

<b>MON</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b>	12.30	<b>Open Swim</b> Lane Available 12.30-6.00 Swim Team 3 lanes 6.15-8.00	8.00	8.00	9.00	<b>Adult Swimming</b>			
<b>TUE</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b>	12.30	<b>Open Swim</b> Lane Available Swim Team 1 lane 6.15-8.00	8.00	8.00	9.00	<b>Adult Swimming</b>			
<b>WED</b>	7.00	9.45	<b>Lane Swim</b> Triathlon Club 2 lanes 7.00-8.00	<b>School Lessons</b>	12.30	1.30	<b>Staff Training</b>	3.00	<b>Open Swim</b> Lane Available	7.00	<b>PRIVATE HIRE LLC SWIM TEAM</b>		
<b>THU</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b>	12.30	<b>Open Swim</b> Lane Available Swim Team 2 lanes 7.15-8.30				8.30			
<b>FRI</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b>	12.30	6.15	<b>Open Swim</b> Lane Available	6.15	7.15	<b>Fun Hour</b>	7.15	8.30	<b>Open Swim</b> Lane Available Swim Team 2 lanes 7.15-8.30
<b>SAT</b>	9.15	12.00	<b>Open Swim</b> Lane Available	12.00	1.00	1.00	<b>Open Swim</b> Lane Available	3.00					
<b>SUN</b>	<b>PRIVATE HIRE NEVIS TRIATHLON CLUB</b>			11.00	<b>Open Swim</b> 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			

**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.

**Fun Hour** – Floats/mats will be available; this session is excellent fun for all. **No lane available during Fun Hour.**

**SUNDAY 21<sup>ST</sup> APRIL – POOL CLOSED UNTIL 11AM AS WE ARE HOSTING THE WEE TRI**

**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**