



# East Caithness Community Facility - Pool Timetable

## 15<sup>th</sup> April – 30<sup>th</sup> June 2024

<b>Mon</b>	07.00-10.00 <b>Public swimming</b> (3 lanes from 7.00-8.00)	10.00-11.00 <b>School Swimming</b>	11.15-15.00 <b>Public swimming</b> 11.30-12.00 Part of the shallow end used for Aqua natal Half pool available from 14.45-15.45		15.15-17.00 <b>Learn to Swim Programme</b>	17.00-18.00 <b>Wick Swimming Club</b>	18.00-19.00 <b>Lane Swimming</b> (2 lanes for WASC)	19.00-20.45 <b>Public swimming</b> (Closed last Monday of month for staff training)	
<b>Tue</b>	07.00-09.00 <b>Public swimming</b> (3 lanes from 7.00-8.00) (1 lane Wick Swimming Club)	09.00-09.45 <b>Aquafit</b>	10.00-11.00 <b>School Swimming</b>	11.15-14.45 <b>Public swimming</b>	15.00-17.00 <b>Learn to Swim Programme</b>	17.00-19.30 <b>Wick Swimming Club</b>		19.30-20.45 <b>Public swimming</b>	
<b>Wed</b>	07.00-15.15 <b>Public swimming</b> (3 lanes from 7.00-8.00) (Please note limited access due to Adult & Child instruction from 10.30-12.45)				15.30-17.00 <b>Learn to Swim Programme</b>	17.00-18.00 <b>Wick Swimming Club</b>		18.00-19.45 <b>Public swimming</b> (1 lane for WASC 18.00-19.00)	19.45-20.45 <b>Lane Swimming</b>
<b>Thu</b>	07.00-15.15 <b>Public swimming</b> (3 lanes from 7.00-8.00)				15.30-17.00 <b>Learn to Swim Programme</b>	17.00-18.00 <b>Wick Swimming Club</b>	18.00-19.00 <b>Public Swimming</b> (1 lane for WASC)	19.00-20.45 <b>Adults only Session</b> Adult tuition 19.45-20.30 – using two lanes.	
<b>Fri</b>	07.00- 10.00 <b>Public swimming</b> (3 lanes from 7.00-8.00)	10.00-11.30 <b>School Swimming</b>	11.45-12.30 <b>Public Swimming</b>	12.30-14.30 <b>Staff training</b>	14.30-17.00 <b>Public Swimming</b> (1/2 pool used for swimming lessons)	17.00-18.00 <b>Wick Swimming Club</b>		18.00-20.45 <b>Public swimming</b> (Family friendly admission policy applies from 18.00-19.00)	
<b>Sat</b>		10.00-12.30 <b>Public swimming</b> (W.A.S.C X2 Lanes 10.00-11.30)	12.30-14.30 <b>Public swimming</b> (Family friendly admission policy applies)						
<b>Sun</b>		10.00-11.00 <b>Public swimming</b> (Family friendly admission policy applies)	11.00-13.45 <b>Public swimming</b>						

### PROGRAMME GUIDANCE NOTES

**Learn to Swim Programme** – Pool Hall temporarily closed due teaching programme.

**Adult Tuition** – Swimming tuition for adults, every Thursday, learn a life skill from our qualified instructors.

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

**Aquafit sessions**- Water Aerobics all welcome, workout designed to improve overall health from our qualified instructors.

**Family sessions** – Fun and enjoyable sessions for all the family, **Family Friendly admission policy during these times only.**

**Staff Training** – Last Monday of the month 19.00-20.45 the pool hall is closed for training.

**School Sessions** – Pool Hall closed temporarily closed due to teaching programme.

**Open session** – Swim session, where everyone is welcome, 1 lane available.

**Adult and Child Instruction** – For pre-school children, Wednesdays, 10.15am – 12.30pm.

**PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE**

<b>MON</b>	06.45-07.30 <b>Pre-Work Workout Fitness Suite</b>	9.15-9.45 <b>Beginners Circuits Fitness Suite</b>	10.00-10.45 <b>Silver Circuits Assembly rooms</b>	11.00-12.00 <b>Otago Assembly rooms</b>	18.00-18.45 <b>Circuits Primary School Hall</b>
<b>TUE</b>	06.45-07.30 <b>Pre-Work Workout Fitness Suite</b>	9.00-9.45 <b>Aquafit Main Pool Hall</b>			18.00-18.45 <b>Circuits Fitness Suite</b>
<b>WED</b>	06.45-07.30 <b>Pre-Work Workout Fitness Suite</b>				18.00-18.30 18.35-19.05 <b>Indoor Cycling Assembly Rooms</b>
<b>THU</b>	06.45-07.30 <b>Pre-Work Workout Fitness Suite</b>	09.15-09.55 <b>Circuits Fitness Suite</b>			18.00-18.30 <b>Metafit Primary School Gym</b>
<b>FRI</b>	06.45-07.30 <b>Pre-Work Workout Fitness Suite</b>	9.15-9.45 <b>Beginners Circuits Fitness Suite</b>	10.00-11.00 <b>Parkinson's Assembly rooms</b>	11.15-12.15 <b>Silver Circuits Assembly rooms</b>	
<b>SAT</b>			09.00-09.30 <b>Metafit Primary School</b>		

### PROGRAMME GUIDANCE NOTES

**Circuits** – Lose weight, tone up, get stronger, faster & fitter (max 30 per class)

**Beginner Circuits** – Moderate to low intensity exercise class. A body conditioning mix of cardio and muscular endurance.

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

**Gym Inductions** – please book your space via reception.

**Metafit** – High intensity class, get stronger, faster & fitter.

**Indoor Cycling** – Class focusing on endurance, strength, intervals, high, intensity and recovery. Can be adapted for beginners.

**Silver Circuits** – Focuses on functional strength and mobility helping to maintain ability in all activities of daily living.

**Parkinson's** – Specifically created for people with Parkinson's, consist of functional exercises, some of which are chair-based, and some use a range of simple equipment.

**Otago** – an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility.

### Fitness Suite Opening Times

Monday 07.30 – 20.45  
 Tuesday 07.30 – 9.15, 9.45 – 18.00, 18.45-20.45  
 Wednesday 7.30 – 14.00, 14.45 – 20.45  
 Thursday 07.30 – 09.15, 10.00 – 20.45  
 Friday 07.30 – 9.15, 9.45-20.45  
 Saturday 10.00 -14.30  
 Sunday 10.00-13.45

Make life easier for our receptionists by presenting your highlife cards on arrival.

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