

Child Admissions

Age of Children	Carer to Child Admission Ratio
0, 1, 2, 3, years	One : One
4,5,6,7 years	One : Two

Children may use the facility unaccompanied, but the Council would highly recommend that children aged 8, 9, or 10 years are supervised by a Carer

Children with Special Needs
We would recommend that Children with Special Needs are appropriately supervised.

Child Supervision

Carers or parents are responsible for the safe behaviour of their children. A responsible person is defined as someone aged 16 years of age or over and able to swim. Lifeguards cannot replace the care and attention of a carer or parent. Carers must maintain regular eye contact with their children and ensure they are closely supervised at all times. Carers and their children must keep together within defined areas of the facility e.g. pool area, flume area. Carers must keep children who are non swimmers or weak swimmers within the shallow end of the pool.

Family Friendly Sessions

The Council is keen to encourage family groups to be able to access both pools whilst still maintaining a safe environment. Special family sessions are promoted at these pools when the parent/carer to child(ren) supervision ratio is relaxed. These sessions are restricted to parents/carers and their children. In the main pool the deep end of the pool will be roped off and an extra Lifeguard will be on duty. In the Hydrotherapy pool bather numbers are reduced. The days and times are detailed below.

Main Swimming Pool

Monday.....	3.00pm-4.00pm
Friday.....	3.00pm-4.00pm
Saturday.....	11.30am-12.30pm
Sunday.....	11.30am-12.30pm

Hydrotherapy Pool (Bookings Required)

Tuesday.....	3.00pm-4.00pm
Wednesday.....	3.00pm-4.00pm
Thursday.....	3.00pm-4.00pm

The ratios for these sessions is

Age of Children.....	0, 1, 2, 3, 4, 5, 6, 7
Carer to Child Admission Ratio.....	One : Two

Opening Hours

Fitness Room	
Mon-Fri	7.15am-9.30pm
Sat	9.15am-4.30pm
Sun	11.15am-4.30pm
*Induction Required (please book)	
Sauna & Steam	
Mon	7.15am-8.00pm
Mon (Ladies Session)	8.00pm-9.00pm
Tue-Fri	7.15am-9.00pm
Sat	9.15am-4.30pm
Sunday	11.15am-4.30pm
Squash	
(40 min session)	
Mon-Fri	7.40am-9.40pm
Sat	9.40am-4.20pm
Sun	11.40am-4.20pm
Last admission	
Mon- Fri	9.00pm
Sat, Sun	4.00pm

Admission Prices

Swimming Pool	
Adult Swim	£4.10
Concession Swim	£2.05
Under 5 Swim	£1.40
Sauna & Steam	
Adult Sauna & Steam	£6.00
Concession Sauna & Steam	£3.00
Fitness Room	
Adult Fitness Room	£4.70
Concession Fitness Room	£2.35
Squash (per person)	
Adult Squash	£3.85
Concession Squash	£1.95
Exercise Class	
Adult Spin Fit	£4.35
Concession Spin Fit	£2.20
Adult Boxercise	£4.35
Concession Boxercise	£2.20
Adult Zumba	£4.35
Concession Zumba	£2.20
Adult Ballet	£4.35
Concession Adult Ballet	£2.20
Shower	£1.50
Spectator	Free

Concessions available - (please ask for details)

* High Life Membership scheme also available

Lochaber Leisure Centre



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