

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	PS	PS	PS	PS	SCHOOL TUITION	PS	PS	PS	PS	PS	SCHOOL TUITION	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	PS	PS	
		7																																	
		6																																	
		5																																	
	DEEP	4																																	PLS - T
		3																																	PLS - F
		2																																	PLS - M
		1																																	PLS - S
TUESDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	AQUA AEROBICS 0945-1030	PS	PS	PS	PS	PS	TUITION	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	PS		
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		6																																	
		5																																	
	DEEP	4																																PLS - T	
		3																																PLS - F	
		2																																PLS - M	
		1																																PLS - S	
WEDNESDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	AQUA ZUMBA 0915-1000	PS	PS	PS	PS	PS	SCHOOL TUITION	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	PS		
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		5																																	
	DEEP	4																																PLS - T	
		3																																PLS - F	
		2																																PLS - M	
		1																																PLS - S	
THURSDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	TUITION	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	PS		
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	DEEP	4																																PLS - T	
		3																																PLS - F	
		2																																PLS - M	
		1																																PLS - S	
FRIDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	SCHOOL TUITION	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	PS		
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		6																																	
		5																																	
	DEEP	4																																PLS - T	
		3																																PLS - F	
		2																																PLS - M	
		1																																PLS - S	
SATURDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	PS		
		7																																	
		6																																	
		5																																	
	DEEP	4																																PLS - T	
		3																																PLS - F	
		2																																PLS - M	
		1																																PLS - S	
SUNDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	SET UP	LEARN TO SWIM SCHEME	PS	PS	PS	PS	PS	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS		
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		6																																	
		5																																	
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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	
KEY		PLS	PUBLIC LANE SWIMMING			L2S		Love to Swim																										
		T	TRAINING			ST		School Tuition																										
		S	SLOW																															
		M	MEDIUM																															
		F	FAST																															
		PS	PUBLIC SESSION																															
		PSWIM	POWER SWIM																															
		S & D	SKILLS & DRILLS																															

- During kids lessons Monday - Friday (1530 - 1830) Saturday (0900 - 1330) No lane will be available for public swimming. Wednesday's between 1200-1230 Adult & Child Lesson in tank lanes 6-8.
- 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.