

MON	7.00	9.45	School Lessons See note below	12.30	1.10	1.15	3.45	4.00	6.00	6.15	8.00	8.00	9.00
	Lane Swim			Aqua Fit Booking Required		Open Swim Lane Available		Swimming lessons See notes below		Open Swim Swim Team 3 lanes		Adult Swimming	
TUE	7.00	9.45	School Lessons See note below	12.15	1.00	1.15	3.45	4.00	6.00	6.15	8.00	8.00	9.00
	Lane Swim			Pre & Post Natal Aqua Fit Booking Required		Open Swim Lane Available		Swimming lessons See notes below		Open Swim Lane Available Swim Team 1 lane 6.30-7.30		Adult Swimming *See note below	
WED	7.00	9.45	School Lessons See note below	12.30	1.30		3.00	3.45	4.00	6.00	6.15	7.00	
	Lane Swim Triathlon Club 3 lanes 7.00-8.00			Open Swim Lane Available		Staff Training		Open Swim Lane Available		Open Swim Lane Available		PRIVATE HIRE LLC SWIM TEAM	
THU	7.00	9.45	School Lessons See note below	12.30			3.45	4.00	6.00	6.15	8.00	8.00	9.00
	Lane Swim			Open Swim Lane Available				Swimming lessons See note below		Open Swim Lane Available Swim Team 2 lanes 7.15-8.00		Adult Swimming 4 lanes Swim Team 2 lanes 8.00-8.45	
FRI	7.00	9.45	School Lessons See note below	12.30	1.10	1.15	3.45	4.00	6.00	6.15	7.15		
	Lane Swim			Aqua Fit Booking Required		Open Swim Lane Available No lane available 2.00pm-3.00pm due to staff training		Swimming lessons See note below		Fun Hour		PRIVATE HIRE *See note below	
SAT	9.00	11.00	11.15	12.00	12.00	1.00	1.00	3.00					
	Swimming lessons See note below		Open Swim Lane Available		Fun Hour		Open Swim Lane Available						
SUN	9.15	10.00	10.15				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 See ratio below Shallow End Only Booking Required		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.

*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

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