

Competition Pool Timetable - Term Time

DAY	LANE	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130
MONDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
		7	PLS		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		6	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		5	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
	DEEP	4	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		3	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		2	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
TUESDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
		7	PLS		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		6	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		5	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
	DEEP	4	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		3	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		2	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
WEDNESDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
		7	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		6	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		5	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
	DEEP	4	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		3	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		2	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
THURSDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
		7	PLS		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		6	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		5	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
	DEEP	4	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		3	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		2	PLS - F		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
FRIDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
		7	PLS		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
		6	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
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		3	PLS - T		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
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		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				
SATURDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
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SUNDAY	SHALLOW	8	PLS - S		PS		SCHOOL TUITION				PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				SET UP	AQUA AEROBICS 2015-2100		PLS				
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		1	PLS - M		PS		SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS	AQUA AEROBICS 2015-2100		PLS				

KEY	PLS	PUBLIC LANE SWIMMING	L2S	Love to Swim																								
	T	TRAINING	ST	School Tuition																								
	S	SLOW		NPLQ- Mon- Fri 2000-2100																								
	M	MEDIUM		Wed & Fri 0830-0930																								
	F	FAST																										
	PS	PUBLIC SESSION																										
		Monday & Wednesday - 0600-0730 Pool Depth 2 M																										
		Updated 02/06/25																										
					<ul style="list-style-type: none"> • During kids lessons Monday - Friday (1515- 1830) Saturday (0845 - 1330) No lane will be available for public swimming. Wednesday's between 1200-1230 Adult & Child Lesson in tank lanes 6-8. • Lessons only run during term time, during Highland Council school holiday periods this space will revert to public use. • Lanes marked as "PLS - T" are available for those wishing to use training aids such as fins and paddles; maximum of 5 swimmers at any one time allowed. • Customers should note times may vary. Please check with reception for confirmation. Please check notice board for closures and restrictions. Shallow lane depth may vary. 																							