

# Dingwall Leisure Centre - Pool Programme

## Monday 15<sup>th</sup> April – Sunday 26<sup>th</sup> May 2024

MON	7.00-9.00 Lane Swimming	9.00-1.00 Open Swimming			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	9.00-1.00 Primary Swimming Lessons			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	9.00-1.00 Open Swimming			1.00-2.00 Lane Swimming	2.00-3.30 Open Swimming		3.45-6.15 Swimming Lessons	6.15-7.00 Aqua Aerobics	7.00-8.00 Open Swimming	8.00-9.00 Lane Swimming
THU	7.00-9.00 Lane Swimming	9.00-1.00 Primary Swimming Lessons			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 Ding Academy	11.00-11.45 Aqua Aerobics	12.00-1.00 Open Swimming	1.00-2.30 Lane Swimming	2.30-3.30 Adult Lessons	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		<p>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 £26.90 for individual memberships or £39.99 for family memberships.</p>				
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.

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

**Primary Swimming Lessons** - These commence on Tuesday 23<sup>rd</sup> April (open swimming will replace these out with these dates)

**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). The toddlers pool will be open during these sessions.

**Aqua Aerobics** - Fitness to music class taking place within the shallow end of the swimming pool.

**ASD** - Coached adult swimming class for developing your technique.

**Swimming Lessons** - Term time lessons for children. These lessons commence week beginning 22<sup>nd</sup> April (open swimming will replace these out with these dates)

**Dingwall Academy** - The pool is closed to the public. Please note where Dingwall Academy utilise the pool during their first period of the day lane swimming will finish at 8.45am.

**Friday Evening Lane Swimming** - Please be aware due to the demand of pool parties these can be booked on Friday evenings 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.