

NORTH COAST LEISURE CENTRE

Monday, 18th August – Saturday, 11th October

DAY	PUBLIC SWIMMING	GYM
MONDAY	0700 - 0930 Open Session 0945 - 1045 School Swimming starts 25 th Aug 1100-1200 Open Session 1215-1300 Water Aerobics 1300 – 1400 Open Swimming	0700-1400
TUESDAY	1500-1600 Family Session 1600-1800 Open Session 1800-1830 Aqua Boards Adults Only* 1830-1900 Aqua Boards Adults Only* 1900-2000 Adults Only	1500-2000
WEDNESDAY	CLOSED	CLOSED
THURSDAY	1415 -1515 School Swimming 1530-1700 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 1200-1245 Mobility & Flexibility (+mini sound bath in the water for 10-15 mins) 1245-1430 Open Session 1430-1700 Swimming Lessons	1100-1300 1300-1400 Teen Gym 1400-1700
SATURDAY	1000-1230 Swimming Lessons 1230-1330 Family Session 1330 – 1500 Open Session	1000 -1500
SUNDAY	Please keep an eye on FB for any Sunday opening dates and times. Pool and Gym.	

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

For further info contact us via Tel: 01641 760350 or email at north.coast.leisure@highlifehighland.com

Please keep an eye on our FB Page or our noticeboard in reception for any changes to our timetable due to private hires etc, if travelling some distance to reach us, it can be worth getting in touch prior to travelling