

# 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	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS	AQUA AEROBICS 2015-2100	PLS - S	INVERNESS TRIATHLON CLUB
		7	PLS			SCHOOL TUITION						PS	SCHOOL TUITION						PS		LEARN TO SWIM SCHEME							PLS	AQUA AEROBICS 2015-2100								
		6	PLS - M			SCHOOL TUITION						PS	SCHOOL TUITION						PS		LEARN TO SWIM SCHEME							PLS	AQUA AEROBICS 2015-2100								
		5	PLS - F			SCHOOL TUITION						PS	SCHOOL TUITION						PS		LEARN TO SWIM SCHEME							PLS	AQUA AEROBICS 2015-2100								
	DEEP	4	PLS - T		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - T	PLS - F	PLS - M
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - T		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - F		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - M		
TUESDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS	PS	INVERNESS SWIM CLUB MASTERS
		7	PLS			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
		6	PLS - M			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
		5	PLS - F			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
	DEEP	4	PLS - T		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - M	INVERNESS SWIM CLUB MASTERS
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - T		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - F		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - M		
WEDNESDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS	PS	INVERNESS SWIM CLUB 1815-2045
		7	PLS - M			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
		6	PLS - F			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
		5	PLS - T			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS		
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - M	INVERNESS SWIM CLUB 1815-2045
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
THURSDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - F	INVERNESS OCTOPUSH CLUB
		7	PLS			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		6	PLS - M			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		5	PLS - T			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - F	PLS - M	INVERNESS OCTOPUSH CLUB
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - T		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - F		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							HIGHLAND SWIM TEAM 1815-2015						PLS - M		
FRIDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - F	INVERNESS SWIMMING CLUB 1815-1945
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		6	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		5	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - F	PLS - M	INVERNESS SWIMMING CLUB 1815-1945
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - S		
SATURDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - F	INVERNESS SWIMMING CLUB 1815-1945
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		6	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		5	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - T	PLS - F	INVERNESS SWIMMING CLUB 1815-1945
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - S		
SUNDAY	SHALLOW	8	PLS - S		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S	SET UP - CLOSED		LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - S	PLS - F	INVERNESS SWIMMING CLUB 1815-1945
		7	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		6	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		5	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						PS			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - T		
	DEEP	4	HIGHLAND SWIM TEAM		PS	SCHOOL TUITION						PS	SCHOOL TUITION						L2S		SET UP - CLOSED	LEARN TO SWIM SCHEME						SET UP - CLOSED	LEARN TO SWIM SCHEME						PLS - T	PLS - F	INVERNESS SWIMMING CLUB 1815-1945
		3	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - F		
		2	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - M		
		1	HIGHLAND SWIM TEAM			SCHOOL TUITION						PS	SCHOOL TUITION						L2S			LEARN TO SWIM SCHEME							LEARN TO SWIM SCHEME						PLS - S		

KEY	PLS	PUBLIC LANE SWIMMING	L2S	Love to Swim
	T	TRAINING	ST	School Tuition
	S	SLOW		NPLQ- Mon- Fri 2000-2100
	M	MEDIUM		Wed & Fri 0830-0930
	F	FAST		
	PS	PUBLIC SESSION		
		Monday, Wednesday & Friday - 0600-0730 Pool Depth 2M		Updated 28/3/24

- 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.