

# The Fingal Centre, Portree - Pool Programme

Monday 26<sup>th</sup> July 2021 – Saturday 14<sup>th</sup> August 2021  
Booking Essential For All Activities

<b>Monday</b>	6.55 7.50 Lane Swim	8.05 8.50 Lane Swim	10.00 11.30 Swimming Lessons	12.05 12.50 Lane Swim	1.05 2.00 Aquacise		4.30 5.15 Open Swim 8-17yrs old	6.05 7.00 Open Swim	7.15 8.00 Lane Swim
<b>Tuesday</b>	6.55 7.50 Lane Swim	8.05 8.50 Lane Swim	10.00 11.30 Swimming Lessons	12.05 12.50 Open Swim	1.15 2.00 Disability Session		4.30 5.15 Family Swim	6.05 7.00 Aquacise	7.15 8.00 Lane Swim
<b>Wednesday</b>	6.55 7.50 Lane Swim	8.05 8.50 Lane Swim	10.00 10.45 Open Swim	12.05 12.50 Lane Swim	1.15 2.00 Family Swim		4.30 5.15 Open Swim 8-17yrs old	6.05 7.00 Aquacise	7.15 8.00 Lane Swim
<b>Thursday</b>	6.55 7.50 Lane Swim	8.05 8.50 Lane Swim	10.00 10.45 Family Swim	12.05 12.50 Open Swim	1.05 2.00 Aquacise (YouTime)		4.30 5.15 Family Swim	6.05 7.00 Lane Swim	7.15 8.00 Lane Swim
<b>Friday</b>	6.55 7.50 Lane Swim	8.05 8.50 Lane Swim	10.00 10.45 Open Swim	12.05 12.50 Lane Swim	1.15 2.00 Family Swim	3.45 4.30 Open Swim 8-17yrs old	4.55 5.40 Lane Swim	6.15 7.00 Open Swim	
<b>Saturday</b>	08.55 9.40 Lane Swim	10.15 11.00 Family Session	11.15 12.00 Open Swim 8-17yrs olds	12.30 1.15 Disability Session	<b>ADMISSION POLICY FOR OPEN AND FAMILY SWIMS</b> Children aged 0-3 years must be accompanied by an adult on a 1 to 1 basis. Children aged 4-7 must be accompanied by an adult on a ratio of 1 Adult: 2 children)				

## Programme Guidance Notes

All swims must be booked in advanced. 45 minutes swim time.  
Please arrive on time for bookings.

All activities have maximum numbers

*Along with our enhanced cleans, facilities are being cleaned regularly during and after all sessions.*

Times shown are for guidance only. Please check times when placing your booking.

<b>Open Swim</b>	All ages and abilities welcome. Standard admissions policy applies as above. Each person attending should book a space.
<b>Family Swim</b>	Raised floor and Shallow end of pool available. Each person attending should book a space.
<b>Open Swim 8-17yrs</b>	For children aged 8-17 years old only.
<b>Disability Session</b>	All attendees must be registered members including non-swimming carers.

The Fingal Centre | Viewfield Road, Portree IV51 9ET | TEL: 01478 614819

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