



Poolewe Swimming Pool

Sessions:

Lane Swim	Priority given to lane swimmers during this session. Sessions bookable to avoid disappointment but you can turn up and access without booking if spaces available.
Quiet / Recovery Swim	A quiet open session for those returning to water and building confidence
Open Swim	All swimmers welcome – open session for all. No booking required.
Fun session	Floats and toys available during this session, all welcome but ideal for families and children. No booking required.
Swim Lessons	Swim tuition sessions, places must be booked.
Parent & Toddler	Session specific for toddlers with guardians, fun session for building confidence. No booking required.
Rookie Lifesavers	Fun tuition class on lifesaving skills for ages 8-14yrs. Places must be booked.

Admissions Policy:

Admissions Policy	Carer to child admissions ratio required
Age 0,1,2,3	One to One
Age 4,5,6,7	One to Two
8 years+	Children may use the facility unaccompanied, but Highlife Highland would recommend that all children are supervised by a carer
Children with additional needs	We would recommend that children with additional needs are appropriately supervised.

Why not follow us on facebook: www.facebook.com/PooleweSwimmingPool

Visit our web page for timetable and opening hours: <https://www.highlifehighland.com/poolewe/>