

# Dingwall Leisure Centre - Pool Programme

## Monday 5<sup>th</sup> January – Sunday 22<sup>nd</sup> February 2026

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 Open Swimming	7.00-8.00 Dingwall Swim Club	8.00-9.00 Lane Swimming	
TUE	7.00-9.00 Lane Swimming	9.00-1.00 School Use				1.00-3.30 Staff Training				3.45-6.15 Swimming Lessons		6.15-8.00 Open Swimming (Lane available 6.15-7.15)		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 School Use		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 School Use				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	7.00-8.45 Lane Swimming	8.45-10.00 School Use	10.00-11.30 Open Swimming	11.30-12.15 Aqua Aerobics	12.15-1.30 Lane Swimming	1.30-3.30 Staff Training		3.30-4.30 Family Friendly	4.30-7.00 Open Swimming (Lane Available 5.00-6.00pm)			7.00-8.00 ASD	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 £28.99 for individual memberships or £42.99 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.

**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). 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 **(the spa and steam room will be open to the public during these sessions)**

**Swimming Lessons** - Term time lessons for children. Swimming lessons commence on Monday 12<sup>th</sup> January (open swimming will replace these the week commencing 5<sup>th</sup> January and 16<sup>th</sup> February).

**School Use** - The pool is utilised by Dingwall Academy and so is shut to the public during these times. Open swimming will replace the Tuesday and Thursday 9-1pm sessions during the week commencing Monday 5<sup>th</sup> January and the week beginning Monday 16<sup>th</sup> February.

**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).

**Dingwall Swim Club** - The swimming pool is closed to the public at this time (public swimming may replace this during the week beginning 5<sup>th</sup> January, please check at reception).

**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.