

Thurso Leisure Centre - Pool Timetable From Monday 8th January to Sunday 24th March 2024

MON	07.30-08.30	08.30-09.30	09.3010.15	09.3010.15 10.15-12.30		12.30-14.	14.00 14.00-15.00 15.00-17.0		0 17.00-20.00						
	Lane Swimming	Open swims 2 lanes for lane swimming	Aqua fit	· Open swills		Closed - Staff Training		Open swims	Learn to Swim Programme w/c 15/01-13/03 (incl)		r	TASC			
TUE	07.30-08.30 Lane Swimming	08.30-10.30 Open swii	child le w/c 30/0	t and essons	12.30-13.30 Open swims	13.30 14.00 Deep Wate Circuit Shallow e	o er its end	Open swims	Pro	oo n to Swim ogramme '01-13/03 (incl)	17.00-18.00 TASC	18.00-19.00 Lane Swimm (2 lane TA	ing	9.00-21.00 Open swims	
WED	07.30-08.30 Lane Swimming	08.30-10.00 Open swims 2 lanes for lane swimming	10.00-11.30 11:30-15.00 O)pen swi	ims	Learn to Swim Programme w/c 15/01-13/03 (incl)			17.00-18.00 TASC	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 sw		9.00-21.00 Canoe Club	
FRI	07.30-08.30 Lane Swimming	08.30-10.00 Open swims 2 lanes for lane swimming	School Open swims swimming		12.30-14. Closed - Staff Training	-	14.00-16.00 Open sv	Open swims		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						Child Children aged 4–7 years 1 Adult: 2			Activity Shower Swim	£3.45 £7.50	£2.10 £4.50	£0.50	
SUN	10.00-11.00 Family Friendly Session	11.00-13.45 Open swims						nildren nallow end ava nater Aerobics nep end availal nild	ilable durir	ng Deep	Steam/Sauna/Swim Class Activities Fitness Suite Fitness Industion	£7.50 £7.50 £8.50 £11.65	£4.50 £4.50 £5.10 £7.00	£0.50 £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	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 Yoga Beginners 30 - 10.00 10.15-11.00		Yoga Intermediate 11.15-12.00	Parkinson's Class 14.00-15.00	Yoga 17.00-17.45		e bells -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 Fitness suite closed to public			Stretching & Flexibility 17.15-17.45		Cycling -18.45	

Saturday	Indoor Cycling	Intermediate			
		Lift			
	09.00 - 09.45	09.00-10.30			
Sunday	Cycle Fusion				
	09.00 - 09.45				

Fitness Suite Opening Times

Monday - 07.30 to 20.30

Tuesday & Thursday – 07.30 to 21.00 (new later time)

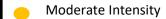
Wednesday & Friday - 06.15 to 20.30

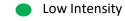
Saturday & Sunday – 08.00 to 14.00

Monday/Saturday – restricted access to weight area during classes highlighted in

green

High Intensity





Tel: 01847 893260

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.
- ntermediate Lift- For those with experience in Weightlifting or have attended learn to lift and want to progress.