

NORTH COAST LEISURE CENTRE

Monday 26th May – Saturday 21st June

DAY	PUBLIC SWIMMING	GYM
MONDAY	1000-1200 Open Session 1215-1300 Water Aerobics 1300-1400 Open Session	1000-1400
TUESDAY	1500-1800 Open Session 1800-1830 Aqua Boards Adults Only* 1830-1900 Aqua Boards Adults Only* 1900-2000 Adults Only	1500-2000
WEDNESDAY	CLOSED	CLOSED
THURSDAY	1500-1700 Open Session 1700-1800 Family Session 1800-1830 Aqua Boards Kids 8+ yrs** 1830-1900 Aqua Boards Kids 8+ yrs** 1900-2000 Open Session	1500-1900 1900-2000 Circuits
FRIDAY	1100-1200 Open Session 1200-1230 Mobility & Flexibility 1230-1330 Open Session 1330-1430 Family Session 1430-1700 Swim Lessons	1100-1300 1300-1400 Teen Gym 1400-1700
SATURDAY	1000-1230 Swim Lessons 1230-1330 Family Session 1330-1500 Open Session	1000-1500
SUNDAY	CLOSED	CLOSED

*Aqua Boards Adults Only 4 places per session. ** Aqua Boards Kids 8 places per session

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