

# Thurso Leisure Centre - Pool Timetable

From Monday 5<sup>th</sup> January to Sun 5<sup>th</sup> April 2026

<b>MON</b>	07.30-08.30 <b>Lane Swimming</b>	08.30-09.30 <b>Open swims</b> 2 lanes for lane swimming	09.30-10.30 <b>Water Aerobics</b>	10.30-12.30 <b>Open swims</b>		12.30-14.00 <b>Closed – Staff Training</b>	14.00-15.00 <b>Open swims</b>	15.00-17.00 <b>Learn to Swim Programme</b> W/C 12/01-09/03 incl.	17.00-20.00 <b>TASC</b>  No Sauna/Steam available 1700-1815																										
<b>TUE</b>	07.30-08.30 <b>Lane Swimming</b>	08.30-10.30 <b>Open swims</b>	10.30-12.30 <b>Adult and child lessons</b> w/c 27/01-09/03 incl.	12.30-13.30 <b>Open swims</b>	13.30-14.00 <b>Deep Water Circuits</b> Shallow end available	14.00-15.00 <b>Open swims</b>	15.00-17.00 <b>Learn to Swim Programme</b> W/C 12/01-09/03 incl..	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Lane Swimming</b> (2 lane TASC)	19.00-21.00 <b>Open swims</b> 2 lanes available from 8pm																									
<b>WED</b>	07.30-08.30 <b>Lane Swimming</b>	08.30-10.00 <b>Open swims</b> 2 lanes for lane swimming	10:00-10.45 <b>School Swimming</b> 14/01-04/03 No Sauna/Steam available	10:45-15.00 <b>Open swims</b>			15.00-17.00 <b>Learn to Swim Programme</b> W/C 12/01-09/03 incl.	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Lane Swimming</b> (2 lane TASC)	19.00-20.00 <b>Water Circuits</b>																									
<b>THU</b>	07.30-08.30 <b>Lane Swimming</b>	08.30-10.00 <b>Open swims</b> 2 lanes for lane swimming	10:00-11.30 <b>School Swimming</b> W/C 08/01- 12/03 No Sauna/Steam available	11.30-16.00 <b>Open swims</b>		16.00-17.00 <b>Open Swims</b> (2 lane TASC)	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Additional Support Session</b>	19.00-21.00 <b>Canoe Club</b>																										
<b>FRI</b>	07.30-08.30 <b>Lane Swimming</b>	08.30-10.00 <b>Open swims</b> 2 lanes for lane swimming	10.00-12.30 <b>Open swims</b>		12.30-14.00 <b>Closed – Staff Training</b>	14.00-16.00 <b>Open swims</b>	16.00-17.00 <b>Open Swims</b> (2 lane TASC)	17.00-18.00 <b>TASC</b>	18.00-19.00 <b>Open Swims</b>	19.00-20.00 <b>Adults Only</b>																									
<b>SAT</b>	10.00-11.00 <b>Family Friendly Session</b>	11.00-13.00 <b>Open swims</b>	13.00-13.45 <b>Open swims</b> 2 lanes available		<table border="1"> <thead> <tr> <th>Activity Charges</th> <th>Adult</th> <th>Concession</th> </tr> </thead> <tbody> <tr> <td>Swim</td> <td>£8.55</td> <td>£5.15</td> </tr> <tr> <td>Swim (with Sauna / Steam)</td> <td>£8.55</td> <td>£5.15</td> </tr> <tr> <td>Sauna / Steam Room</td> <td>£8.55</td> <td>£5.15</td> </tr> <tr> <td>Shower</td> <td>£4.00</td> <td>£2.35</td> </tr> <tr> <td>Fitness Class</td> <td>£8.55</td> <td>£5.15</td> </tr> <tr> <td>Fitness Suite</td> <td>£9.75</td> <td>£5.80</td> </tr> <tr> <td>Fitness Room Induction</td> <td>£13.40</td> <td>£7.90</td> </tr> </tbody> </table>			Activity Charges	Adult	Concession	Swim	£8.55	£5.15	Swim (with Sauna / Steam)	£8.55	£5.15	Sauna / Steam Room	£8.55	£5.15	Shower	£4.00	£2.35	Fitness Class	£8.55	£5.15	Fitness Suite	£9.75	£5.80	Fitness Room Induction	£13.40	£7.90	<b>Open swims</b> - 45 minutes to 1 hour <b>Admissions Policy</b> Children aged 3 & under 1 Adult: 1 Child Children aged 4-7 years 1 Adult: 2 Children <u>Shallow end available during Deep Water Aerobics</u> <u>Deep end available during adult and child</u>			
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<b>SUN</b>	10.00-11.00 <b>Family Friendly Session</b>	11.00-13.00 <b>Open swims</b>	13.00-13.45 <b>Open swims</b> 2 lanes available																																

- 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 5<sup>th</sup> January to Sun 5<sup>th</sup> April 2026

Monday	Private hire 09.45-12.00	Water Aerobics (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 Cycling 07.15-07.45	Circuits 10.00-10.45		Silver Circuits 11.00-11.45	Escape Pain 12.15-13.45 (6-week block) 06.01.26 to 10.02.26	Deep Water (Pool Hall) 13.30-14.00		Parkinsons 1400-1500	Metafit 17.30-18.00	Body Tone 18.15-19.00		Stretch & Flex 19.15-19.45	Sound Bath 20.00-20.45
Wednesday	Pre-Work Work Out 06.15 – 06.45	Stretch & Flex 09.15-09.45		Indoor Cycling 10.00-10.30	Silver circuits 10:45-11:30	Weightlifting Fitness Suite 11.00-12.00	Dynamic Wellbeing L1 12.00-13.00	Otago 14.00-15.00	Baby Massage (Private Hire) 15.30- 16.30	Cycle Fusion 18.00- 18.45	Stretch & Flex 19.00- 19.30	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		Escape Pain 14.00-15.30 (6-week block) 08.01.26 to 13.02.26	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	Private hire 10.45-12.00	Teen PWR 45 11-15yr olds 14.30-15.15 Fitness suite closed to public		Metacub 15.30-16.00 1 <sup>st</sup> Friday of each month	Stretch & Flex 17.15-17.45	Indoor Cycling 18.00-18.45	Gym Induction 19.00-19.30		

Saturday	Indoor Cycling 08.00 – 08.45	Power Hour 09.00-10.00 Fitness suite closed	<b>Fitness Suite Opening Times</b> 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 <u>Monday – restricted access to weight area during class highlighted in green</u>					 High Intensity  Moderate Intensity  Low Intensity
Sunday	Cycle Fusion 09.00 – 09.45							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.
- **Learn 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.