

MON	7.00Lane Swim9.45	School lessons	12.30Aquacise Booking Required1.10	1.15Open Swim Lane Available 1.15-6.00 Swim Team 3 lanes 6.15-8.008.00	8.00Adult Swimming9.00
TUE	7.00Lane Swim9.45	School lessons	12.30Open Swim Lane Available 12.30-8.00 Swim Team 1 lane 6.15-8.008.00	8.00Adult Swimming9.00	
WED	7.00Lane Swim Triathlon Club 2 lanes 7.00-8.009.45	School lessons	12.30Open Swim Lane Available1.30	Staff Training	3.00Open Swim Lane Available7.00PRIVATE HIRE LLC SWIM TEAM
THU	7.00Lane Swim9.45	School lessons	12.30Open Swim Lane Available 12.30-7.00 Swim Team 2 lanes 7.15-8.308.30		
FRI 22 ND	7.00Lane Swim9.45	School lessons	12.30Aquacise Booking Required1.10	1.15Open Swim Lane Available6.15	6.15Fun Hour7.15PRIVATE HIRE
SAT	9.15Open Swim Lane Available12.00	12.00Fun Hour1.00	1.00Open Swim Lane Available3.00	 <p>ALL-INCLUSIVE access to all High Life leisure centres is just £37.40 per month for the family or £24.85 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £448.80 or an individual membership for £298.20</p>	
SUN	9.15Family Friendly See ratio below Shallow End Only Booking Required10.00	10.15Open Swim Lane Available3.00			
FRI 29 TH	10.15Open Swim Lane Available4.00				

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. ***GOOD FRIDAY 29TH MARCH: 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/

Please book online – online.highlifehighland.com

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

***Timetable subject to change**