

# Dingwall Leisure Centre - Pool Programme

## Monday 9<sup>th</sup> October – Sunday 22<sup>nd</sup> October 2023

<b>MON</b>	7.00–9.00 Lane Swimming	9.00–10.30 Open Swimming	10.30–11.30 Family Friendly Swimming	11.30–1.00 Open Swimming	1.00–2.00 Lane Swimming	2.00–6.00 Open Swimming (Lane Available 5.00–6.00)		6.00–7.00 Adults Only Session	7.00–8.00 Open Swimming	8.00–9.00 Adult Stroke Dev		
<b>TUE</b>	7.00–9.00 Lane Swimming	9.00–12.00 Open Swimming		12.00–1.00 Lane Swimming	1.00–3.00 Staff Training		3.00–4.00 Family Friendly Swimming	4.00–6.00 Open Swimming (Lane Available 5.00–6.00)		6.00–7.00 Lane Swimming	7.00–8.00 Open Swimming	8.00–9.00 Lane Swimming
<b>WED</b>	7.00–9.00 Lane Swimming	9.00–10.30 Open Swimming	10.30–11.30 Family Friendly Swimming	11.30–1.00 Open Swimming	1.00–2.00 Lane Swimming	2.00–6.00 Open Swimming (Lane Available 5.00–6.00)		6.00–7.00 Adults Only Session	7.00–8.00 Open Swimming	8.00–9.00 Lane Swimming		
<b>THU</b>	7.00–9.00 Lane Swimming	9.00–11.30 Open Swimming		11.30–2.00 Lane Swimming		2.00–3.00 Family Friendly Swimming	3.00–5.00 Open Swimming	5.00–6.00 Adults Only Session	6.00–8.00 Open Swimming		8.00–9.00 Lane Swimming	
<b>FRI</b>	7.00–9.00 Lane Swimming	9.00–10.30 Family Friendly Swimming	10.30–12.00 Open Swimming	12.00–2.30 Lane Swimming		2.30–3.30 Adult Lessons	3.30–7.00 Open Swimming (Lane Available 5.15–6.15)		7.00–8.00 Adult Stroke Dev	8.00–9.00 Lane Swimming		
<b>SAT</b>		9.00–10.30 Lane Swimming	10.30–11.30 Family Friendly Swimming	11.30–1.30 Open Swimming	1.30–2.30 Lane Swimming	<b>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.</b>						
<b>SUN</b>		9.00–10.30 Lane Swimming	10.30–11.30 Family Friendly Swimming	11.30–1.30 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.**

**Open Sessions** - A public swimming session, all ages and abilities welcome. Some open sessions will have a lane available as stated.

**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.

**Aqua Aerobics** - Gentle aerobics class held in the shallow end of the pool.

**Adult Stroke Development** - Coached classes for developing your technique.

**Adults Only Session** - This session is an adults only session (no under 16s permitted)

**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.