


MON	7.15 Lane Swim	9.45	School Swimming Lessons <i>*See note below</i>		12.30	Open Swim Lane Available		3.45	4.00	6.00	6.15	Open Swim Lane Available 6.15-7.00 Swim Team 3 lanes 7.15-8.30		8.30								
TUE	7.15 Lane Swim	9.45	School Swimming Lessons <i>*See note below</i>		12.30	1.10	Aquacise Booking Required		1.15	3.45	4.00	6.00	6.15	Open Swim Lane Available Swim Team 2 lanes 7.15-8.30		8.30						
WED	7.15 Lane Swim <small>Triathlon Club 2 lanes 7.15am-8.15am</small>	9.45	School Swimming Lessons <i>*See note below</i>		12.30	1.30	Open Swim Lane Available		Staff Training		3.00	3.45	4.00	6.00	6.15	7.00	Open Swim Lane Available		Private Hire LLC Swim Club			
THU	7.15 Lane Swim	9.45	School Swimming Lessons <i>*See note below</i>		12.30	1.15	Open Swim Lane Available		Private Hire		2.45	3.45	4.00	6.00	6.20	7.00	Aquacise Booking Required		7.15	8.30	Open Swim Lane Available Swim Team 2 lanes	
FRI	7.15 Lane Swim	9.45	School Swimming Lessons <i>*See note below</i>		12.30	1.10	Aquacise Booking Required		Staff Training		3.00	3.45	4.00	6.00	6.15	7.15	Fun Hour		Private Hire Starts 03.02 <i>*See note below</i>			
SAT	9.00 Junior Swimming Lessons <i>*See note below</i>	11.00	11.00	12.00	12.00	1.00	1.00	Open Swim Lane Available		2.00												
SUN	9.15 Family Friendly <small>See ratio below Shallow End Only Booking Required Limited Spaces</small>	10.00	10.15		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															

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. Extra open swims (Fri night 7.15-8.30 20th +27th January) (Feb Mon 20th, Wed 22nd, Thu 23rd 10.00-12.30, Tue 21st, Fri 24th 10.00-12.00, Mon 20th to Fri 24th 3.45-6.15, Sat 25th 9.15-11.00 due to the Feb break) (March Thu 9th 16th 1.15-2.45)
Lane Swim – Participants must be able to swim continuously. **Fun Hour** – Floats/mats will be available, this session is excellent fun for all. **No lane available during Fun Hour.**
 Swimming Pool Admission Policy All Sessions Except Family Friendly Sessions Family Friendly Sessions

Children	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 Family Friendly + Aquacise online – online.highlifehighland.com *Swimming Pool is cleared at session end time *Timetable subject to change