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#### Have you heard about our Fit Life Membership?

#### Monthly prices :- £23 - Individual

#### £29 Family (1x adult) £31 Family (2x adults)

#### Which includes:-

**All our Fitness classes,**

**Adult/Junior swim lessons,**

**Fitness room access**

**Swimming Pool Access**

**Sauna & Steam room**

**Sports hall activities**

**Astro pitch access**

**Your Fit Life Membership can be used in so many other**

**Venues too! Check it out on Leisure link**

**See our reception for joining details or more information**

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Buckie Swimming Pool & Fitness Centre

**Swimming Pool Timetable**

**Wed 4th January – Sun 19th February 2023**

**We also have:**

* Fitness Room with a range of training equipment
* Indoor Cycle Studio
* Sauna & Steam Room
* Sports Halls
* Aqua Aerobics
* Astro Pitch

**Telephone 01542 832841**

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

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

**Swimming Pool Timetable – Wednesday 4th January- Sunday 19th February 2023**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9.00-10.00**  **Adult Swimming**  (+ swim Lane)  **10.00-11.30**  **Public Swimming** | **9.00 – 9.55**  **Adult Swimming**  (+swim lane)  **9.55-10.40am**  **Aqua Fit** | **\*7.15 – 8.00**  **Adult Early Dip**(2 lanes)  **9.00-10.30**  **Public Swimming**  (Baby/toddler class in  Shallow end 9-10.30)  \*  **Wed Early Dip**  (only during school term) | **9.00 – 10.00**  **Adult Swimming**  (+swim lane)  **10.00-11.30**  **Public Swimming**  **Not on 19-01-23**  **“ “ 02-02-23** | **\*7.15-8.00**  **Adult Early Dip**(2 lanes)  **9.00-10.30**  **Public Swimming**  (swim lane)  N**ot on 20-01-23** “ **“ 03-02-23** \***Fri Early Dip** (only during school term) | **8.15 – 9.00**  **Adult Swimming**  (+swim Lane)  **9.15-10.15**  **Junior Lessons** | **9.45-12.15**  **Public Swimming**  (+ swim lane 11-12) |
| **12-2.30pm**  **Public Swimming**  (+ swim lane 12-2)  **+**  (children’s lesson 2-2.30pm shallow end) | **12noon – 2.00**  **Public Swimming**  (+swim lane 12-2) | **12.30-3.30**  **Public Swimming**  (swim lane 12.30-1.30)  With Baby & Toddler classes in the shallow end - 1.30-3.30 | **12.30-3.00**  **Public Swimming**  (swim lane 12-2)  +  (children’s lesson 2-2.30pm shallow end) | **1.00– 3.00**  **Public Swimming**  (+swim lane) | **10.30 – 12.00**  **Public Swim with**  **Family Fun Session**  **11.00-12.00**  **12.00 – 1.00**  **Public Swim** | **12.45 – 2.00**  **Family Fun Session** |
| **3.30-5.00**  **Junior Lessons**    **6.15– 7.45**  **Public Swimming**  (6.15-7.15 3 x lanes,  7.15-7.45 full width)  **Adult lessons**  ( shallow end 7.15-8pm) | **3.30-5.00**  **Junior Lessons**    **6.45– 7.45**  **Public Swimming**  (6.45-7.15 2 lanes )  (7.15-7.45 whole pool  available) | **3.30-5.00**  **Junior Lessons**  **5.30-6.45**  **Public Swimming**  **7.00-7.45**  **Aqua Fit** | **3.30 – 5.00**  **Junior Lessons**  **5.15-8.15**  **Club Hire**  **Adult Lessons**  (half pool 7.45-8.30pm) | **3.30-5.00**  **Junior Lessons**  **5.30-6.20**  **Public Session**  **6.35-7.35**  **Fun Session** | **Available to hire for**  **Birthday Parties**  **1.30 - 2.30**  Swimming Pool available for hire for Pool Parties |
| **7.45 – 8.45**  **Adults / Teenagers**  (+swim Lane) | **7.45-8.45**  **Adults / Teenagers**  (+swim Lane) | **7.45 – 8.45**  **Adults / Teenagers**  (+swim Lane)  **No Session 25.01.23** |  | **7.55 – 8.45**  **Adults / Teenagers**  (+swim Lane) |

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| **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. |