

## 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
6.45pm – 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

### Pool – Fitness – Classes Timetable

**Monday 22<sup>nd</sup> October – Saturday 22<sup>nd</sup> December**

### PARTY HIRE

Having a celebration?

Did you know you can hire out several areas privately  
for your own party?

How about a pool party or an exclusive movie show in  
our fully equipped theatre.

Please see reception for further details

### We also have:

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

Telephone: 01340 871641

E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

### Swimming Pool Timetable – Monday 22<sup>nd</sup> October – Saturday 22<sup>nd</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12.00 – 12.30</b> Parent and Toddler	<b>1.15 – 6.00</b> Public Swimming	3.00 – 4.00 Public Swimming	<b>1.00 – 4.00</b> Public Swimming	<b>1.15 – 2.30</b> Public Swimming	<b>9.00 – 10.00</b> Adult Early Dip
<b>12.30 – 1.30</b> Public Swimming	<b>6.00 – 7.00</b> Fun Session	<b>5.00 – 6.00</b> Staff Training	<b>5.00 – 6.00</b> Public Swimming	<b>2.30 – 3.00</b> Parent and Toddler	<b>11.30 – 12.00</b> Kayaking
<b>5.00 – 6.30</b> Public Swimming	<b>7.00 -8.00</b> Public Swimming	<b>6.00 – 7.00</b> Fun Session	<b>6.00 – 8.00</b> Speyside Swimming Club	<b>3.00 – 4.00</b> Public Swimming	<b>12.00 – 1.00</b> Family Swim Time
<b>6.30 – 7.00</b> Aquacise / Powerjog	<b>8.00 – 9.00</b> Adult / Teenagers	<b>7.00 – 8.00</b> Public Swimming	<b>8.00 – 9.00</b> Adult /Teenagers	5.00 – 6.00 Public Swimming	<b>1.00– 2.00</b> Fun Session
<b>7.00 – 8.00</b> Public Swimming		<b>8.00 – 9.00</b> Adult /Teenagers		<b>6.15 – 7.00</b> Aqua Run	<b>2.00 – 4.00</b> Public Swimming
<b>8.00 – 9.00</b> Adults / Teenagers				<b>7.15 – 8.00</b> Public Swimming	
				<b>8.00 – 9.00</b> Adult / Teenagers	

**Special Needs Swimming** - All public swimming sessions are suitable for customers with a disability.  
**Adults / Teenagers session.** Teenagers aged 13 – 15 are welcome to attend these sessions for health, fitness and wellbeing.  
 Adult cost applies or entry via FitLife membership

### Fitness Suite Timetable – Monday 22<sup>nd</sup> October – Saturday 22<sup>nd</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3.30pm – 9.00pm</b> Open Session	<b>3.30pm – 9.00pm</b> Open Session	<b>3.30pm – 9.00pm</b> Open Session <b>6.00pm</b> Circuits <b>7.30pm</b> Gym Inductions	<b>3.30pm – 9.00pm</b> Open Session	<b>1.30pm – 9.00pm</b> Open Session	<b>9.00am – 4.00pm</b> Open Session

*A separate timetable will be issued for Monday 24<sup>th</sup> December 2018*

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

Expires –  
22/12/18