

<b>MON</b> <b>7TH</b> <b>14TH</b>	7.00  9.45  <b>Lane Swim</b>	10.00 Open Swim Lane Available *Extra open swim 7th April 10.00-1.15pm	12.30 Aquacise Booking Required *No Aquacise on 7th April ← ← ← ← ← ← ←	1.15 Open Swim Lane Available	4.00  4.00	5.00  4.00	5.00 Open Swim Lane Available	8.00  8.00	9.00 Adult Swimming	
<b>TUE</b>	7.00  9.45  <b>Lane Swim</b>	10.00  Open Swim Lane Available	4.00  Open Swim Lane Available			5.00  4.00	5.00 Open Swim Lane Available	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  Open Swim Lane Available	1.30  Staff Training	3.00 Open Swim Lane Available	4.00  4.00	5.00  4.00	5.00 Open Swim Lane Available	7.00  PRIVATE HIRE LLC SWIM TEAM		
<b>THU</b>	7.00  9.45  <b>Lane Swim</b>	10.00  Open Swim Lane Available	4.00  Open Swim Lane Available			5.00  4.00	5.00 Open Swim Lane Available	8.30		
<b>FRI</b> <b>11TH</b>	7.00  9.45  <b>Lane Swim</b>	10.00 Open Swim Lane Available	12.30 Aquacise Booking Required	1.10  1.15 Open Swim Lane Available No lane available 2.00pm-3.00pm due to staff training	4.00  4.00	5.00  4.00	5.00 Open Swim Lane Available	8.30		
<b>SAT</b>	9.15 Open Swim Lane Available	12.00  Fun Hour	1.00 Open Swim Lane Available	3.00	 <b>ALL-INCLUSIVE</b> access to all High Life leisure centres is just <b>£42.99</b> per month for the family or <b>£28.99</b> per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for <b>£515.88</b> or an individual membership for <b>£347.88</b>					
<b>SUN</b> *	9.15 Family Friendly See ratio below Shallow End Only Booking Required *Not available on 13th April	10.00	10.15 Open Swim Lane Available *SEE NOTE BELOW							3.00
<b>FRI</b> <b>18TH</b> <b>MON</b> <b>21ST</b>	9.15 Open Swim Lane Available		3.00							

**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.

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

**\*SUNDAY 13TH APRIL – POOL CLOSED UNTIL 11.00AM AS WE ARE HOSTING THE WEE TRI**

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

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

**\*Timetable subject to change**

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