



LOSSIEMOUTH SPORTS & COMMUNITY CENTRE

Welcome to Lossiemouth Sports & Community Centre. The swimming pool is 20 metres x 7 metres in size, and 0.9 - 1.2 metres deep and offers an extensive range of swimming activities.

Public Swimming & Activities Programme

Monday 17th April to Sunday 2nd July 2017

Monday	11.00am - 12noon	Public Swimming
	12noon - 1.30pm	Adults Only
	1.30pm - 2.30pm	School Swimming
	2.30pm - 3.30pm	Public Swimming
	7.00pm - 8.00pm	Public Swimming / Private hire shared use
	8.00pm - 9.00pm	Adults Only
Tuesday	10.00am - 11.00am	Parent & Child Class
	11.00am - 11.45am	Swimming for the disabled (with carer)
	11.45am - 12.45pm	Adults Only
	12.45pm - 1.45pm	Public Swimming
	7.00pm - 8.00pm	Adults / Teenage Aqua Aerobics
Wednesday	12noon - 1.30pm	Adults Only
	1.30pm - 3.00pm	Public Swimming
	7.00pm - 8.00pm	Public Swimming / Activity session
	8.00pm - 9.00pm	Adults Only / Shared with Adult Lessons
Thursday	11.00am - 12noon	Public Swimming
	12noon - 1.00pm	Private Hire
	1.00pm - 3.00pm	Public Swimming
	7.00pm - 8.00pm	Fun Session
	8.00pm - 9.00pm	Adults Only
Friday	10.00am - 11.00am	Aqua Aerobics
	12noon - 1.00pm	Adults Only
	1.00pm - 3.00pm	Public Swimming
	6.30pm - 8.00pm	Public Swimming with Fun Session 6.30-7.30pm
	8.00pm - 9.00pm	Adult / Teenagers Only
Saturday	12noon - 12.30pm	Parent & Child Class
	12.30pm - 3.30pm	Public Swimming with Stepping Stones 1.30-3pm
	3.30pm - 4.30pm	Private Hire
Sunday	10.00am - 11.30am	Adults Only
	11.30am - 3.30pm	Public Swimming with Fun & Session 12.30 – 2.30pm



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Junior Lessons

Monday	3.30pm -	5.30pm
Tuesday	3.00pm -	5.30pm
Wednesday	3.00pm -	5.00pm
Thursday	3.00pm -	6.00pm
Friday	3.00pm -	5.00pm
Saturday	9.00am -	12.30pm

Adult Lessons

Please see reception for details

Fun & Sessions

Water polo, volley ball, floats, large balls and rings
Thursday 7.00-8.00pm & Sunday 12.30pm – 2.30pm

Activity Session

Floats, masks & snorkels
Wednesday 7.00pm – 8.00pm

Aqua Aerobics

Tuesday 7.00pm – 8.00pm & Friday 10.00am – 11.00am
Suitable for male, female, adults & teenagers

Parent & Child Classes

Tuesday 10.00am – 11.00am & Saturday 12noon – 12.30pm
(No booking required)

Adult / Teenage Only Sessions

Teenagers (age 13, 14 or 15) are welcome to attend these sessions to swim for health, fitness and well-being. **Adult cost applies**

Swimming Club

Monday	5.30pm -	7.00pm
Tuesday	5.30pm -	7.00pm
Tuesday	8.00pm -	9.00pm Triathlon Club
Wednesday	6.30am -	8.00am
Wednesday	5.00pm -	7.00pm
Friday	5.00pm -	6.30pm
Sunday	9.00am -	10.00am

Music Playing

Please note that suitable and appropriate music is played at all of the public swimming sessions.

Telephone 01343 815299

R-mail sportandleisure@moray.gov.uk / www.moray.gov.uk