

Thurso Leisure Centre - Pool Timetable

From Monday 8th January to Sunday 24th March 2024

MON	07.30-08.30 Lane Swimming	08.30-09.30 Open swims 2 lanes for lane swimming	09.30.-10.15 Aqua fit	10.15-12.30 Open swims	12.30-14.00 Closed – Staff Training	14.00-15.00 Open swims	15.00-17.00 Learn to Swim Programme w/c 15/01-13/03 (incl)	17.00-20.00 TASC				
TUE	07.30-08.30 Lane Swimming	08.30-10.30 Open swims	10.30-12.30 Adult and child lessons w/c 30/01-12/03 (incl)	12.30-13.30 Open swims	13.30-14.00 Deep Water Circuits Shallow end available	14.00-15.00 Open swims	15.00-17.00 Learn to Swim Programme w/c 15/01-13/03 (incl)	17.00-18.00 TASC	18.00-19.00 Lane Swimming (2 lane TASC)	19.00-21.00 Open swims		
WED	07.30-08.30 Lane Swimming	08.30-10.00 Open swims 2 lanes for lane swimming	10.00-11.30 School swimming	11.30-15.00 Open swims			15.00-17.00 Learn to Swim Programme w/c 15/01-13/03 (incl)	17.00-18.00 TASC	18.00-19.00 Lane Swimming (2 lane TASC)	19.00-20.00 Water Circuits		
THU	07.30-08.30 Lane Swimming	08.30-10.00 Open swims 2 lanes for lane swimming	10.00-16.00 Open swims					16.00-17.00 Open Swims (2 lane TASC)	17.00-18.00 TASC	18.00-19.00 Open swims	19.00-21.00 Canoe Club	
FRI	07.30-08.30 Lane Swimming	08.30-10.00 Open swims 2 lanes for lane swimming	10.00-11.00 School swimming	11.00-12.30 Open swims	12.30-14.00 Closed – Staff Training	14.00-16.00 Open swims	16.00-17.00 Open Swims (2 lane TASC)	17.00-18.00 TASC	18.00-20.00 Open Swims			
SAT	10.00-11.00 Family Friendly Session	11.00-13.45 Open swims				<div>Open swims - 45 minutes to 1 hour</div> <div>Admissions Policy</div> <div>Children aged 3 & under 1 Adult: 1 Child</div> <div>Children aged 4–7 years 1 Adult: 2 Children</div> <div>Shallow end available during Deep Water Aerobics</div> <div>Deep end available during adult and child</div>			ActivityStandardConcessionBudget			
SUN	10.00-11.00 Family Friendly Session	11.00-13.45 Open swims							Shower	£3.45	£2.10	£0.50
									Swim	£7.50	£4.50	£0.50
									Steam/Sauna/Swim	£7.50	£4.50	£0.50
									Class Activities	£7.50	£4.50	£0.50
									Fitness Suite	£8.50	£5.10	£0.50
									Fitness Industion	£11.65	£7.00	£0.50

Activity	Standard	Concession	Budget
Shower	£3.45	£2.10	£0.50
Swim	£7.50	£4.50	£0.50
Steam/Sauna/Swim	£7.50	£4.50	£0.50
Class Activities	£7.50	£4.50	£0.50
Fitness Suite	£8.50	£5.10	£0.50
Fitness Induction	£11.65	£7.00	£0.50

- Open Swim - A public swimming session, all ages and abilities welcome, standard admissions policy applies, toddler pool available.
- Family Friendly session is where our admission policy is relaxed to allow ratio of 1 Adult: 2 Children aged from 0 to 7 (online bookable)
- All-inclusive and budget members can book certain sessions up to 7 days in advance, Pay as you go members can book up to 3 days in advance.
- Any payments must be paid in advance online or can be done over the phone using your card by phoning into the facility, walk ins can be accommodated.
- Online Bookable sessions are Aquafit, Water Circuits and **Family Friendly Session, (Lead adult pays at time of booking, additional family members pay on entering the facility).**
 - For more information, please visit our Facebook page or at <https://www.facebook.com/thursoleisurecentre>

Thurso Leisure Centre – Fitness Classes Timetable

From Monday 8th January to Sunday 24th March 2024

Monday	Metafit 09.15-09.45	Aqua fit (Pool Hall) 09.30-10.15		Circuits 17.15-17.45	Pilates/Yoga 18.00-18.45	Pilates 8, 22 Jan 5, 19 Feb 4, 18 Mar	Yoga 15,19 Jan 12, 26 Feb 11 Mar	Learn to Lift 19.00-20.30
Tuesday		Beginners Circuits 10.00 - 10.45	Deep Water (Pool Hall) 13.30-14.00		Metafit 18.00 – 18.30	Bums & Tums 18.45 – 19.30	Stretching & Flexibility 19.45 – 20.15	
Wednesday	Pre-Work Work Out 06.15 – 06.45	Stretching & Flexibility 09.30 – 10.00	Silver circuits 10:30-11:30	Otago 14.00-15.00	HIIT 18.00 – 18.30	Indoor Cycling 18.45-19.30	Water Circuits (Pool Hall) 19.00-20.00	
Thursday		H.I.I.T 09.30 - 10.00	Yoga Beginners 10.15-11.00	Yoga Intermediate 11.15-12.00	Parkinson’s Class 14.00-15.00	Yoga 17.00-17.45	Kettle bells 18.00-18.45	Indoor cycling 19.00-19.45
Friday	Pre-Work Work Out 06.15 – 06.45	Circuits 10.00 - 10.45	Teen Gym 13.00-14.00 11-15yrs <small>Fitness suite closed to public</small>		Stretching & Flexibility 17.15-17.45	Indoor Cycling 18.00-18.45		
Saturday	Indoor Cycling 09.00 - 09.45	Intermediate Lift 09.00-10.30	Fitness Suite Opening Times Monday - 07.30 to 20.30 Tuesday & Thursday – 07.30 to 21.00 (new later time) Wednesday & Friday - 06.15 to 20.30 Saturday & Sunday – 08.00 to 14.00 Monday/Saturday – restricted access to weight area during classes highlighted in green				<div><div></div> High Intensity <div></div> Moderate Intensity <div></div> Low Intensity</div> Tel: 01847 893260	
Sunday	Cycle Fusion 09.00 – 09.45							

PROGRAMME GUIDANCE NOTES

- ● **Circuits** – lose weight, tone up, get stronger, faster & fitter.
- **H.I.I.T./ Pre-Work Work Out** – High intensity class, get stronger, faster & fitter.
- **Beginners Circuits** – Moderate to low intensity exercise class. A body conditioning mix of cardio and muscular endurance.
- ● **Kettle Bells Work Out** - tone up, get stronger, faster & fitter.
- ● **Stretching & Flexibility** – A low intense class designed to increase flexibility & mobility. This is great for people of all ages and fitness levels and will benefit everyday life.
- **Indoor Cycling** –Classes focusing on endurance, strength, intervals, high intensity and recovery. Can be adapted for beginners.
- ● **Pilates/Yoga** - Low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood.
- **Otago** - an exercise class aimed to prevent falls, injuries and improve cognition amongst older people, working on increasing strength, balance, and flexibility.
- ● **Learn to lift**- Beginner weightlifting class for those with little to no experience.
- ● **Intermediate Lift**- For those with experience in Weightlifting or have attended learn to lift and want to progress.