

## Further Information

### Fit Life Membership Scheme

|  |      |
|--|------|
| Individual Monthly Direct Debit        | £22  |
| Family Monthly Direct Debit (1 adult)  | £28  |
| Family Monthly Direct Debit (2 adults) | £30  |
| Individual Yearly Payment              | £264 |
| Family Yearly Payment (1 adult)        | £336 |
| Family Yearly Payment (2 adults)       | £360 |
| 35 Day Membership(No D/D Required)     | £35  |

### Hall/Room Hire Costs

ASK AT RECEPTION FOR SPECIAL NEED / INDIVIDUAL ENTRY PRICES

| Cost Per Hour     | Room | Small Sports Hall | Large Sports Hall |
|-------------------|------|-------------------|-------------------|
| Adult             | £15  | £20               | £40               |
| Junior (Up to 17) | £10  | £10               | £20               |
| Over 60           | £10  | £10               | £20               |

### Birthday Parties

|                      |                           |
|----------------------|---------------------------|
| Sports Hall          | Sat 12-2 / Sun 11-1       |
| Small Hall           | Sat 12-2 / Sun 11-1       |
| Games Hall           | Sat 12-2 / Sun 11-1       |
| Pool Party           | Please see pool timetable |
| Private Pool Parties | Sat 1-2 (in pool)         |

- Please see separate sheet for birthday party bookings / prices

### Opening Hours

|                 |             |
|-----------------|-------------|
| Monday - Friday | 9.00 – 9.00 |
| Saturday        | 8.45 – 2.00 |
| Sunday          | 9.45 – 1.00 |



## LOSSIEMOUTH SPORTS & COMMUNITY CENTRE

### Programme of Sports & Activities

We Also have:

- Fit Life Membership \* (covered by membership)
- Fitness Room with a range of training equipment (Timetable & information on separate sheet)
- Spin Cycle Studio
- Sports Hall
- Swimming Pool (Timetable & Information on separate sheet)

Telephone 01343 815299

Email: [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)

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

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   | <b>SATURDAY</b>  | <b>SUNDAY</b>                                     |
|--|--|---|---|---|--|---|
| <b>9.30 – 10.45</b><br>Zara Mortimer<br>School of Dance<br>(18 months +) | <b>9.30 – 11.30</b><br>2/3 Play Group  | <b>9.30 – 11.30</b><br>2/3 Play Group   | <b>9.30 – 11.30</b><br>2/3 Play Group   | <b>7.30am – 9.00am</b><br>Slimming World                                    | <b>9.00 – 2.00</b><br>Sports Hall for hire                       | <b>10.00 – 12.00</b><br>Kids Club                 |
| <b>9.30 – 11.30</b><br>2/3 Play Group                                    | <b>9.45 – 11.30</b><br>Wee Toots<br>(Parent & child group)                       | <b>10.30 – 12.30</b><br>B.A.L.L Group<br>Over 60s Club<br>(Be active live long) | <b>9.30 – 10.30</b><br>Mixed Level<br>Pilates Class   | <b>7.00am – 7.30am*</b><br>Spin Cycle Class<br>(Booking essential)          | <b>9.00 – 2.00</b><br>Games Hall for hire                        | <b>10.00 – 1.00</b><br>Sports Hall for hire       |
| <b>12.15 – 1.45</b><br>Parent & Tots Group                               | <b>1.45 – 3.45</b><br>Art Group  | <b>1.15 – 2.15*</b><br>Active Start<br>(Sports for age 3-5)                     | <b>11.30 – 12.15</b><br>Zumba class   | <b>9.30 – 11.30</b><br>2/3 Play Group                                       | <b>9.00 – 2.00</b><br>Small Sports Hall for hire                 | <b>10.00 – 1.00</b><br>Small Sports Hall for hire |
| <b>2.00 – 4.00</b><br>Lossie S.E.T<br>(Singing Exercise & Tea)           | <b>1.45 – 3.45</b><br>Darby & Joan Club<br>Over 60s group<br>(September – April) | <b>3.15 – 5.30</b><br>After School Club   | <b>12.30 – 2.30</b><br>Baby Bop<br><b>(3 months +)</b><br>(Music/movement class)                      | <b>9.30 – 11.00</b><br>Slimming World                                       | <b>11.15 – 12.45</b><br>Highland Dancing<br>Lessons<br>(Age 3 +) |   |
| <b>6.00 – 7.00</b><br>Sports Hall<br>Private Hire                        | <b>6.00 – 7.00</b><br>Zumba<br>Dance/Fitness Class                               | <b>4.15 – 4.45</b><br>Highland Dance Lessons<br>(Age 3+)                        | <b>4.00 – 4.45</b><br>Highland Dancing<br>Lessons<br>(Age 3+)   | <b>3.30 – 6.00</b><br>Moray Dance<br>(age 2 ½ +)                            |  |   |
| <b>6.15 – 7.15*</b><br>Tang Soo Do/Kick Boxing<br>Adults & Children)     | <b>6.00 – 6.30*</b><br>Spin Cycle Class<br>(Booking essential)                   | <b>6.15 – 6.45*</b><br>Spin Cycle Class<br>(Booking Essential)                  | <b>5.30 – 7.00</b><br>Slimming World<br><b>7.30 – 9.00</b><br>Slimming World                          | <b>3.30 – 6.00*</b><br>Soccer Centre<br>(age 3 – P4)<br>(Booking essential) |  |   |
| <b>6.30 – 7.30</b><br>Intermediate/Advanced<br>Pilates Class             | <b>6.45 – 7.15*</b><br>Spin Cycle Class  | <b>6.15 – 7.15*</b><br>Aero Dynamics<br>Dance/Fitness Class                     | <b>6.00 – 6.30*</b><br>Spin Cycle Class<br>(Booking essential)  | <b>5.15 – 5.45*</b><br>Spin Cycle Class<br>(Booking essential)              |  |   |
| <b>6.00 – 6.30*</b><br>Spin Cycle Class<br>(Booking essential)           | <b>6.15 – 7.00*</b><br>Circuit Class   | <b>7.00 – 9.00</b><br>Ladies Netball  | <b>6.00 – 6.30*</b><br>M.I.I.T Class<br>(Mixed intensive interval<br>training)                        | <b>6.30 – 8.00</b><br>Junior Youth Club<br>(P1 – 4)                         |  |   |
| <b>7.15 – 8.15</b><br>Sports Hall<br>Private Hire                        | <b>6.15 – 7.15</b><br>Beginners Pilates Class                                    | <b>7.00 – 7.45</b><br>Zumba Class   | <b>7.00 – 8.30</b><br>Hatha Yoga  |   |  |   |
| <b>8.30 – 9.30</b><br>Ross County Juniors<br>Football                    |  | <b>7.20 – 8.20*</b><br>Boom Dumbbells   | <b>7.00 – 8.00</b><br>Sound Bath<br>(Relaxation/Rejuvenation<br>class, 1 <sup>st</sup> Thur of month) |   |  |   |

**PLEASE SEE OVERLEAF FOR FURTHER INFORMATION**