

**PLEASE REMEMBER THAT ALL SESSIONS REQUIRE TO BE BOOKED PRIOR TO ATTENDING THE FACILITY. YOU CAN DO THIS ONLINE [online.hIGHLIFEhighland.com](https://online.hIGHLIFEhighland.com). OR VIA TELEPHONE – 01955 609709**

<b>MON</b>	07.00-07.45 (P) 07.10-07.55 (Y) <b>Public Lane Swimming</b>	08.20- 09.05 (P) 08.30-09.15 (Y) <b>Public Lane Swimming</b>		15.10-15.40 <b>Learn to Swim Programme</b>	16.00-16.30 <b>Learn to Swim Programme</b>	Enhanced clean after LTS session	17.00-17.45 (P) 17.10-17.55 (Y) <b>Wick Swimming Club</b>	18.20-19.05 (P) 18.30-19.15 (Y) <b>Family Swimming</b>	19.40-20.25 (P) 19.50-20.35 (Y) <b>Public Lane Swimming</b>
<b>TUE</b>				15.10-15.40 <b>Learn to Swim Programme</b>	16.00-16.30 <b>Learn to Swim Programme</b>	Enhanced clean after LTS session	17.00-17.45 (P) 17.10-17.55 (Y) <b>Wick Swimming Club</b>	18.20-19.05 (P) 18.30-19.15 (Y) <b>Family Swimming</b>	19.40-20.25 (P) 19.50-20.35 (Y) <b>Public Lane Swimming</b>
<b>WED</b>	07.00-07.45 (P) 07.10-07.55 (Y) <b>Public Lane Swimming</b>	08.20- 09.05 (P) 08.30-09.15 (Y) <b>Public Lane Swimming</b>		15.10-15.40 <b>Learn to Swim Programme</b>	16.00-16.30 <b>Learn to Swim Programme</b>	Enhanced clean after LTS session	17.00-17.45 (P) 17.10-17.55 (Y) <b>Wick Swimming Club</b>	18.20-19.05 (P) 18.30-19.15 (Y) <b>Family Swimming</b>	19.40-20.25 (P) 19.50-20.35 (Y) <b>Public Lane Swimming</b>
<b>THU</b>				15.10-15.40 <b>Learn to Swim Programme</b>	16.00-16.30 <b>Learn to Swim Programme</b>	Enhanced clean after LTS session	17.00-17.45 (P) 17.10-17.55 (Y) <b>Wick Swimming Club</b>	18.20-19.05 (P) 18.30-19.15 (Y) <b>Family Swimming</b>	19.40-20.25 (P) 19.50-20.35 (Y) <b>Public Lane Swimming</b>
<b>FRI</b>	07.00-07.45 (P) 07.10-07.55 (Y) <b>Public Lane Swimming</b>	08.20- 09.05 (P) 08.30-09.15 (Y) <b>Public Lane Swimming</b>		15.10-15.40 <b>Learn to Swim Programme</b>	16.00-16.30 <b>Learn to Swim Programme</b>	Enhanced clean after LTS session	17.00-17.45 (P) 17.10-17.55 (Y) <b>Wick Swimming Club</b>	18.20-19.05 (P) 18.30-19.15 (Y) <b>Family Swimming</b>	19.40-20.25 (P) 19.50-20.35 (Y) <b>Public Lane Swimming</b>
<b>SAT</b>									
<b>SUN</b>									

- Due to COVID-19 restrictions we are only able to provide lane swimming and other limited sessions at this given time.
  - There will be a slow lane, medium lane and fast lane with 8 swimmers maximum per lane.
  - Please arrive 'beach' ready showers are available for pre/post swim rinse ONLY.
- All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, any payments must be paid in advance online or can be done over the phone using your card by phoning into the facility.
  - For more information please visit our Facebook page

**PLEASE REMEMBER THAT ALL SESSIONS REQUIRE TO BE BOOKED PRIOR TO ATTENDING THE FACILITY. GYM SESSIONS ARE BOOKABLE 1 HOUR SLOTS. YOU CAN DO THIS ONLINE [online.highlifehighland.com](https://online.highlifehighland.com). OR VIA TELEPHONE – 01955 609709**

<b>MON</b>	07.00-08.00 <b>Public Gym Use</b>	08.15-09.15 <b>Public Gym Use</b>		15.30-16.30 <b>Public Gym Use</b>	16.45-17.45 <b>Public Gym Use</b>	18.00-19.00 <b>Public Gym Use</b>	19.15-20.15 <b>Public Gym Use</b>	CLOSED Enhanced Clean
<b>TUE</b>				15.30-16.30 <b>Public Gym Use</b>	16.45-17.45 <b>Public Gym Use</b>	18.00-19.00 <b>Public Gym Use</b>	19.15-20.15 <b>Public Gym Use</b>	CLOSED Enhanced Clean
<b>WED</b>	07.00-08.00 <b>Public Gym Use</b>	08.15-09.15 <b>Public Gym Use</b>		15.30-16.30 <b>Public Gym Use</b>	16.45-17.45 <b>Public Gym Use</b>	18.00-19.00 <b>Public Gym Use</b>	19.15-20.15 <b>Public Gym Use</b>	CLOSED Enhanced Clean
<b>THU</b>				15.30-16.30 <b>Public Gym Use</b>	16.45-17.45 <b>Public Gym Use</b>	18.00-19.00 <b>Public Gym Use</b>	19.15-20.15 <b>Public Gym Use</b>	CLOSED Enhanced Clean
<b>FRI</b>	07.00-08.00 <b>Public Gym Use</b>	08.15-09.15 <b>Public Gym Use</b>		15.30-16.30 <b>Public Gym Use</b>	16.45-17.45 <b>Public Gym Use</b>	18.00-19.00 <b>Public Gym Use</b>	19.15-20.15 <b>Public Gym Use</b>	CLOSED Enhanced Clean
<b>SAT</b>								
<b>SUN</b>								

**Circuit Classes: - Monday to Friday – 18.00 to 19.00. Held on the All Weather Pitch.**

- Due to COVID-19 restrictions we are only able to provide the programmes listed above at this given time.
  - Please arrive 'gym' ready as we do not have changing or shower facilities available currently.
- All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, any payments must be paid in advance online or can be done over the phone using your card by phoning into the facility.
  - For more information please visit our Facebook page