

Exercise Classes

Aquacise or Powerjog	Monday	6.30pm – 7.00pm
Swimming Pool		
Circuit Class	Wednesday	6.00pm – 6.30pm
Games Hall		
Tai Chi Qigong	Thursday	7.00pm – 8.00pm
Performance Area		



SPEYSIDE SPORTS and COMMUNITY CENTRE

Pool – Fitness – Classes Timetable

Climbing Wall Timetable

Monday 23rd September– Saturday 12th October 2019

TUESDAY	THURSDAY	SATURDAY
6.45pm – 9.45pm Public Session	6.45pm – 9.45pm Public Session	10.00am – 11.00am Instructor led session 11.00am – 12.00 Instructor led session 12.00 – 3.45pm Public Session

We also have:

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

Movies at Speyside Sports and Community Centre

Movies are regularly shown at Speyside, please check notice boards or our Facebook page for showings and times.

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

Swimming Pool Timetable Tuesday 23rd September – Saturday 12th October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.00 - 2.30 Public Swimming	3.00 – 6.00 Public Swimming	2.00 – 4.00 Public Swimming	1.15 – 2.30 Public Swimming	1.15 – 4.00 Public Swimming	9.00 – 10.00 Adult Early Dip
5.00 – 6.30 Public Swimming	6.00 – 7.00 Fun Session	5.00 – 6.00 Staff Training	5.00 – 6.00 Lane Swimming Shared with stroke development	5.00 – 6.00 Public Swimming	12.00 – 1.00 Family Swim Time
6.30 – 7.00 Aquacise	7.00 – 8.00 Public Swimming	6.00 – 7.00 Fun Session	6.00 – 8.00 Speyside Swimming Club	6.00 – 7.00 Fun Session	1.00– 2.00 Fun Session
7.00 – 8.00 Public Swimming	8.00 – 9.00 Adults / Teenagers	7.00 – 8.00 Public Swimming	8.00 – 9.00 Adults / Teenager	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 – Tuesday 20th August – Saturday 12th October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3.30pm – 9.00pm Open Session	3.30pm – 9.00pm Open Session	3.30pm – 9.00pm Open Session 6.00pm Circuits 7.30pm Gym Inductions	3.30pm – 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 –
12/10/19