

# The Fingal Centre, Portree - Pool Programme

## Monday 7<sup>th</sup> April – Sunday 13<sup>th</sup> April 2025

### Week 1 of Holidays

<b>MON 7th</b>	7.00 - 9.30 Lane Swim	10.00 - 11.00 Family Friendly <b>Raised floor only</b>	11.30 - 1.15 Open Swim	1.15 - 2.00 Aquacise	2.00 - 3.15 Adults Only Swim	3.30 - 4.30 Fun Session	5.00 - 9.00 Open Swim		
<b>TUE 8th</b>	7.00 - 10.30 Lane Swim	11.00 - 12.00 Private Hire	12.30 - 2.00 Open Swim		2.00 - 3.00 Swim Session for People with Disabilities	3.30 - 4.30 Fun Session	5.00 - 8.00 Open swim		8.00 - 9.00 Adults Only Swim
<b>WED 9th</b>	7.00 - 9.30 Lane Swim	10.00 - 11.00 Family Friendly <b>Raised floor only</b>	11.30 - 2.00 Open Swim	2.00 - 3.30 Staff Training (Closed)	3.45 - 4.45 Fun Session	5.15 - 6.15 Open Swim	6.15 - 7.00 Aquacise	7.00 - 9.00 Open Swim	
<b>THU 10th</b>	7.00 - 9.30 Lane Swim	10.00 - 11.00 Family Friendly <b>Raised floor only</b>	11.30 - 2.00 Open Swim		2.00 - 3.00 Aquacise	3.30 - 4.30 Fun Session	5.00 - 7:15 Open Swim		7.30 - 9.00 Lane Swim
<b>FRI 11th</b>	7.00 - 9.30 Lane Swim	10.00 - 11.00 Family Friendly <b>Raised floor only</b>	11.30 - 3.00 Open Swim			3.30 - 4:30 Fun Session	5.00 - 7.00 Open Swim		
<b>SAT 12th</b>		9.00 - 10.00 Open Swim	10.15 - 11.15 Family Friendly	11.45 - 12.45 Fun Session	1.15 - 2.15 Swim Session for People with Disabilities	2.15 - 4.00 Open Swim			
<b>SUN 13th</b>			10.00 - 11.15 Lane Swim	11.30 - 12.30 Fun Session	1.00 - 2.00 Family Friendly	2.30 - 4.00 Open Swim			

**Booking online for Family Friendly and Fitness Classes (Aquacise) is still required, or call us on 01478 614819.**

**Sauna and Steam Rooms are available during sessions above. No access during Family friendly, Aqua and Disability Session unless attending these 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 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.

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