

Dingwall Leisure Centre - Pool Programme

Monday 7th April – Sunday 20th April 2025

MON	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 Lane Swimming	7.00-8.00 Open Swimming	8.00-9.00 Lane Swimming	
TUE	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
WED	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	2.00-6.15 Open Swimming (Lane Available 5.00-6.00)			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	9.00-11.30 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 Lane Swimming	6.00-8.00 Open Swimming		8.00-9.00 Lane Swimming
FRI	7.00-9.00 Lane Swimming	9.00- 11.00 Open Swimming	11.00-11.45 Aqua Aerobics	11.45-1.00 Open Swimming	1.00-2.30 Lane Swimming		2.30-3.30 Family Friendly Swimming	3.30-7.00 Open Swimming (Lane Available 5.00-6.00)			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 Swimming	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 £28.99 for individual memberships or £42.99 for family memberships.			
SUN		9.00-10.00 Lane Swimming	10.00-11.00 Family Friendly Swimming	11.00-1.30 Open Swimming		1.30-2.30 Lane Swimming						

Programme Guidance Notes:

Please note that a lifeguard course will be taking place from 14th – 19th of April, therefore some pool sessions may be busier than usual.

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).

Lane Available - Please ask the lifeguard if you require a lane within the open session at the specific times mentioned.

Aqua Aerobics - Fitness to music class taking place within the shallow end of the swimming pool. There will be no aqua class taking place on Wednesday 16th or Friday 18th. Open session will replace these

Adult Stroke Development - Coached classes for developing your technique. Requires prior booking.

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.