


<b>MON</b>	7.00 9.45 <b>Lane Swim</b>	10.00 12.00 Open Swim Lane Available	12.30 1.10 Aquacise Booking Required	1.15 3.45 Open Swim Lane Available	4.00 6.00 Swimming lessons	6.15 8.00 Open Swim Swim Team 3 lanes 6.15-8.00	8.00 9.00 Adult Swimming
<b>TUE</b>	7.00 9.45 <b>Lane Swim</b>	10.00 3.45 Open Swim Lane Available			4.00 6.00 Swimming lessons	6.15 8.00 Open Swim Lane Available Swim Team 1 lane 6.15-8.00	8.00 9.00 Adult Swimming
<b>WED</b>	7.00 9.45 <b>Lane Swim</b> Triathlon Club 3 lanes 7.00-8.00	10.00 1.30 Open Swim Lane Available		3.00 3.45 Staff Training Open Swim Lane Available	4.00 6.00 Swimming lessons	6.15 7.00 Open Swim Lane Available	<b>PRIVATE HIRE LLC SWIM TEAM</b>
<b>THU</b>	7.00 9.45 <b>Lane Swim</b>	10.00 3.45 Open Swim Lane Available			4.00 6.00 Swimming lessons	6.15 8.30 Open Swim Lane Available Swim Team 2 lanes 7.15-8.30	
<b>FRI</b>	7.00 9.45 <b>Lane Swim</b>	10.00 12.00 Open Swim Lane Available	12.30 1.10 Aquacise Booking Required	1.15 3.45 Open Swim Lane Available	4.00 6.00 Swimming lessons	6.15 7.15 Fun Hour	7.15 8.30 Open Swim Lane Available
<b>SAT</b>	9.00 11.00 Swimming lessons	11.15 12.00 Open Swim Lane Available	12.00 1.00 Fun Hour	1.00 3.00 Open Swim Lane Available			
<b>SUN</b>	9.15 10.00 Family Friendly See ratio below Shallow End Only Booking Required	10.15 3.00 Open Swim Lane Available					

**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/](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**