

The Fingal Centre, Portree - Pool Programme

Monday 24th October – Sunday 18th December 2022

Monday	7.00 Lane Swim	9.00		1.15 Aquacise	2.00	2.00 Adults Only	3.00		3.50 Swimming Lessons	5.30	6.00 Lane Swim	7.00	7.15 Open Swim	9.00
Tuesday	7.00 Lane Swim	9.00		1.00 Open Swim	2.00	2.00 Swim session for people with disabilities	3.00		3.50 Swimming Lessons	5.30	6:15 Aquacise	7:00	7.00 Open Swim	8:00 Adults Only
Wednesday	7.00 Lane Swim	9.00		1.00 Open Swim	2.00	CLOSED STAFF TRAINING			3.50 Swimming Lessons	5.30	6:15 Aquacise	7:00	7.00 Open Swim	
Thursday	7.00 Lane Swim	9.00		1.00 Open Swim	2.00	2.00 AquaDance	2.45		3.50 Swimming Lessons	5.30	5.45 Open Swim	6.45	7.00 Lane Swim	9.00
Friday	7.00 Lane Swim	9.00		1.00 Open Swim	2.00	2.15 Family Friendly	3.00	3.40 Swimming Lessons	4.40	5.00 Open Swim	7.00			
Saturday		9.00 Open Swim	10.00	10.15 Family Friendly	11.00	11.15 Fun Session	12.15	12.30 Swim session for people with disabilities	1.30	1.45 Family Friendly	2.30	2.45 Open Swim	4.00	
Sunday				10.00 Lane Swim	11.15	11.30 Fun Session	12.30	1.00 Family Friendly	2.00	2.30 Open Swim	4.00			

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

Sauna and Steam Rooms are now available during sessions above. During family friendly and disabled sessions only, customers booked in may use these facilities.

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

STANDARD ADMISSION POLICY

Children aged 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. Standard admission policy applies.

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