

East Caithness Community Facility - Pool Timetable

21st April to 4th July 2025

Mon	07.00-9.45 Public swimming (2 lanes available)	10.00-11.00 School Swimming		11.15-15.35 Public swimming (2 lanes available) 11.30-12.00 1 lane used for Aqua-natal.		15.50 – 17.00 Learn to Swim Programme	17.00-18.00 Wick Swimming Club	18.00-19.00 Lane Swimming (2 lanes for WASC)	19.15-20.00 Deep Water Aerobics & Public Swimming (Shallow end)	20.00 – 20.45 Public swimming & Staff Training 20:00 to 21:00 (2 lanes available)
Tue	07.00-09.30 Public swimming (2 lanes available)	09.30-10.15 Aquafit	10.30 – 12.00 School Swimming	12:15 -14.45 Public swimming (2 lanes available)	15.00-17.00 Learn to Swim Programme	17.00-19.30 Wick Swimming Club			19.30-20.45 Public Swimming (2 lanes available)	
Wed	07.00-15.15 Public swimming (2 lanes available) Parent and Toddler Session 10.25 to 12.35 in deep end with floor raised to 0.9M				15.30 to 17.00 Learn to Swim Programme	17.00-18.00 Wick Swimming Club	18.00-19.45 Public swimming (1 lane for WASC 18.00-19.00) (2 lanes available)		19.45-20.45 Public & Lane Swimming (3 lanes available)	
Thu	07.00-9.45 Public swimming (2 lanes available)	10.00– 11.00 School Swimming	11.15- 15.15 Public Swimming (2 lanes available)		15.30-17.00 Learn to Swim Programme	17.00-18.00 Wick Swimming Club	18.00-19.00 Public Swimming (2 lanes available & 1 lane for WASC)	19.00-19.45 Aquafit	20.00-20.45 Adults only Session Adult tuition 20.00-20.45 – using two lanes.	
Fri	07.00- 12.30 Public swimming (2 lanes available)			12.30-14.30 Staff training	14.30-17.00 Public Swimming (15.30-16.45 Part of pool used for learn to swim programme)	17.00-18.00 Wick Swimming Club	18.00-19.00 Public Swimming (Family friendly admission policy applies)	19.00-20.45 Public Swimming (2 lanes available)		
Sat		10.00-12.30 Public swimming (W.A.S.C 2 Lanes 10.00-11.30)		12.30-16.00 Public swimming (Family friendly admission policy applies12.30-14.30)						
Sun		10.00-12.00 Public swimming (Family friendly admission policy applies)		12.00-15.00 Public swimming (12.00-15.00 1 lane available)		15.00 – 16.00 ASN Session				

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 categories of lanes: Slow, medium, and fast

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

Aquafit sessions- Water Aerobics. All welcome, workout designed by qualified instructors to improve overall health.

Staff Training _ Every Friday the pool hall is closed 12.30-2.30 and the last Monday of the month from 20:00 for training.

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

Adult and Child Instruction – For pre-school children, Wednesdays 10.25am – 12.35pm.

Open session – Swim session, where everyone is welcome, 2 lanes available.

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

East Caithness Community Facility – Class and Fitness Suite Timetable

21st April to 3rd July 2025

MON	06.45 - 07.30 Pre-Work Workout Fitness Suite	9.15 - 9.55 Beginners Circuits Fitness Suite	9.15 – 10.00 Silver Circuits Assembly rooms	10.15 – 11.15 Parkinsons Assembly Rooms	11.30 – 12.30 Otago Assembly rooms	18.00 - 18.45 Circuits High School Gym	19.15 – 20.00 Deep water Aquafit Main Pool Hall
TUE	06.45 - 07.30 Pre-Work Workout Fitness Suite	9.30 - 10.15 Aquafit Main Pool Hall	18.00-18.45 Circuits Fitness Suite			18.55 - 19.30 Stretch & Flex ECCF	
WED	06.45 - 07.30 Pre-Work Workout Fitness Suite			14.00 - 15.00 Senior Hour Fitness Suite		18.00 - 18.30 & 18.35 - 19.05 Indoor Cycling Assembly rooms	
THU	06.45 - 07.30 Pre-Work Workout Fitness Suite	09.15 - 09.55 Circuits Fitness Suite				18.00 - 18.45 Bodytone Primary School Gym	19.00 - 19.45 Aquafit Main Pool Hall
FRI	06.45 - 07.30 Pre-Work Workout Fitness Suite	9.15 - 9.55 Beginners Circuits Fitness Suite	10.00 – 10.45 Silver Circuits Assembly rooms	11.00- 11.45 Silver Circuits Assembly rooms		18.30 - 19.15 Bums & Tums Community Campus	
SAT		09.00-09.45 Indoor Cycling Assembly rooms	09.55 – 10.25 Stretch & Flex Assembly rooms				
Sun		8.45 – 9.30 Circuits Fitness Suite					

PROGRAMME GUIDANCE NOTES

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

Beginner Circuits – Low to Moderate 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 – Wednesdays 19:00, Fridays 11:00 or Saturdays 14:30, or ask at reception.

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.

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

Stretch and Flex Session - improve joint and muscle flexibility by blending stretches, moves and poses either seated or standing

Bums and tums - Tones, tighten bums and tums for a more sculpt look

Bodytone - All over body workout to strengthen muscles, improve endurance and shaping

Fitness Suite Opening Times

Monday 07.30 – 09.15, 09.55 - 20.45

Tuesday 07.30 – 18.00, 18.45 - 20.45

Wednesday 7.30 - 14.00, 15:00 – 20.45

Thursday 07.30 – 09.15, 09:55 – 20.45

Friday 07.30 – 09.15, 09.55-20.45

Saturday 10.00 -16.00

Sunday 10.00-16.00

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

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