

Thurso Leisure Centre - Pool Timetable From Monday 27th October to 21st December 2025

MON	07.30-08.30	08.30-09.30	09.30-10.15	10.30-12.30		12.30-14	.00	14.00-15.00	15.00-17.00		17.00-20.00			
	Lane Swimming	Open swims 2 lanes for lane swimming	Aqua fit	Open swims		Closed Staff Trainin		Open swims	Learn to Swim Programme W/C 27/10-15/12 incl.		TASC			
TUE	07.30-08.30	08.30-10.30		10.30-12.3 Adult	12.30-13	3.30 13.30-14 Deep		14.00-15.00	15.00-17.00		17.00-18.00	18.00-19.00	19.00-21.00	
	Lane Swimming	Open s	swims	and chil lessons w/c 10/11 15/12 incl	swin	n Wate	r ts nd	Open swims	Learn to Prograi W/C 27/10-19	mme	TASC	Lane Swimming (2 lane TASC)	Open swims 2 lanes available from 8pm	
WED	07.30-08.30	08.30-10.00	10:00-11	00 11:00-1	5.00		15.00-17.00 17.00-18.00 18.00-19.00						19.00-2	20.00
	Lane Swimming	Open swims 2 lanes for lane swimming	Schoo Swimm	-	•	Open swims Learn to Swim Programme W/C 27/10-15/12 incl. TASC Swimming (2 lane TASC)					iter Circuits			
THU	07.30-08.30	08.30-10.30		0:30-11.30	11.30-16	.00	Open swims			16.00-17.00		18.00-19.00 19.00-21.00		1.00
	Lane Swimming	Open sv 2 lanes for lane		School Swimming		Open sw				Open Swims (2 lane TASC)		Additional Canoe Club Support Session		anoe Club
FRI	07.30-08.30	08.30-10.00	10.00-12.3	0			.00	14.00-16.00	16.00-17.00		17.00-18.00	-18.00 18.00-19.00		9.00-20.00
	Lane Swimming	Open swims 2 lanes for lane swimming		Open sw	Closed Staff Trainin		Open swims	Open Swims (2 lane TASC)		TASC	Open Swims Adults Only		Adults Only	
SAT	10.00-11.00	11.00-13.00			13.00-13			Activity Charges		Adult	Concession	Open swims - 45 minutes to 1		ainutos to 1
	Family	Family Open swims			Swim	£8.55		£5.15	hour					
	Friendly Session		•			pen swims		Swim (with Sau			£5.15	Admissions Policy Children aged 3 & under 1 Adult: 1		
	Session							Sauna / Steam	Room £8.55		£5.15	Child	Child	
SUN	10.00-11.00	11.00-13.00			13	.00-13.45	0-13.45 Shower			£4.00		Children aged 4–7 years 1 Adult: 2 Children		ears 1 Adult: 2
	Family		Open sv	vims	0	pen swims	F	Fitness Suite £9.		£8.55	£5.15 Shallow end av		available during Deep	
	Friendly Session				2 1	lanes available	_			£9.75	£5.80	Deen and av	Water Aerobics Deep end available during adult a	
	36331011						LF	Fitness Room I	nduction £13.40		£7.90	child		

- 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, Additional Support Session 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
- All sessions are 45 minutes to 1 hour.



Thurso Leisure Centre – Dry Side Timetable From Monday 27th October to 21st December 2025

Monday	Private hire 09.45-12.00	Aqua fit (Pool Hall) 09.30-10.15			Cardiac Rehab 14.00-17.00		Circuits 17.15-17.45			Pilates 18.00-18.45			Learn to Lift 19.00-20.30 Fitness Suite
Tuesday	Indoor Circuits Silver Circuits Cycling 10.00-10.45 11.00-11.45 07.15-07.45		Deep Water (Pool Hall) 13.30-14.00		Parkinsons Metafit 1400-1500 17.30-18.00		18.15-19.00		Stretching & Flexibility 19.15-19.45	Bath 20.00-20.45			
Wednesday	Pre-Work Work Out 06.15 – 06.45	Stretching & Flexibility 09.15-09.45	Indoor Cycling 10.00-10.30	ciro	cuits	Veightlifting itness Suite 1.00-12.00	Suite Wellbein		Otago 14.00-15.00	Baby Massage (Private Hire) 15.30- 16.30	Cycl Fusic 18.0 18.4	on & Flex 0- 19.00-	Water Circuits (Pool Hall) 19.00-20.00
Thursday	Indoor Cycling 07.15 - 07.45	H.I.I.T 09.30-10.00	Dynamic Wellbeing L2 11.00-12.00		Otago 12.30-13.30		Yoga/YogaScape (alternating weeks) 17.00-17.45		Kettlebells 18.00-18.45		Indoor cycling 19.00-19.45		
Friday	Pre-Work Work Out 06.15-06.45	Yoga 09.00-09.45 (new class)	Circuits 10.00 - 10.45	1	ate hire -5-12.00	Teen PWR 4 11-15yr old 14.30-15.15 Fitness suite clos public		15.3	etacub 0-16.00 of each month	Stretching & Flexibility 17.15-17.45		Indoor Cycling 18.00-18.45	Gym Induction 19.00-19.30

Saturday	Indoor Cycling	Power Hour				
	08.00 - 08.45	09.00-10.00				
		Fitness suite closed				
Sunday	Cycle Fusion					
•	09.00 - 09.45					

Fitness Suite Opening Times

Monday - 7.30 to 20.30

Tuesday & Thursday - 7.30 to 21.00

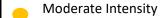
Wednesday & Friday - 6.15 to 20.30

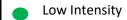
Saturday – 8.00 to 9.00, Closed 9.00 to 10.00 for class, Open 10.00 to 14.00

Sunday – 8.00 to 14.00

Monday - restricted access to weight area during class 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.
 - 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.
- Dearn to lift- Beginner weightlifting class for those with little to no experience.
 - Sound Bath A relaxing and meditative experience listening to soothing sounds, using vibrations and tones from instruments to help calm the mind, help reduce stress and restore balance.