

Exercise Classes

Aquacise or Powerjog Monday 6.30pm – 7.00pm
Swimming Pool

Circuit Class Wednesday 6.00pm – 6.30pm
Games Hall



SPEYSIDE SPORTS and COMMUNITY CENTRE

Climbing Wall Timetable

TUESDAY	THURSDAY	SATURDAY
7.15pm – 9.45pm Public Session	7.15pm – 9.45pm Public Session	10.00am – 11.00am Instructor led session 11.00am – 12.00 Instructor led session 12.00 – 3.45pm Public Session

Junior Climbing Lessons £7.50 per child Free to Fitlife members

Please book at the community reception. Limited spaces
Two sessions available 9.00am and 10.00am
Tuesday 10th July – Thursday 12th July
Tuesday 17th July – Thursday 19th July
Tuesday 24th July – Thursday 26th July
Monday 30th July – Wed 1st August

Pool – Fitness – Classes Timetable

Summer Holidays
Monday 2nd July – Monday 13th August 2018

We also have:

- Fitness Suite
- Games Hall
- Climbing Wall
- Performance Area

Telephone : 01340 871641
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable – Monday 2nd July – Monday 13th August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00 – 2.00 Public Swimming	10.00 – 2.00 Public Swimming	10.00 – 2.00 Public Swimming	1.00 – 2.00 Public Swimming	1.00 – 2.00 Public Swimming	9.00 – 10.00 Adult Early Dip
2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 2.30 Parent and Toddler	10.00 – 11.00 Splash Club
3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	2.30 – 4.00 Public Swimming	11.00 – 12.00 Public Swimming
5.00 – 6.30 Public Swimming	5.00 – 8.00 Public Swimming	5.00 – 6.00 Staff Training	5.00 – 8.00 Public Swimming	5.00 – 6.00 Public Swimming	12.00 – 1.00 Family Swim Time
6.30 – 7.00 Aquacise / Powerjog	8.00 – 9.00 Adult / Teenagers	6.00 – 7.00 Fun Session	8.00 – 9.00 Adults / Teenagers	6.00 – 7.00 Fun Session	1.00 – 2.00 Fun Session
7.00 – 8.00 Public Swimming		7.00 – 8.00 Public Swimming		7.00 – 8.00 Public Swimming	2.00 – 4.00 Public Swimming
8.00 – 9.00 Adults / Teenagers		8.00 – 9.00 Adults / Teenagers		8.00 – 9.00 Adult / Teenagers	

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Suite Timetable – Monday 2nd July – Monday 13th August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am – 9.00pm Open Session	10.00am – 9.00pm Open Session	10.00am – 9.00pm Open Session 6.00pm Circuits 7.30pm Gym Inductions	1.00pm – 9.00pm Open Session	1.00pm – 9.00pm Open Session	9.00am – 4.00pm Open Session

Music Playing – Please note that suitable and appropriate music is played at all of the Public Swimming Sessions.

Expires – 13/8/18