

East Caithness Community Complex - Pool Timetable

Monday 7th January – Sunday 7th April 2019

MON	7.00 10.00 Public Swimming	10.00 12.15 School Use	12.15 3.30 Public Swimming (L) 12.15pm-12.45pm Happy Swim	3.30 4.30 Swimming Lessons	4.30 5.30 W.A.S.C	5.30 6.30 Lane Swimming	6.30 9.00 Public Swimming (*)(#)	9.00 10.00 Adults only Swimming	
TUE	7.00 10.00 Public Swimming	10.00 12.15 School Use	12.15 3.00 Public Swimming (L)	3.00 5.30 Swimming Lessons	5.30 9.00 W.A.S.C			9.00 10.00 Adults only Swimming	
WED	7.00 10.15 Public Swimming	10.15 11.00 Aqua Fit	11.00 3.30 Public Swimming (#)(L)	3.30 5.00 Swimming Lessons	5.00 6.00 W.A.S.C	6.00 7.00 Lane Swimming	7.00 10.00 Public Swimming 7.00-7.30pm Happy Swim		
THU	7.00 10.00 Public Swimming	10.00 12.15 School Use	12.15 3.30 Public Swimming (L)	3.30 4.30 Swimming Lessons	4.30 5.30 W.A.S.C	5.30 7.30 Public Swimming	7.30 8.15 Adult Tuition Adults only	8.15 9.00 Public Swimming	9.00 10.00 Adults Only Swimming
FRI	7.00 9.30 Public Swimming	9.45 12.15 School Use	12.30 4.30 Public Swimming (L)		4.30 5.30 W.A.S.C	5.30 6.30 Lane swimming	6.30 7.30 Public Swimming	7.30 10.00 Kayak Club	
SAT	10.00 2.00 Public Swimming WASC – 2 lanes 10.00-11.30 Family Friendly 12.00-1.00 1-1.30pm Happy Swim			2.00 3.00 Private Hire*	3.00 4.00 Public 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 & discounts when you shop locally. Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.			
SUN	10.00 4.00 Public Swimming * Family Friendly 10.00-3.00 1-1.30pm Happy Swim					Pool closed on following days and times due to staff training. First Monday of every month 8.00pm-10.00pm (7 th Jan, 4 th Feb, 4 th Mar) First Thursday of every month 12.00pm-2.30pm (10 th Jan, 7 th Feb, 7 th Mar) Last Thursday of every month 1.00pm-3.00pm (31 st Jan, 28 th Feb, 28 th Mar)			

PROGRAMME GUIDANCE NOTES

Swimming lessons – Pool closed during these sessions Monday-Thursday.

Lane swimming – 1 lane will be up for lane swimming where (L) is stated on the programme

Adult Tuition – Adult swimming lessons will be taking place in the pool from 7.30-8.15pm on a Thursday, for more information or to book contact reception

Happy Swim – Activity £1 per person during the times stated only.

Staff training – Staff training may take place in the pool on Mondays 7-9pm and Wednesday 1.30pm-2.30pm

***Private Hire** – The swimming pool is available to book for party hire on Saturdays 2.15-3.00pm and may be closed to the public, otherwise it will be public swimming 2.00pm-2.45pm

Aqua Fit – Gentle aerobics class held in the shallow end of the pool – deep end open during this time

W.A.S.C – Wick swimming club. Pool closed during these sessions

(*) Aqua natal classes part pool unavailable during this time

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

MON	6.45	Pre-Work Workout		7.15	10.45	11.35	12.25	13.15	13.55	14.45	18.00	18.45		
					High School (Gym open to public)		High School (Gym open to public)		High School (Gym open to public)		High Intensity Circuits			
TUE	14.45	High School (Gym open to public)					15.35	18.00					18.45	
								Circuits – Fitness Suite Closed						
WED	6.45	Pre-Work Workout					7.15	14.30	15.15	18.00				18.40
								Seniors gym class – Fitness Suite Closed		Metafit				
THU	9.00	10.00	9.40	10.30	10.00	10.45	11.00	11.45	16.45	17.30	18.00	18.45		
	Beginners Aerobics Class – Assembly rooms		High School (Gym open to public)		Tots Dance Class – Assembly rooms		Beginners Gym Class		Caithness United Football Team - PRIVATE SESSION Fitness Suite Closed		High Intensity Circuits			
FRI	6.45	Pre-Work Workout		7.15	9.40	10.30	12.45	13.30		18.30	19.30			
					High School (Gym open to public)		Young Ones – Fitness Suite Closed			Boxercise				

Fitness Suite Opening Times

Monday – Friday 7.00 - 22.00, Saturday & Sunday – 10.00 - 16.00

PROGRAMME GUIDANCE NOTES

High Intensity Circuits – Lose weight, tone up, get stronger, faster & fitter (max 30 per class) be held in one of gyms within the high school

Pre-work Workout – Short high intensity class to start your day (max 12 per class)

Metafit – 30 minute body weight based class intensity is gauged by yourself and your ability (max 30 per class)

Senior Circuits – low to moderate intensity circuit class for senior citizens (max 12 per class)

Beginners Aerobics Class – Aerobics class to music. Low impact class aimed at beginners

Tots Dance Class – Come and enjoy an upbeat exercise class with your toddler. Toddler must be able to walk. Enjoy the music and exercise with your child.

Beginners Gym Class – Are you a Gymaphobic? Then this drop in session is a great class for you. Learn the machines and have the instructor answer any of your questions.

Young Ones – Open session for teenagers aged 12-16 year olds where an instructor over sees all usage. **Non-instructed class**

Boxercise - You use your whole body. Your arms, your legs, and the time flies as you work on body movement, agility and momentum- MAX 20 per class. Booking essential

Inductions – Can be taken on Monday at 7.30pm, Wednesday at 10am, Sunday at 2pm or by prior arrangement at reception

Important – If a class has less than half its capacity level on a regular basis then highlife highland have the right to cancel the class with no given notice

Make life easier for our receptionists by presenting your highlife cards on arrival before commencing with the class