20 - 5.05 4.30 - 5.15 Family Swimming	5.40 – 6.25 5.50 – 6.35 Family Swimming	7.00 – 7.45 7.10 – 7.55 Lane Swimming
SAT	9.00 – 9.45 9.10 - 9.55 Lane Swimming	10.20 - 11.05 10.30 - 11.15 Family Swimming	11.40 - 12.25 11.50 - 12.35 Family Swimming		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 £21.70 for individual memberships or £32.60 for family memberships.				
SUN									

Programme Guidance Notes

Lane Swimming – Please note the pool will have two lanes with a maximum of 8 swimmers in either half.

Swimming Lessons – Please note swimming lessons will run over 3 alternate weeks beginning the 28th June, 12th & 26th July. During the alternate weeks of 5th & 19th July and 2nd & 9th August lane swimming sessions will be available at 8.20am, 8.30am, 9.40am & 9.50am.

Family Swims – Designed for families (unfortunately no un-accompanied adults or children are permitted).

Adult Stroke Development – This session is on a Monday evening and is a coached class for developing your technique.

Aqua Aerobics – This session is on a Friday at 11.00am and consists of gentle aerobics exercises held in the shallow end of the pool.