



Lochbroom Leisure Centre

Swim Timetable: 1ST JULY – 18TH AUG 2024 *SUBJECT TO CHANGE*

MON	07.30-08.30 LANE SWIM	8.30-9.00 PUBLIC SWIM	9.00-10.00 AQUAROBICS	10.00-12.00 PUBLIC SWIM	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 PUBLIC SWIM
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	18.00-19.00 LANE SWIM	19.00-20.00 SWIM TO MUSIC			
WED	12.00-13.00 LANE SWIM	13.00-15.00 PUBLIC SWIM	15.00-16.00 FAMILY SWIM	16.00-16.45 ELIMINATOR	17.00-18.00 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	14.00-15.00 PUBLIC SWIM	15.00-16.00 FAMILY SWIM	16.00-18.00 PUBLIC SWIM	18.00-19.00 LANE SWIM	19.00-20.00 PUBLIC SWIM			
FRI	10.00-12.00 PUBLIC SWIM	12.00-13.00 LANE SWIM	13.00-15.00 PUBLIC SWIM	15.00-16.00 FAMILY SWIM	16.00-16.45 ELIMINATOR					
SAT	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						
SUN	10.00-11.00 PUBLIC SWIM	11.00-12.00 FAMILY SWIM	12.00-14.00 PUBLIC SWIM	14.00-14.45 ELIMINATOR	15.00-16.00 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 +

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

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.

Eliminator – This session is an inflatable run for ages 8-14yrs old. Users must be able to swim a length to take part.

