

# Competition Pool Timetable - Term Time

DAY	LANE	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130				
MONDAY	SHALLOW	8	HIGHLAND SWIM TEAM			PS			SCHOOL TUITION				PS	SCHOOL TUITION				PS	LEARN TO SWIM SCHEME										SET UP	AQUA AEROBICS	PLS						
	SHALLOW	7								PS					PS					PS										SET UP	PLS						
	SHALLOW	6								PS					PS					PS										SET UP	PLS						
	SHALLOW	5								PS					PS					PS										SET UP	PLS						
	DEEP	4						PLS - T		PS					PS					PS										SET UP	PLS - S						
DEEP	3						PLS - F		PS					PS					PS										SET UP	PLS - S							
DEEP	2						PLS - M		PS					PS					PS										SET UP	PLS - S							
DEEP	1						PLS - S		PS					PS					PS										SET UP	PLS - S							
TUESDAY	SHALLOW	8	HIGHLAND SWIM TEAM			PS				AQUA AEROBICS	PS	TUITION	PS	TUITION				PS	LEARN TO SWIM SCHEME										SET UP	PLS	PLS						
	SHALLOW	7								PLS					PLS					PLS										SET UP	PLS						
	SHALLOW	6								PLS					PLS					PLS										SET UP	PLS						
	SHALLOW	5								PLS					PLS					PLS										SET UP	PLS						
	DEEP	4						PLS		PS					PS					PS										SET UP	PLS						
DEEP	3								PS					PS					PS										SET UP	PLS							
DEEP	2								PS					PS					PS										SET UP	PLS							
DEEP	1								PS					PS					PS										SET UP	PLS							
WEDNESDAY	SHALLOW	8	HIGHLAND SWIM TEAM							AQUA AEROBICS				SCHOOL TUITION				PS	LEARN TO SWIM SCHEME										SET UP		INVERNESS SWIM CLUB	PLS					
	SHALLOW	7												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS					
	SHALLOW	6												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS					
	SHALLOW	5												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS					
	DEEP	4												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS					
DEEP	3												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS						
DEEP	2												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS						
DEEP	1												PS					PS										SET UP		INVERNESS SWIM CLUB	PLS						
THURSDAY	SHALLOW	8												TUITION				PS	SCHOOL TUITION				PS	LEARN TO SWIM SCHEME										SET UP		INVERNESS OCTOPUSH CLUB	PLS - S
	SHALLOW	7												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - F
	SHALLOW	6												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - M
	SHALLOW	5												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - T
	DEEP	4												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - F
DEEP	3												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - M	
DEEP	2												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - T	
DEEP	1												PS					PS					PS										SET UP		INVERNESS OCTOPUSH CLUB	PLS - F	
FRIDAY	SHALLOW	8	HIGHLAND SWIM TEAM											SCHOOL TUITION				PS	LEARN TO SWIM SCHEME										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club					
	SHALLOW	7												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club					
	SHALLOW	6												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club					
	SHALLOW	5												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club					
	DEEP	4												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club					
DEEP	3												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club						
DEEP	2												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club						
DEEP	1												PS					PS										SET UP		INVERNESS SWIMMING CLUB	Inverness Canoe Club						
SATURDAY	SHALLOW	8												SCHOOL TUITION				PS	LEARN TO SWIM SCHEME										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	7												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	6												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	5												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	DEEP	4												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
DEEP	3												PS					PS										SET UP		INVERNESS SWIMMING CLUB							
DEEP	2												PS					PS										SET UP		INVERNESS SWIMMING CLUB							
DEEP	1												PS					PS										SET UP		INVERNESS SWIMMING CLUB							
SUNDAY	SHALLOW	8												PS					LEARN TO SWIM SCHEME										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	7												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	6												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	SHALLOW	5												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
	DEEP	4												PS					PS										SET UP		INVERNESS SWIMMING CLUB						
DEEP	3												PS					PS										SET UP		INVERNESS SWIMMING CLUB							
DEEP	2												PS					PS										SET UP		INVERNESS SWIMMING CLUB							
DEEP	1												PS					PS										SET UP		INVERNESS SWIMMING CLUB							

KEY	PLS	PUBLIC LANE SWIMMING
	T	TRAINING
S	SLOW	
	MEDIUM	
M	FAST	
	PUBLIC SESSION	
PS	POWER SWIM	
	SKILLS & DRILLS	
S & D	SWIM	
	S & D	

- During kids lessons Monday - Friday (1530 - 1830) Saturday (0900 - 1330) No lane will be available for public swimming.
- Lessons only run during term time, during Highland Council school holiday periods this space will revert to public use.
- Lanes marked as "PLS - T" are available for those wishing to use training aids such as fins and paddles; maximum of 5 swimmers at any one time allowed.
- Customers should note times may vary. Please check with reception for confirmation. Please check notice board for closures and restrictions. Shallow lane depth may vary.