

MON	7.00	9.45	Lane Swim	School Lessons	12.30	1.10	1.15	3.45	Swimming Lessons	6.15	8.00	8.00	9.00	Adult Swimming
					Aquacise Booking Required			Open Swim Lane Available		Open Swim Swim Team 3 lanes 6.15-8.00				
TUE	7.00	9.45	Lane Swim	School Lessons	12.30			3.45	Swimming Lessons	6.15	8.00	8.00	9.00	Adult Swimming
								Open Swim Lane Available		Open Swim Lane Available Swim Team 1 lanes 6.15-8.00				
WED	7.00	9.45	Lane Swim Triathlon Club 2 lanes 7.00-8.00	School Lessons	12.30	1.30		3.00	3.45	Swimming Lessons	6.15	7.00		PRIVATE HIRE LLC SWIM TEAM
					Open Swim Lane Available		Staff Training	Open Swim Lane Available			Open Swim Lane Available			
THU	7.00	9.45	Lane Swim	School Lessons	12.30			3.45		Swimming Lessons	6.15		8.30	
								Open Swim Lane Available			Open Swim Lane Available Swim Team 2 lanes 6.15-8.00			
FRI	7.00	9.45	Lane Swim	School Lessons	12.30	1.10	1.15	3.45		Swimming Lessons	6.15	7.15	7.15	8.30
					Aquacise Booking Required			Open Swim Lane Available			Fun Hour			Open Swim Lane Available Swim Team 2 lanes 7.15-8.30
SAT			Swimming Lessons	11.15	12.00	12.00	1.00	1.00	3.00					
				Open Swim Lane Available	Fun Hour			Open Swim Lane Available						
SUN	9.15	10.00	Family Friendly See ratio below Shallow End Only Booking Required		10.15			3.00						
				Open Swim Lane Available						ALL-INCLUSIVE 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.**

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**