

<b>MON</b> <b>8<sup>th</sup></b>	7.00 <b>Lane Swim</b> 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required 1.10	1.15 Open Swim Lane Available 4.00	4.00 Fun Hour 5.00	5.00 Open Swim Lane Available 5.00-6.00 Swim Team 3 lanes 6.15-8.00 8.00	8.00 Adult Swimming 9.00
<b>TUE</b>	7.00 <b>Lane Swim</b> 9.45	10.00 Open Swim Lane Available 4.00			4.00 Fun Hour 5.00	5.00 Open Swim Lane Available Swim Team 1 lane 6.15-8.00 8.00	8.00 Adult Swimming 9.00
<b>WED</b>	7.00 <b>Lane Swim</b> Triathlon Club 2 lanes 7.00-8.00 9.45	10.00 Open Swim Lane Available 1.30	<b>Staff Training</b>	3.00 Open Swim Lane Available 4.00	4.00 Fun Hour 5.00	5.00 Open Swim Lane Available 7.00	<b>PRIVATE HIRE LLC SWIM TEAM</b>
<b>THU</b>	7.00 <b>Lane Swim</b> 9.45	10.00 Family Friendly See ratio below Shallow End Only Booking Required 10.45	11.00 Open Swim Lane Available 4.00		4.00 Fun Hour 5.00	5.00 Open Swim Lane Available Triathlon Club 2 lanes 6.15-7.00 Swim Team 2 lanes 7.15-8.30 8.30	
<b>FRI</b>	7.00 <b>Lane Swim</b> 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required 1.10	1.15 Open Swim Lane Available 4.00	4.00 Fun Hour 5.00	5.00 Open Swim Lane Available 8.30	
<b>SAT</b>	9.15 Open Swim Lane Available 12.00	12.00 Fun Hour 1.00	1.00 Open Swim Lane Available 3.00		 <b>ALL-INCLUSIVE</b> access to all High Life leisure centres is just £39.99 per month for the family or £26.60 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £479.90 or an individual membership for £319.20		
<b>SUN</b>	9.15 Family Friendly See ratio below Shallow End Only Booking Required 10.00	10.15 Open Swim Lane Available 3.00					
<b>MON</b> <b>1<sup>st</sup></b> <b>Easter</b> <b>Monday</b>	10.15 Open Swim Lane Available 4.00						

**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. **\*EASTER MONDAY 1<sup>ST</sup> APRIL: 10.15AM-4PM**

**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/](http://www.highlifehighland.com/lochaber-leisure-centre/timetables/)

Please book online – [online.highlifehighland.com](http://online.highlifehighland.com)

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

**\*Timetable subject to change**