



NORTH COAST LEISURE CENTRE

Mon 6th to Sat 11th January 2025

DAY	PUBLIC SWIMMING	GYM
MONDAY	1045-1205 Schools 1215-1300 Aqua Aerobics 1300-1500 Open Session	1100-1500
TUESDAY	1600-1900 Open Session 1900-1930 Aqua Boards Adults Only* 1930-2000 Aqua Boards Adults Only* 2000-2100 Open Adults Only	1600-1900
WEDNESDAY	CLOSED	CLOSED
THURSDAY	1500-1800 Open Session 1800-1830 Aqua Boards Kids 8+ yrs** 1830-1900 Aqua Boards Kids 8+ yrs** 1900-2000 Open Session	1500-2000
FRIDAY	1100-1200 Open Session 1200-1230 Mobility & Flexibility 1230-1600 Open Session 1600-1700 Family Session	1035-1205 Schools 1205-1300 1300-1400 Teen Gym 1400-1700
SATURDAY	1000-1200 Family Session 1200-1500 Open Session	1000-1500
SUNDAY	CLOSED	CLOSED

*Aqua Boards Adults Only 4 places per session. ** Aqua Boards Kids 8 places per session
Swimming lessons start back next Friday, 17th & Saturday, 18th January 2025

For further information please contact us via Telephone on 01641 760350 or
via email at north.coast.leisure@highlifehighland.com