



### Lochbroom Leisure Centre

#### Swim Timetable: 22<sup>nd</sup> April 24 to 16<sup>th</sup> Jun 24

MON	07.30-08.30 LANE SWIM	8.30-11.00 PUBLIC SWIM	11.00-12.00 AQUAROBICS	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-15.30 ADDITIONAL NEEDS	15.30-17.15 SWIM LESSONS	17.15-18.15 LANE SWIM	18.15-20.00 SWIM CLUB
TUES	12.00-13.00 LANE SWIM	13.00-14.00 SENIOR SWIM	14.00-15.00 PUBLIC SWIM	15.00-16.00 FAMILY SWIM	16.00-18.00 PUBLIC SWIM	17.30-18.00 ROOKIE LIFEGUARD	18.00-19.00 LANE SWIM	19.00-20.00 SWIM TO MUSIC	
WED	12.00-13.00 LANE SWIM	13.00-15.30 PUBLIC SWIM	15.30-17.15 SWIM LESSONS	17.15-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 PUBLIC SWIM			
THURS	12.00-13.00 LANE SWIM	13.00-14.00 SENIOR SWIM	14.00-15.30 PUBLIC SWIM	15.30-16.45 SWIM LESSONS	16.45-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 AQUAROBICS		
FRI	10.00-12.00 PUBLIC SWIM	12.00-13.00 LANE SWIM	13.00-14.00 PUBLIC SWIM	14.00-15.00 FAMILY SWIM	15.00-17.00 PUBLIC SWIM				
SAT	10.00 – 11.00 PUBLIC SWIM	11.00-12.00 SWIM LESSONS	12.00-14.00 PUBLIC SWIM	14.00-15.00 FAMILY SWIM	15.00-16.00 PUBLIC SWIM	A single lane will be available 15.00-16.00 for any lane swimmers			
SUN	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-16.00 PUBLIC SWIM	A single lane will be available 10.00-11.00 for any lane swimmers					

Standard Admission Policy – Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis. Children aged 4,5,6 and 7 must be accompanied by an adult on a ratio of 1 adult to 2 children.

**Public Swim** – A public swim session is for all ages and abilities, some public swims will have a lane available as stated.

**Family Swim** – This session allows families with younger children to enter on amended admissions policy of 1 adult to 2 under 8’s. Please note these sessions are set for the detailed time only.

**Lane Swim** – This session is designed for people who want to swim lengths, we offer a slow and fast lane. Swimmers must follow the directional arrows.

**Senior Swim** – This is a session for 50-year-old +

**Additional Needs Swim** – This session is for people with additional needs. This session has a quieter environment and is less busy.

**Swim to Music** – This session has music in the background, and you can swim to the tunes.

**Rookie Lifeguard** – This session must be booked and is for kids aged 8-15. It is a class that teaches basic life saving techniques but also provides fun games as well.

**Aquarobics** – This session is instructor lead with music and provides exercises (at shoulder to waist depth) and equipment to give you a workout in the water.



## Lochbroom Leisure Centre

Games Hall Classes and Activities				Fitness Room Opening Times                      Classes		
MON	07.30-08.00 METAFIT		18.00-19.00 BODY BALANCE	MON 07.30-20.00		
TUES	09.15-09.45 SPINNING	13.15-14.00 DYNAMIC WELLBEING	18.00-19.00 BODYPUMP	TUE 10.00-20.00		
WED	09.15-10.00 STRETCH + TONE	17.00-19.00 CLIMBING WALL CLUB	18.00-19.00 SPINNING	WED 10.00-20.00		
THURS		18.00-18.45 BARBELL FITNESS		Thursday 10.00-19.00		19.00-20.00 FITNESS TEENS
FRI	10:15-11:00 BODY PUMP <small>Starting 26th Apr 24</small>		13:00-14:00 FAMILY FUN	FRI 10.00-17.00		
SAT	12.00-13.00 FAMILY FUN			SAT 10.00-16.00		
SUN	12.00-13.00 FAMILY FUN			SUN 10.00-16.00		

**Gameshall available for court or whole hall bookings out with the above times.**

**Family Fun**– Bouncy castle and soft play sessions for 0-12years. Children under 8 should be accompanied by an adult.

**Body Balance** - A yoga-based class that will improve your mind, your body and your life.

**Body Pump**– The Original Barbell Class - the ideal workout for anyone looking to get lean, toned and fit fast.

**Spinning**– a 30-minute-high intensity interval class on the bike, that is low impact on the joint and you are in charge of your resistance and speed.

**Barbell Fitness** – A circuit style class, that gives you a chance to exercise with a barbell and can teach you new exercises with one whilst getting some fitness training.

**Gym Club** – Gymnastics class for kids, must be booked in advance.

**Inductions** – Before using the fitness room for the first time, you will need to complete and induction & PAR-q form

**Fitness Teens**– Class for kids aged 8-15 with an instructor to introduce and guide them using gym equipment and perform workouts.