



SPEYSIDE SPORTS & COMMUNITY CENTRE

Welcome to Speyside Sports & Community Centre. The swimming pool is 16 metres x 8 metres in size, and 1 - 1.8 metres deep and offers an extensive range of swimming activities.

Public Swimming & Activities Programme

Monday 22nd May – Saturday 1st July 2017

Monday	1.00pm - 2.00pm	Public Swimming
	5.00pm - 6.30pm	Public Swimming
	6.30pm - 7.00pm	Aquacise / Power Jog
	7.00pm - 8.00pm	Public Swimming
	8.00pm - 9.00pm	Adults and Teens
Tuesday	1.00pm - 1.30pm	Public Swimming*
	3.30pm - 6.00pm	Public Swimming
	6.00pm - 7.00pm	Fun Session
	7.00pm - 8.00pm	Public Swimming
	8.00pm - 9.00pm	Adults and Teens
Wednesday	1.00pm - 1.30pm	Public Swimming*
	5.00pm - 6.00pm	Staff Training (closed to public)
	6.00pm - 7.00pm	Fun Session
	7.00pm - 8.00pm	Public Swimming
	8.00pm - 9.00pm	Adults and Teens
Thursday	1.00pm - 1.30pm	Public Swimming *
	2.30pm - 3.30pm	Public Swimming
	5.00pm - 6.00pm	Public Swimming (lane swimming)
	6.00pm - 8.00pm	Speyside Swimming Club
	8.00pm - 9.00pm	Adults and Teens
Friday	1.00pm - 2.00pm	Public Swimming
	2.00pm - 2.30pm	Parent and Toddler Time
	2.30pm - 4.00pm	Public Swimming
	5.00pm - 6.00pm	Public Swimming
	6.15pm - 7.00pm	Aqua Run
	7.15pm - 8.00pm	Public Swimming
	8.00pm - 9.00pm	Adult and Teens
Saturday	9.00am - 10.00am	Adults Only Early Morning Dip
	11.30am - 12noon	Kayak Course (4 week block) <i>please contact Pool Staff for further information</i>
	12noon - 1.00pm	Family Swim Time
	1.00pm - 2.00pm	Fun Session
	2.00am - 4.00pm	Public Swimming
		*Lunch time special



SPEYSIDE SPORTS & COMMUNITY CENTRE

Programme Extras

Monday 22nd May – Saturday 1st July 2017

JUNIOR LESSONS

Swimming and activity groups for age 4 and upwards
Booking Essential – Names to Reception please

Monday - 3.30pm – 5.00pm

Wednesday – 4.00pm – 5.00pm

Thursday – 3.30pm – 5.00pm

Friday – 4.00pm – 5.00pm

Saturday – 10.00am – 11.30am

School Swimming/Changing Room Use

A full programme of School Swimming and Changing Room use is in place at the Facility

Speyside Swimming Club Thursday 6.00pm – 8.00pm

Some spaces available – for information please contact club staff on Thursday evenings

Pool Party

Having a Birthday?

You can hire the Swimming Pool and Community Centre for your event.

Please ask for further details.

ADULTS / TEENAGERS ONLY SESSIONS

Teenagers (aged 13, 14 or 15) are welcome to attend these sessions
to swim or health, fitness and wellbeing.

Adult cost applies or entry included under Fit Life Membership

AQUACISE / POWERJOG

Water based running workout. **Instructor led session** – Booking Essential

Fitness Suite

Monday to Friday 3.30pm – 9.00pm

Saturday 9.00pm – 4.00pm

AGE ADMISSION POLICY

There is an age admission policy for young children (under 8 years)
see separate leaflet for information

MUSIC PLAYING

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

Telephone 01340 871641

E-mail sportandleisure@moray.gov.uk

www.moray.gov.uk

