

MON	7.15		10.45	11.00		1.45	2.00	2.45	3.00	7.00		Private Hire LLC Swim Club			
	Lane Swim			Open Swim Lane Available			Lane Swim		Open Swim Lane Available						
TUE	7.15		10.45	11.00		12.00	12.30		1.10	1.15		2.45	3.00		8.30
	Lane Swim			Open Swim Lane Available			Aquacise Booking Required		Lane Swim		Open Swim Lane Available				
WED	7.15		10.45	11.00		1.30			Staff Training	3.00		*7.00		Private Hire LLC Swim Club	
	Lane Swim			Open Swim Lane Available					Open Swim Lane Available		*6.15pm-7.00pm not available on 22nd June				
THU	7.15		10.45	11.00		1.45	2.00		2.45	3.00		8.30			
	Lane Swim			Open Swim Lane Available			Lane Swim		Open Swim Lane Available Swim Team 2 lanes 7.15-8.30						
FRI	7.15		10.45	11.00		12.00	12.30		1.10	3.00		8.00			
	Lane Swim			Open Swim Lane Available			Aquacise Booking Required		Staff Training	Open Swim Lane Available					
SAT	9.15			Open Swim Lane Available											
SUN	9.15	10.00		10.15											
	Family Friendly See ratio below Shallow End Only Booking Required Limited Spaces			Open Swim Lane Available											
ALL-INCLUSIVE access to all High Life leisure centres is just £34.30 per month for the family or £22.80 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £411.60 or an individual membership for £273.60															

22nd June Open Swimming 6.15pm-7.00pm not available due to the swim gala

Family Friendly Sessions – Specifically designed for families with ratio 1 adult to 1 under 4 and a second child under 8 (no un-accompanied adults or children) Shallow end only. Booking Required.

Open Swim – Public swimming session, all ages and abilities welcome, Lane available. Please come early to avoid disappointment.

Lane Swim – Participants must be able to swim continuously.

Swimming Pool Admission Policy

All Sessions Except Family Friendly Sessions

Family Friendly Sessions

	Carer to child admission ratio required	Carer to child admission ratio required
Children aged 0, 1, 2, 3 years	One: One	One: Two
Children aged 4, 5, 6, 7 years	One: Two	One: Three
Mixed under and over 4	One: One	One: Two
Children aged 8 years +	May use the facilities unaccompanied, but High Life Highland would highly recommend that all children ages 8,9 or 10yrs are supervised by a carer	
Children with additional needs	High Life Highland recommend that children with additional needs are appropriately supervised	

Deep water access beyond 1.35 metres – Customers must be able to pass the High Life Highland Deep Water Competency Test available at reception or visit

www.highlifehighland.com/lochaber-leisure-centre/timetables/

Please book online – online.highlifehighland.com

***Swimming Pool is cleared at session end time**

***Timetable subject to change**