



### Lochbroom Leisure Centre

### Swim Timetable: 15<sup>th</sup> Apr – 21<sup>st</sup> Apr 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	15.30-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 PUBLIC SWIM
TUES	12.00-13.00 LANE SWIM	13.00-15.00 PUBLIC SWIM	15.00 -16.00 FAMILY SWIM	16:00-18:00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 SWIM TO MUSIC			
WED	12.00-13.00 LANE SWIM	13.00-14.00 SENIOR SWIM	14.00-18.00 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	14.00-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 AQUAROBICS				
FRIDAY	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				
SATURDAY	10.00 – 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					
SUNDAY	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.



### Games Hall

#### Classes and Activities

### Fitness Room

#### Opening Times

#### Classes

	Games Hall			Fitness Room		
	Classes and Activities			Opening Times	Classes	
MON	07.30-08.00 METAFIT		18.00-19.00 BODY BALANCE	MON 07.30-20.00		
TUES	09.15-10.00 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		
FRIDAY		13.00-14.00 FAMILY FUN		FRI 10.00-17.00		
SATURDAY	12.00-13.00 FAMILY FUN			SAT 10.00-16.00		
SUNDAY	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, body and 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.

**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.