

East Caithness Community Facility - Pool Timetable

11th July – 16th August 2022

Mon	07.00-9.00 Open public swimming (1 lane available)	9.00-10.00 Summer Swimming Lessons W/C 18/7 to 8/8 inclusive		10.00-12.30 Open public swimming		14.45-17.00 Open public swimming	17.00-18.00 Wick Swimming Club	18.00-19.00 Public Lane Swimming (2 lanes for WASC)	Staff Training (Pool Closed for Public)	
Tue	07.00-9.00 Open public swimming (1 lane available)	9.00-10.00 Summer Swimming Lessons W/C 18/7 to 8/8 inclusive		10.00-17.00 Open public swimming (1 lane available)			17.00-19.30 Wick Swimming Club		19.30-20.45 Open public swimming (1 lane available)	
Wed	07.00-09.00 Open public swimming (1 lane available)	9.00-10.00 Summer Swimming Lessons W/C 18/7 to 8/8 inclusive	10.00-10.45 Aquafit	10.45-17.00 Open public swimming			17.00-18.00 Wick Swimming Club	18.00-19.00 Public Lane Swimming (2 lanes for WASC)	19.00-20.45 Open public swimming	
Thu	07.00-9.00 Open public swimming (1 lane available)	9.00-10.00 Summer Swimming Lessons W/C 18/7 to 8/8 inclusive)		10.00-17.00 Open public swimming (1 lane available)			17.00-18.00 Wick Swimming Club	18.00-20.45 Open public swimming (2 lane for WASC 18.00-19.00)		
Fri	07.00-9.00 Open public swimming (1 lane available)	9.00-10.00 Summer Swimming Lessons W/C 18/7 to 8/8 inclusive		10.00-12.30 Open public swimming	Staff training (Pool Closed for Public)	14.45-17.00 Open public swimming	17.00-18.00 Wick Swimming Club	18.00-19.00 Public Lane Swimming	19.00-20.45 Open public swimming	
Sat			10.00-12.45 Open public swimming (W.A.S.C X2 Lanes 10.00-11.30)				13.00-13.45 Family Swimming (Family friendly admission policy applies)			
Sun			10.00-11.30 Family Swimming (Family friendly admission policy applies)		11.45-13.45 Open public swimming					

PROGRAMME GUIDANCE NOTES

Summer Swimming Lessons – Pool Hall temporarily closed due teaching programme. Up to week commencing 18th July these sessions are public swimming sessions.

Staff Training – Pool Hall closed during these times.

Lane swimming – All the pool hall available with categorise of lanes, Slow, medium, and fast

Open session – Swim session, where everyone is welcome, 1 lane available when stated on the timetable

Family sessions – Fun and enjoyable sessions for all the family, full use of pool Hall with pool floor raised.

Wick Swimming Club – Pool Hall closed during these times to public. Swimming club

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

MON	06.45-07.15 Pre-Work Workout – Fitness Suite Closed	07.15-20.30 Public Gym Use				
TUE	06.45-07.15 Pre-Work Workout – Fitness Suite Closed	07.15-13.00 Public Gym Use	13.00-14.00 Teen Gym session 11-15 yrs	14.00-18.00 Public Gym Use	18.00-19.00 Circuits	19.00-20.30 Public Gym Use
WED	06.45-07.15 Pre-Work Workout – Fitness Suite Closed	07.15-14.00 Public Gym Use		14.00-14.45 Senior Circuit class	14.45-20.30 Public Gym Use	
THU	06.45-07.15 Pre-Work Workout – Fitness Suite Closed	07.15-10.00 Public Gym Use	10.00-11.00 Teen Gym session 11-15 yrs	11.00-20.30 Public Gym Use		
FRI	06.45-07.15 Pre-Work Workout – Fitness Suite Closed	07.15-20.30 Public Gym Use				
SAT	Closed	10.00-13.45 Public Gym Use			Closed	
SUN	Closed	10.00-13.45 Public Gym Use			Closed	

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 building

Pre-work Workout – Short high intensity class to start your day (*max 20 per class*)

Gym Inductions – please book you space via reception. All users require an induction before using the fitness suite. These are available on a Tuesday at 7pm, Wednesday @ 1pm Saturday at 10am

Teen Gym Sessions – Gym closed for school session.

Telephone - 01955 609709

Email – wick.pool@highlifehighland.com

Fitness Class Times

Pre-work work out – Mondays, Wednesday & Fridays 06.45-07.15 in the Fitness suite

Fitness Suite Circuits – Tuesday 18.00-18.45 in the Fitness suite

Indoor Cycling – Monday & Wednesday 18.00-18.45 & 19.00-19.45 in the Assembly Rooms, Wick

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