

The Fingal Centre, Portree - Pool Programme

Monday 13th September 2021 – Sunday 10th October 2021

Monday	7.00 – 8.00 Lane Swim	8.00 – 9.00 Lane Swim		1.15 – 2.00 Aquacise	2.00 – 3.00 Open Swim		3.50 – 5.30 Swimming Lessons	6.00 – 7.00 Lane Swim	7.15 – 9.00 Open Swim	
Tuesday	7.00 – 8.00 Lane Swim	8.00 – 9.00 Lane Swim		1.00 – 2.00 Open Swim	2.00 – 3.00 Disability Session		3.50 – 5.30 Swimming Lessons	6:15 – 7:00 Aquacise	7.00 – 8:00 Open Swim	8.00 – 9.00 Adults Only
Wednesday	7.00 – 8.00 Lane Swim	8.00 – 9.00 Lane Swim		1.00 – 2.00 Open Swim	CLOSED STAFF TRAINING		3.50 – 5.30 Swimming Lessons	6:15 – 7:00 Aquacise	7.00 – 9:00 Open Swim	
Thursday	7.00 – 8.00 Lane Swim	8.00 – 9.00 Lane Swim		1.00 – 2.00 Open Swim	2.00 – 2.45 Aquacise		3.50 – 5.30 Swimming Lessons	6.00 – 6.45 Open Swim	7.00 – 8:00 Tri Club	8.00 – 9.00 Lane Swim
Friday	7.00 – 8.00 Lane Swim	8.00 – 9.00 Lane Swim		1.00 – 2.00 Open Swim	2.15 – 3.00 Family Friendly	3.15 – 4.15 Fun Session	4.30 – 7.00 Open Swim			
Saturday		9.00 – 10.00 Open Swim	10.15 – 11.00 Family Friendly	11.15 – 12.15 Fun Session	12.30 – 1.30 Disability Session	1.45 – 2.30 Family Friendly	2.45 – 4.00 Open Swim			

Booking online for Lane Swim, Family Friendly and Fitness Classes (Aquacise) is still required.

Sauna and Steam Rooms are currently still out of use.

Our facilities are being cleaned regularly during and after all sessions.

STANDARD ADMISSION POLICY

Children age 0-3 years must be accompanied by an adult on a 1:1 basis.

Children aged 4-7 must be accompanied by an adult on a ratio of 1 adult: 2 children

Open Swim All ages and abilities welcome. Standard admission policy applies

Family Friendly Raised floor and shallow end available. Change to admission policy 1 adult: 2 children (0-7 years). Admission to this session must include a child less than 8 years. All those attending must book online or by phone.

Fun Session Family fun swim for all age groups. No floats at present. Standard admission policy applies.

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