

MON 5TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required 1.10	1.15 Open Swim Lane Available 1.15-6.00 Swim Team 3 lanes 6.15-8.00 8.00			8.00 Adult Swimming *Triathlon Club 2lanes 9.00
TUE 6TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00	12.15 Pre & Post Natal Aquacise Booking Required 1.00	1.15 Open Swim Lane Available Swim Team 1 lane 6.30-7.30 8.00			8.00 Adult Swimming *See note below 9.00
WED 7TH	7.00 Lane Swim Triathlon Club 3 lanes 7.00-8.00 9.45	10.00 Open Swim Lane Available 1.30		Staff Training	3.00 Open Swim Lane Available 7.00		PRIVATE HIRE LLC SWIM TEAM
THU 8TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available Swim Team 2 lanes 7.15-8.30 8.30					
FRI 9TH	7.00 Lane Swim 9.45	10.00 Open Swim Lane Available 12.00	12.30 Aquacise Booking Required 1.10	1.15 Open Swim Lane Available No lane available 2.00pm-3.00pm due to staff training 6.15		6.15 Fun Hour 7.15	7.15 Open Swim Lane Available 8.30
SAT 3RD 10TH	9.15 Open Swim Lane Available 12.00		12.00 Fun Hour 1.00	1.00 Open Swim Lane Available 3.00			
SUN 4TH 11TH	9.15 Family Friendly See ratio below Shallow End Only Booking Required 10.00	10.15 Open Swim Lane Available 3.00			ALL-INCLUSIVE access to all High Life leisure centres is just £42.99 per month for the family or £28.99 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £515.88 or an individual membership for £347.88		

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.

***During the Tuesday adult swimming sessions, beginners adult swimming lessons 16+ will be available from 8.00pm–8.45pm *lessons must be booked online**

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: Two
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 – <https://hlh.gladstonego.cloud/book>

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

***Timetable subject to change**