

<b>MON</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b> See note below	12.30	1.10	<b>Aqua Fit Booking Required</b>	1.15	<b>Open Swim Lane Available</b>		3.45	4.00	6.00	<b>Swimming lessons</b> See notes below	6.15	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> See note below	12.15	1.00	<b>Pre &amp; Post Natal Aqua Fit Booking Required</b>	1.15	<b>Open Swim Lane Available</b>		3.45	4.00	6.00	<b>Swimming lessons</b> See notes below	6.15	8.00	8.00	9.00	<b>Adult Swimming</b> *See note below
<b>WED</b>	7.00	9.45	<b>Lane Swim</b> Triathlon Club 3 lanes 7.00-8.00	<b>School Lessons</b> See note below	12.30	1.30	<b>Open Swim Lane Available</b>	<b>Staff Training</b>	3.00	3.45	4.00	6.00	<b>Swimming lessons</b> See note below	6.15	7.00	<b>PRIVATE HIRE LLC SWIM TEAM</b>			
<b>THU</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b> See note below	12.30	<b>Open Swim Lane Available</b>				3.45	4.00	6.00	<b>Swimming lessons</b> See note below	6.15	8.00	8.00	9.00	<b>Adult Swimming 4 lanes</b> Swim Team 2 lanes 8.00-8.45	
<b>FRI</b>	7.00	9.45	<b>Lane Swim</b>	<b>School Lessons</b> See note below	12.30	1.10	<b>Aqua Fit Booking Required</b>	1.15	<b>Open Swim Lane Available</b>		3.45	4.00	6.00	<b>Swimming lessons</b> See note below	6.15	7.15	<b>PRIVATE HIRE</b> *See note below		
<b>SAT</b>	9.00	11.00	<b>Swimming lessons</b> See note below	11.15	12.00	12.00	1.00	1.00	3.00	<b>Open Swim Lane Available</b>				<b>ALL-INCLUSIVE</b> 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					
<b>SUN</b>	9.15	10.00	Family Friendly See ratio below Shallow End Only Booking Required	10.15	<b>Open Swim Lane Available</b>				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.**

\*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 lessons will be off 16th to 22nd Feb, Extra open swims Mon Tue & Fri 10.00am-12.00pm , Wed & Thu 10.00am-12.30pm, Mon to Fri 3.45pm-6.15pm, Sat 9.15am-11.15am

\* No swimming lessons on Mon 30th and Tue 31st March, Extra open swims 3.45pm-6.15pm

\*Extra open swim available Friday 6th & 20th Feb, 6th & 20th March 7.15pm-8.30pm

**Swimming Pool Admission Policy**

**All Sessions Except Family Friendly Sessions**

**Family Friendly Sessions**

<b>Children</b>	<b>Carer to child admission ratio required</b>	<b>Carer to child admission ratio required</b>
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.hightlifehighland.com/lochaber-leisure-centre/timetables/](http://www.hightlifehighland.com/lochaber-leisure-centre/timetables/)

Please book online – <https://hjh.gladstonego.cloud/book>

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

**\*Timetable subject to change**