

# East Caithness Community Facility - Pool Timetable

5<sup>th</sup> January to 23<sup>rd</sup> February 2026

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 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)	19.00-20.00 Public Swimming (Shallow end) 19.15-20.00 Aquafit (Deep Water)	20.00 - 20.45 Public swimming 20:00 to 21:00 Staff Training
Tue	07.00-09.15 Public swimming (2 lanes available)	09.15-10.00 Aquafit	10.00-14.45 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 (2 lanes for WASC 18.00-19.00) (1 lane 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)	19.00-19.45 Aquafit	19.45-20.45 Adults only Session Adult tuition 20.00-20.45 – using two lanes.
Fri	07.00- 9.45 Public swimming (2 lanes available)	10.00-11.00 School Swimming	11.15-12.30 Public swimming (2 lanes available)	12.30-14.30 Staff training	14.30-17.00 Public Swimming (15.30-16.45 Deep end used for Learn to swim programme)	17.00-18.00 Wick Swimming Club	18.00-19.00 Family Friendly Family friendly admission policy applies	19.00-20.45 Caithness Kayak Club Private session
Sat	10.00-11.30 Public swimming (W.A.S.C 2 Lanes 10.00-11.30)	11.30-12.30 Family Friendly Family friendly admission policy applies	12.30-13.30 Fun Floats Session	13:30 – 16:00 Public swimming (1 lane available)	Activity Charges	Adult	Concession	Public Swimming 45 minutes to 1 hour <u>Admissions Policy</u> Children aged 3 & under – 1 adult to 1 child Children aged 4-7 years – 1 adult to 2 children Shallow end available during deep water aquafit. Deep end available during shallow water aquafit.
Sun	10.00-11.00 Public Swimming (1 lane available)	11.00-13.00 Family Friendly Family friendly admission policy applies	13.00-15.00 Public swimming (1 lane available)	15.00 – 16.00 ASN Session				Individual Membership £28.99 per Month      Family Membership £42.99 per month

## PROGRAMME GUIDANCE NOTES

\*2 lanes available during public swimming are on request\*

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.

ASN Session – closed pool session for families or anyone with ASN, all ages welcome.

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 closed 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

Fun Float Session – float session for ages 8 -15.



# East Caithness Community Facility – Class and Fitness Suite Timetable

5<sup>th</sup> January to 23<sup>rd</sup> February 2026

MON	06.45 - 07.30 Circuits Fitness Suite	9.15 - 9.55 Circuits (Beginners) Fitness Suite	9.15-10.00 You-Time Circuits Assembly rooms	10.15 – 11.15 Parkinsons Exercise Class Assembly Rooms	11.30 – 12.30 Otago Assembly rooms	18.00 - 18.45 Circuits High School Gym	19.15 – 20.00 Aqua Fit (Deep Water) Main Pool Hall
TUE	06.00-06.30 Indoor Cycling Assembly Rooms	06.45 - 07.30 Circuits Fitness Suite	9.15 - 10.00 Aqua Fit Main Pool Hall		18.00-18.45 Circuits Fitness Suite		18.55 - 19.30 Stretch & Flow Community Campus
WED	06.45 - 07.30 Circuits Fitness Suite	14.00 - 15.00 Senior Hour Fitness Suite		18.00 - 18.30 Indoor Cycling Assembly rooms			18.35 - 19.05 Indoor Cycling Assembly rooms
THU	06.45 - 07.30 Circuits Fitness Suite	09.15 - 09.55 Circuits Fitness Suite			18.00 - 18.45 Circuits (Beginners) Primary School Gym		19.00 - 19.45 Aqua Fit Main Pool Hall
FRI	06.45 - 07.30 Circuits Fitness Suite	9.15 - 9.55 Circuits (Beginners) Fitness Suite	9.15-10.00 You-Time Circuits Assembly rooms	10.15-11.15 Dynamic Wellbeing Level 1 Assembly rooms	14.30-15.15 Teen Gym Fitness Suite		
SAT	08.00-08.45 Spin Fit Assembly rooms	08.55 – 09.30 Indoor Cycling Assembly rooms	Fitness Suite access is restricted during class times.  Please check the timetable to avoid disappointment.  Please make life easier for our receptionists by presenting your highlife cards on arrival. <b>Telephone - 01955 609709   Email – <a href="mailto:wick.pool@highlifehighland.com">wick.pool@highlifehighland.com</a></b>				
Sun							

## PROGRAMME GUIDANCE NOTES

**Circuits** – Moderate to high intensity exercise class to help 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. (max 15 per class)

**Gym Inductions** – Wednesdays 19:00, Fridays 11:00 or Saturdays 14:30, or ask at reception. (Max 6 per session)

**Indoor Cycling** – Class focusing on endurance, strength, intervals, high intensity and recovery. Can be adapted for beginners. (Max 14 per class)

**You-Time Circuits** – Focuses on functional strength and mobility helping to maintain ability in all activities of daily living. (Max 16 per class)

**Parkinson's Class** – Specifically created for people with Parkinson's, consist of functional exercises, some of which are chair-based. (Max 10 per class)

**Otago** – an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility. (Max 10 per class)

**Dynamic Wellbeing Level 1** – A class designed for people with long-term health conditions to help them be active and stay active. (Max 16 per class)

**Teen Gym** – A gym session specifically tailored for 11-15 year olds. (Max 25 per class)

**Stretch and Flow** - improve joint and muscle flexibility by blending stretches, moves and poses either seated or standing. (Max 16 per class)

**Spin Fit** – A mix of cycling and circuits exercises combined to make a whole-body workout suitable for all. (Max 14 per class)

## **Fitness Suite Opening Times**

Monday 07:30 – 09:15, 09:55 – 20:45

Tuesday 07:30 – 18:00, 18:45 – 20:45

Wednesday 07:30 – 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