



NORTH COAST LEISURE CENTRE

Monday 11th July to Saturday 13th August 2022

DAY	PUBLIC SWIMMING	GYM
MONDAY	11.00 – 12.30 Open Sessions 12.30-13.15 Aqua Aerobics 13.30-14.00 Swimming Lessons	11.00 – 14.00
TUESDAY	15.00-15.30 Swimming Lessons 15.30-16.30 Family Session 16.30 – 18.30 Open Session 18.30-19.15 Aqua Aerobics 19.15 – 20.00 Open Session	15.00 – 20.00
WEDNESDAY	15.00-15.30 Swimming Lessons 15.30-16.30 Family Session 16.30-17.30 Fun Floats 8-13yrs 17.30 – 20.00 Open Session	15.00 – 20.00
THURSDAY	11.00 – 14.00 Open sessions	11.00 – 14.00 6.30-7.30 Gym Circuits Class
FRIDAY	11.00 – 12.00 Open Session 12.00am-12.45 Flexibility & Mobility Class 13.00 – 14.00 Open session 14.00-15.00 Fun Floats 8-13yrs 15.00-17.00 Open Session	11.00 – 13.00 13.00-14.00 Teen Gym 14.00 – 17.00
SATURDAY	10.00-13.00 Open Session 13.00 – 14.00 Family Friendly Session 14.00 – 15.00 Family Fun Floats	10.00 – 15.00
SUNDAY	CLOSED	CLOSED

For further information please contact us via Telephone on 01641 521400
or via email at North.coast.leisure@highlifehighland.com