

Programme Extras

Junior Lesson

Monday – Friday	3.00	-	5.00
Saturday	9.00	-	11.00

Parent and Child session

Wednesday	10.45	-	11.15 (Newborn - 4 years)
Instructor led sessions			

Over 50's

Monday	9.00	-	10.30
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Adults / Teenagers Sessions

Teenagers are welcome to attend these sessions to swim for health, fitness and well-being
Adult cost applies or entry via Fit Life membership

Aqua Fit / Deep Water Aqua Fit

Suitable for Male & Female (adults and teenagers)

Special Needs Swimming

All public swimming sessions are suitable for customers with a disability

Swim Lane

A separated area for those wishing to train



Buckie Swimming Pool & Fitness Centre

Public Swimming & Activities Programme

Tuesday 15th August – Sunday 8th October 2017

We also have:

- Fitness-room with a range of training equipment
- Spin Cycle Studio
- Sauna / Steam-room
- Sports Hall for Football, Badminton and other activities

Telephone 01542 832841

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Expires 8.10.17

Public Swimming and Activities Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 – 10.30 Over 50's		8.15 – 9.30 Adult / Teenagers 9.30 – 10.15 Aqua Aerobics 10.45 – 11.15 Parent and Child			8.15 – 9.00 Adult / Teenagers (swim lane) 8.15 – 9.00 Adult Lessons	
12noon – 3.00 Public Swimming (lane 12–1.30)	12noon – 3.00 Public Swimming (lane 12-1.30)	12noon – 3.00 Public Swimming (lane 12-1.30)	12noon – 2.00 Public Swimming (lane 12-1.30)	12noon – 3.00 Public Swimming (lane 12-1.30)	11.00 – 1.00 Public Swimming 11.00 – 12noon Fun Session	12noon – 1.00 Public Swimming Shared with Club 1.00pm – 4.30 Public Swimming 2.30 – 4.00 Fun Session
6.30 – 7.45 Public Swimming	5.00 – 7.00 Public Swimming Shared with Club	5.00 – 7.45 Public Swimming		5.00 – 6.00 Public Swimming Shared with Club 6.00 – 7.45 Public Swimming 6.30 – 7.30 Fun Session		
7.45 – 8.45 Adults / Teenagers	7.00 – 7.45 Adult / Teenager Deep Water Aerobics 7.45 – 8.45 Adults / Teenagers	7.45 – 8.45 Adults / Teenagers		7.45 – 8.45 Adults / Teenagers 8.00 – 8.45 Adult Lessons		
<p style="text-align: center;"><i>Please see overleaf for swimming lesson information and times of programme extras</i> →</p> <ul style="list-style-type: none"> ❖ Access to Health Suite (sauna / steam-room / showers) available most public sessions. ❖ One lane in pool – Monday to Friday 12-1.30, Saturday 8.15-9.00 						