



BUCKIE SWIMMING POOL & FITNESS CENTRE

Welcome to Buckie Swimming Pool & Fitness Centre. The swimming pool is 25 metres x 11 metres in size, and 0.9 - 3 metres deep and offers an extensive range of swimming activities. We also have a fully equipped Fitness Room and Sauna / Steam Room (see separate leaflet for further details).

Public Swimming & Activities Programme

Monday 17th April 2017 – Sunday 2nd July 2017

| | | |
|-------------------|----------------------------------|--------------------------------------------------------|
| Monday* | 9.00am - 10.30am | Over 50's Swim /Gym/Health Suite Session |
| | 12noon - 3.00pm | Public Swimming (swim lane 12noon – 1.30pm) |
| | 6.30pm - 7.45pm | Public Swimming |
| | 7.45pm - 8.45pm | Adults/Teenagers only |
| Tuesday | 12noon - 3.00pm | Public Swimming (swim lane 12noon – 1.30pm) |
| | 5.00pm - 7.00pm | Public Swimming (shared with Club) |
| | 7.00pm - 7.45pm | Adult/Teenage Deep Water Aerobics |
| | 7.45pm - 8.45pm | Adult/Teenagers only |
| Wednesday | 8.15am - 9.30am | Adults/Teenagers only morning dip |
| | 9.30am - 10.15am | Aqua Aerobics (shallow & deep water) |
| | 10.45am - 11.15am | Parent & Child Class |
| | 12noon - 3.00pm | Public Swimming (swim lane 12noon -1.30pm) |
| | 5.00pm - 7.45pm | Public Swimming |
| 7.45pm - 8.45pm | Adults/Teenagers only shared use | |
| Thursday** | 12noon - 2.00pm | Public Swimming (swim lane 12noon – 1.30pm) |
| Friday** | 12noon - 3.00pm | Public Swimming (swim lane 12noon – 1.30pm) |
| | 5.00pm - 6.00pm | Club/Public shared use |
| | 6.00pm - 7.45pm | Public Swimming Fun Session 6.30pm - 7.30pm |
| | 7.45pm - 8.45pm | Adults/Teenagers only |
| | 8.00pm - 8.45pm | Adult Lessons – one lane |
| Saturday | 8.15am - 9.00am | Adults/Teenagers only (swim lane) |
| | 8.15am - 9.00am | Adult Lessons – one lane |
| | 11.00am - 12noon | Public Swimming Fun Session 11.00am - 12noon |
| | 12noon - 1.00pm | Public/Special Needs Swimming shared use |
| | 1.00pm - 2.00pm | Available for Hire for Pool Parties or Aqua Run |
| Sunday | 12noon - 1.00pm | Club/Public shared use |
| | 1.00pm - 4.30pm | Public Swimming with Fun Session 2.30pm – 4.00pm |

*May Day 1st May 2017 – Facility Closed

**In-service days – Thursday 18th and Friday 19th May 2017

Please see over for times of Programme Extras and further information



BUCKIE SWIMMING POOL & FITNESS CENTRE

Programme Extras

Junior Lessons

| | |
|-----------|------------------|
| Monday | 3.00pm - 5.00pm |
| Tuesday | 3.00pm - 5.00pm |
| Wednesday | 3.00pm - 5.00pm |
| Thursday | 3.00pm - 5.00pm |
| Friday | 3.00pm - 5.00pm |
| Saturday | 9.00am - 11.00am |

Shallow / Deep Aqua Aerobics

Tuesdays 7.00pm - 7.45pm & Wednesday 9.30am – 10.15pm
Suitable for male and female,
adults and teenagers

Over 50's Swim / Gym / Health Suite Session

Monday Morning 9.00am – 10.30am

Adults / Teenagers Only Sessions

Teenagers are welcome to attend these sessions
to swim for health, fitness and well-being.

Adult cost applies or entry included with Fit Life membership

Swim Lane

An individual swimming workout. Programmes are obtained at poolside.
For more information please ask at Reception

Music Playing

Please note that suitable and appropriate music is played during all of the
Public Swimming sessions

For details of Fitness Room opening times etc. please see separate Timetable

Telephone 01542 832841
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www.moray.gov.uk