

# Lochaber Leisure Centre

Swimming Pool Programme starts Monday 9<sup>th</sup> January 2012 – Sunday 12<sup>th</sup> February 2012

<b>MON</b>	7.15 9.00 Lane Swimming	9.00 12.30 School Use	12.30 3.00 <b>Public Swimming</b>	3.00 4.00 Family Friendly Session	4.00 6.00 <b>Public Swimming</b> Junior Swim Lessons 4.00-5.30	6.00 7.00 <b>Aqua Run</b>	7.00 8.00 <b>Public Swimming</b> 2 lanes available	8.00 9.00 <b>Ladies Swimming</b>
<b>TUE</b>	7.15 9.00 Lane Swimming	9.00 12.30 School Use	12.30 <b>Public Swimming</b> Junior Swim Lessons 4.00-5.30			6.00 7.00 <b>Fun Hour</b>	7.00 8.00 <b>Public Swimming</b> 2 lanes available	8.00 9.00 <b>Adult Swimming</b>
<b>WED</b>	7.15 9.00 Lane Swimming	9.00 12.30 School Use	12.30 2.00 <b>Public Swimming</b> Happy Hour 1.00-2.00	2.00 3.00 Staff Training Pool Closed	3.00 5.30 <b>Public Swimming</b>	5.30 8.00 <b>Junior Swim Lessons &amp; Junior Stroke School</b>		8.00 9.00 <b>Adult Swimming</b> * Instruction Available
<b>THU</b>	7.15 9.00 Lane Swimming	9.00 12.30 School Use	12.30 <b>Public Swimming</b> Junior Swim Lessons 4.00-5.30			6.00 7.00 <b>Aqua Run</b>	7.00 8.00 <b>Public Swimming</b> 2 lanes available	8.00 9.00 Aqua Aerobics (MITLI)
<b>FRI</b>	7.15 9.00 Lane Swimming	9.00 12.30 School Use	12.30 3.00 <b>Public Swimming</b>	3.00 4.00 Family Friendly Session	4.00 6.00 <b>Public Swimming</b> Junior Swim Lessons 4.00-5.30	6.00 7.00 <b>Fun Hour</b>	7.00 8.00 <b>Public Swimming</b> Happy Hour 2 lanes available	8.00 9.00 <b>Private Hire</b>
<b>SAT</b>	9.30 11.30 Junior Swim Lessons	11.30 12.30 Family Friendly Session	12.30 3.30 <b>Public Swimming</b>		3.30 4.30 <b>Aqua Run</b>	<b>All Inclusive High Life Scheme</b> Family Membership – Only £23.60 by monthly direct debit or £283.20 annual lump sum.  Individual Membership – Only £16.80 by monthly direct debit or £201.60 annual lump sum.  <i>High Life</i> <i>Swim Strength</i>		
<b>SUN</b>		11.30 12.30 Family Friendly Session	12.30 2.00 <b>Public Swimming</b>	2.00 3.00 <b>Fun Hour</b>	3.00 4.30 <b>Public Swimming</b> Happy Hour 3.00-4.00			

## Programme Guidance Notes

**Family Swimming** - Designed for families (no un-accompanied adults or children) toys will be available.

**Fun Hour** - Floats/mats will be available, this session is excellent fun for all.

**Happy Hour**-Activity 50p per person during the times stated.

**Staff Training** –Swimming Pool closed every Wednesday between 2pm-3pm.

**Aqua Run** – 10 years + Participants must be able to tread water for 2 minutes and swim 50m comfortably

**You may be asked to demonstrate this before participating**

**Aqua Aerobics**- For participants of Move It To Lose It only. **Booking essential.**

