

Dingwall Leisure Centre - Pool Programme

Monday 14th August – Sunday 8th October 2023

MON	7.00-9.00 Lane Swimming	9.00-1.00 Dingwall Academy		1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming		3.45-6.15 Swimming Lessons	6.15-7.00 Adult Only Session	7.00-8.00 Dingwall Swimming Club	8.00-9.00 Adult Stroke Dev
TUE	7.00-9.00 Lane Swimming	9.00-11.30 Dingwall Academy	11.30-1.00 Open Swimming	1.00-3.30 Staff Training			3.45-6.15 Swimming Lessons	6.15-8.00 Open Swimming		8.00-9.00 Lane Swimming
WED	7.00-9.00 Lane Swimming	9.00-11.00 Open Swimming	11.00-1.00 Dingwall Academy		1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming	3.45-6.15 Swimming Lessons	6.15-8.00 Open Swimming		8.00-9.00 Lane Swimming
THU	7.00-9.00 Lane Swimming	9.00-11.00 Dingwall Academy	11.00-1.00 Open Swimming		1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming	3.45-5.45 Swimming Lessons	5.45-9.00 Dingwall Swimming Club		
FRI	7.00-9.00 Lane Swimming	9.00-10.30 Open Swims 10.30-11.00 Dingwall Acad	11.00-1.00 Open Swimming		1.00-2.30 Lane Swimming	2.30-3.30 Adult Lessons 2.30-3.30 Open Swims	3.30-5.00 Family Friendly	5.00-7.00 Open Swimming (Lane Available 5.00-6.00pm)	7.00-8.00 Adult Stroke Dev	8.00-9.00 Lane Swimming
SAT		9.00-10.00 Lane Swimming	10.00-11.00 Family Friendly	11.00-1.30 Open Swimming	1.30-2.30 Lane 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 £24.85 for individual memberships or £37.40 for family memberships.			
SUN		9.00-10.00 Lane Swimming	10.00-11.00 Family Friendly	11.00-1.30 Open Swimming	1.30-2.30 Lane Swimming					

Programme Guidance Notes.

Please note pre bookings are required for all family sessions, lane sessions, aqua aerobics and stroke development.

Lane Swimming - Lane swimming sessions will have 4 lanes with a maximum of 8 swimmers in each lane.

Open Sessions - A public swimming session, all ages and abilities welcome.

Family Friendly Session - Designed for families (no un-accompanied adults or children). This session allows families to come in out with the standard admissions policy (1 adult to 2 under 8's regardless of age). Please note these are hourly sessions that need pre booked. The toddlers pool will be open during these sessions.

ASD - Coached adult swimming class for developing your technique.

Swimming Lessons - Term time lessons for children.

Dingwall Academy - The pool is closed to the public and used by Dingwall Academy only.

Pool Parties - Pool parties can be booked on Fridays from 8.00-9.00pm (check reception for availability)

Admissions Policy: Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis. Children aged 4, 5, 6 and 7 must be accompanied by an adult on a ratio of 1 Adult: 2 children.