

Exercise Classes

❖ Indoor Cycling Classes	Monday	10.30am - 11.00am 7.00pm - 7.45pm
❖ Indoor Cycling Classes	Tuesday	7.00pm - 7.45pm
❖ Indoor Cycling Classes	Wednesday	6.00pm - 6.45pm 7.00pm - 7.45pm
❖ Indoor Cycling Classes	Thursday	10.30am - 11.00am 7.00pm - 7.45pm
❖ Indoor Cycling Classes	Friday	7.00pm - 7.45pm
❖ Indoor Cycling Classes	Sunday	9.15am - 10.00am 10.00am - 10.45am

INDOOR CYCLING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)

BOOKING FOR INDOOR CYCLING CLASSES ESSENTIAL
(NAMES TO RECEPTION)

❖ Total Body Blitz	Tuesday	5.45 - 6.30pm
❖ Aqua Aerobics	Tuesday	7.00 - 7.45pm
Aqua Aerobics	Wednesday	9.30 - 10.15am
❖ Inductions	Thursday	7.45 - 9.00pm
❖ Adult Lessons	Saturday	8.30 - 9.15am

Please note

The Swimming Pool will be closed to the Public from
Saturday 9th to Sunday 17th November inclusive
Fitness Room open as normal



Buckie Swimming Pool & Fitness Centre

Pool – Fitness – Classes Timetable

Monday 28th October – Monday 23rd December 2019

We also have:

- Fitness Room with a range of training equipment
- Indoor Cycling Studio
- Sauna / Steam Room
- Sports Halls

Telephone 01542 832841

E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable – Monday 28th October – Monday 23rd December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 – 10.00 With (swim lane)		9.30 – 10.15 Aqua ex class	9.30 – 10.30 Public Swimming	9.00-10.30 Public Swimming (swim Lane)	8.15-9.15 Public Swimming (swim Lane) Adult lessons 8.15-9.00	8.30 – 9.30 Adults / Teenagers 9.30 -10.30 Club swim only
12.00- 3.30 Public swimming (swim lane 12-1.30)	12.15 – 3.30 Public Swimming (swim lane 12.15-1.30) Parent & Child Class 2pm(shallow end)	12.00 – 1.30 Public Swimming (swim lane 12-1.30) 2.45-3.30pm Public swimming	12.00-2.00 Public Swimming (swim lane 12-1.30) 2.30-3.30 Public Swimming	12.00 – 3.30 Public Swimming (swim lane 12-1.30)	11.00 – 1.00 Public Swimming with Fun Session 11.00- 12.00 (Private) Birthday Parties 1.00 - 2.00 Swimming Pool available for hire for Pool Parties or Aqua Run Parties Pool Party £110.00 Aqua Run Party £120.00	Public Swimming 10.30- 2.00 With lane 10.30-12 with Family Fun Session 12.00- 1.30
6.30 – 7.45 Public Swimming	5.00 – 6.00 Public Swimming shared With swim club 7.00-7.45 Deep water ex class	5.00 – 7.45 Public Swimming	5.00 – 7.45 Public Swimming	5.00 – 7.45 Public Swimming (5-6 shared with club) With 6-7 Fun session		
7.45 – 8.45 Adults / Teenagers (swim lane)	7.45 – 8.45 Adults / Teenagers (swim lane)	7.45 – 8.45 Adults / Teenagers (swim lane)		7.45 – 8.45 Adults / Teenagers (swim lane)		

Health Suite – (Sauna and Steam Room) Available most public sessions

Adults/Teenagers Only Sessions – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.
Adult cost applies or entry via Fit Life Membership.

Aqua Run – Children must be 8 years old and be able to swim a full length of the pool. Prior to each session staff will test the children’s swimming ability.

Fitness Room Timetable – Monday 28th October – Monday 23rd December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am – 9.00pm Open Session	9.00am - 9.00pm Open Session	7.30am - 9.00pm Open Session	9.00am – 8.00pm Open Session 7.45pm – 9.00pm Induction	9.00am - 9.00pm Open Session	8.30am – 2.00pm Open Session	8.30am – 2.00pm Open Session

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

Expires – 23.12.19