

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				AQUA AEROBICS 2010-2055		PLS - M			
		7	PLS		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - F			
		6	PLS - M		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - M			
		5	PLS - F		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - F			
	DEEP	4	PLS - T		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - M			
		3	PLS - T		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - T			
		2	PLS - F		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - F			
		1	PLS - M		PS				SCHOOL TUITION				PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				AQUA AEROBICS 2010-2055		PLS - M			
TUESDAY	SHALLOW	8	PLS		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		7	PLS		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		6	PLS		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		5	PLS		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
	DEEP	4	PLS - T		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		3	PLS - F		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		2	PLS - M		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		1	PLS - S		PS				AQUA AEROBICS 0945-1030		PS	TUITION		PS	TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
WEDNESDAY	SHALLOW	8	PLS - S		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		7	PLS - M		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		6	PLS - F		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		5	PLS - T		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
	DEEP	4	PLS - T		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		3	PLS - F		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		2	PLS - M		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
		1	PLS - S		PS				AQUA ZUMBA 1000-1045		PS	LEARN TO SWIM		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS				
THURSDAY	SHALLOW	8	PLS		PS				TUITION		PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - S							
		7	PLS		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - F							
		6	PLS		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - M							
		5	PLS		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - T							
	DEEP	4	PLS - T		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - M							
		3	PLS - F		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - S							
		2	PLS - M		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - T							
		1	PLS - S		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - F							
FRIDAY	SHALLOW	8	PLS		PS				TUITION		PS	SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - S							
		7	PLS		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - F							
		6	PLS		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - M							
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	DEEP	4	PLS - T		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - M							
		3	PLS - F		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - S							
		2	PLS - M		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - T							
		1	PLS - S		PS				TUITION		PS	SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS - F							
SATURDAY	SHALLOW	8	PLS		PS				SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		7	PLS		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		6	PLS		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
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		1	PLS - S		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
SUNDAY	SHALLOW	8	PLS		PS				SCHOOL TUITION				L2S	SET UP - CLOSED	LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		7	PLS		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		6	PLS		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
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		3	PLS - F		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		2	PLS - M		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										
		1	PLS - S		PS				SCHOOL TUITION				PS		LEARN TO SWIM SCHEME				LEARN TO SWIM SCHEME				PLS										

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			
KEY		PLS	PUBLIC LANE SWIMMING	ST	L2S	Love to Swim																														
		T	TRAINING		School Tuition																															
		S	SLOW																																	
		M	MEDIUM																																	
		F	FAST																																	
		PS	PUBLIC SESSION																																	
			Monday & Wednesday - 0600-0730 Pool Depth 2 M																																	
			Updated 28/04/26																																	

- During kids lessons Monday - Friday (1515- 1830) Saturday (0845 - 1330) No lane will be available for public swimming. Wednesday's between 1100-1230 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.