

MON	7.00 Public Swimming 10.00	10.00 School Use 12.15	12.15 Public Swimming (L) 12.15pm-12.45pm Happy Swim 3.30	3.30 Swimming Lessons 4.30	4.30 W.A.S.C 5.30	5.30 Lane Swimming 6.30	6.30 Public Swimming (#) 10.00
TUE	7.00 Public Swimming 10.00	10.00 School Use 12.15	12.15 Public Swimming (L) 3.00	3.00 Swimming Lessons 5.30	5.30 W.A.S.C 9.00	9.00 Adults only Swimming 10.00	
WED	7.00 Public Swimming 10.00	10.00 Aqua Fit 11.00	11.00 Public Swimming (#)(L) 3.30	3.30 Swimming Lessons 5.30	5.00 W.A.S.C 6.00	6.00 Lane Swimming 7.00	7.00 Public Swimming 7.00-7.30pm Happy Swim 10.00
THU	7.00 Public Swimming 10.00	10.00 School Use 12.15	12.15 Public Swimming (L) 3.30	3.30 Swimming Lessons Part Pool Access 4.30	4.30 W.A.S.C 5.30	5.30 Public Swimming 7.30	7.30 Adult Tuition 8.15 Public Swimming(L) 10.00
FRI	7.00 Public Swimming 9.30	9.30 School Use 12.15	12.15 Public Swimming (L) 4.30	4.30 W.A.S.C 5.30	5.30 Lane swimming 6.30	6.30 Public Swimming 8.30	8.30 Adults only swimming 10.00
SAT	10.00 Public Swimming WASC – 2 lanes 10.00-11.30 Family Friendly 12.00-1.00 1-1.30pm Happy Swim 2.00	2.00 Private Hire* 3.00	3.00 Public Swimming 4.00	<p>Join our fantastic value High Life Scheme. Pay one low monthly fee and get unlimited use of all Leisure Centre run activities & discounts when you shop locally. Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.</p>			
SUN	10.00 Public Swimming * Family Friendly 10.00-3.00 1-1.30pm Happy Swim 4.00	<p>Pool closed on Wednesday 6th Septmeber & Wednesday 4th October for staff training between 12.15pm – 2.30pm Approx Sorry for any inconvenience</p>					

PROGRAMME GUIDANCE NOTES

Swimming lessons – Pool closed during these sessions Monday-Wednesday. Part of the pool will be open on Thursday-Sunday.

Lane swimming – 1 lane will be up for lane swimming where (L) is stated on the programme

Adult Tuition – Adult swimming lessons will be taking place in the pool from 7.30-8.15pm on a Thursday, for more information or to book contact reception

Happy Swim – Activity £1 per person during the times stated only.

Staff training – Staff training may take place in the pool on Mondays 7-9pm and Wednesday 11am-1pm **Building closed on the 1ST Wednesday 12.15pm-2.30pm of each month.**

***Private Hire** – The swimming pool is available to book for party hire on Saturdays 2.15-3.00pm and may be closed to the public, otherwise it will be public swimming 2.00pm-2.45pm

Aqua Fit – Gentle aerobics class held in the shallow end of the pool – deep end open during this time

W.A.S.C– Wick swimming club. Pool closed during these sessions

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

MON	6.45 Pre-Work Workout 7.15	9.30 Beginners Aerobics Class – Assembly rooms (Commences 4 th September) 10.15	11.00 Walking Group (Commences 4 th September) 12.00	18.00 High Intensity Circuits 19.00
TUE	09.20 Metafit – Assembly rooms 10.00	10.00 Pure Abs – Assembly Rooms 10.30	18.00 Circuits – Fitness Suite Closed 19.00	
WED	6.45 Pre-Work Workout 7.15	9.15 High Intensity Circuits – Fitness Suite Closed 10.00	14.30 Seniors gym class – Fitness Suite Closed 15.15	18.00 Metafit 18.40
THU	9.30 Tots Dance Class – Assembly rooms (Commences 6 th September) 10.15	11.00 Beginners Gym Class Fitness Suite Closed (Commences 6 th September) 12.00	16.00 Caithness United Football Team PRIVATE SESSION – Fitness Suite Closed 16.45	18.00 High Intensity Circuits 19.00
FRI	6.45 Pre-Work Workout 7.15	18.00 Ladies Weights Only Class (Max 8 per class) 18.45		

Fitness Suite Opening Times Monday – Friday 7.00 - 22.00, Saturday – 10.00 - 16.00, Sunday - 10.00 - 16.00

PROGRAMME GUIDANCE NOTES

High Intensity Circuits – lose weight, tone up, get stronger, faster & fitter (max 30 per class) be held in one of gyms within the high school

Early Morning Blast – Short high intensity class to start your day (max 12 per class)

Metafit – 30 minute body weight based class intensity is gauged by yourself and your ability (max 30 per class)

Senior Circuits – Moderate to low intensity circuitry class for senior citizens (max 12 per class)

Beginners Aerobics Class – Aerobics class to music. Low impact class aimed at beginners

Walking Group-Hour long walk in and around town. Go at your own pace and enjoy a warm cuppa after your hour long walk.Great social class for beginners with a cuppa and biscuits afterwards

Tots Dance Class – Come and enjoy an upbeat exercise class with your toddler. Toddler must be able to walk. Enjoy the music and exercise with your child.

Beginners Gym Class – Are you a Gymaphobic? Then this drop in session is a great class for you. Learn the machines and have the instructor answer any of your questions.

Ladies Weights only Class – 8 week block. Max 8 per class. Small group session will teach you the correct technique and show you how to use weights effectively

Inductions – Can be taken on Monday at 5pm, Wednesday at 10am, Sunday at 2pm or by prior arrangement at reception

Important – If a class has less than half its capacity level on a regular basis then highlife highland have the right to cancel the class with no given notice