

**FORRES SWIMMING POOL & FITNESS CENTRE**

**Public Swimming & Activities Programme**

**Timetable**

**Wednesday 4th January – Sunday February 12th 2023**

**Telephone - 01309 672984**

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

**www.moray.gov.uk**

**Online Bookable Forres Fitness & Activity Classes**

**Forres Community Centre**

**Monday Tuesday**

Indoor Cycling 9.15am – 10.00am Indoor Cycling 9.15am – 10.00am

Indoor Cycling 6.00pm – 6.45pm Indoor Cycling 6.00pm – 6.45pm

Indoor Cycling 7.15pm – 8.00pm Indoor Cycling 7.00pm – 7.45pm

Kettlebells 6.00pm – 6.45pm

Metafit 6.45pm – 7.15pm

**Wednesday** **Thursday**

Indoor Cycling 5.30pm – 6.15pm Indoor Cycling 9.15am – 10.00am

Indoor Cycling 6.30pm – 7.15pm Indoor Cycling 10.15am – 11.00am

Fit Step 9.30am – 10.30am Indoor Cycling 6.00pm – 6.45pm

 Indoor Cycling 7.00pm – 7.45pm

**Friday** Circuits 6.00pm – 7.00pm

Body Blitz 9.30am – 10.30am Abs 7.00pm – 7.30pm

 Kettlebells 7.30pm – 8.00pm

**Saturday**

Indoor Cycling 9.00am – 9.45am

**Forres Swimming Pool** (All Classes re-start 9th January 2023)

**Monday Tuesday**

Adult Gym Inductions (16+) 11.30amMetafit 6.00pm – 6.30pm

Enhanced Circuit Class 6.00pm - 6.45pm Abs 6.30pm – 7.00pm

Body Balance 7.00pm – 7.45pm

**Wednesday Friday**

Aqua Aerobics 10.15am – 10.45am Junior Gym Inductions (12-15) 1:30pm Adult Swimming Lessons 10.45am-11.15am

Aqua Aerobics 7.00pm – 7.30pm

**Badminton Hall**

**Bookable every hour at the following times:-**

**Friday 6pm-8pm Saturday 11am – 2pm Sunday 9am-2pm**

**To avoid double bookings of Badminton please book both players in to the same hourly slot.**

**Bookings can be made:**

**Fit Life Members:**

**On-line at** [**www.moray.gov.uk/leisure**](http://www.moray.gov.uk/leisure)

* **By telephone to Reception 01309 672984**
* **In person at Reception**

**Pay-as-you-go customers:**

* **On-line at** [**www.moray.gov.uk/leisure**](http://www.moray.gov.uk/leisure)
* **In person at Reception in advance of booking – payment to be made at time of booking**

**Swimming Pool Timetable – Wednesday 4th January – Sunday 12th February 2023**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** | **Saturday** |
| **7.00am – 8.15am**Adults/Teenagers only(2 Lanes) | **6.45am – 7.30am**Adults/Teenagers only(2 Lanes) | **9.00am – 10.00am**Adult/Teenagers Only (4 Lanes) | **9.00am – 10.00am**Adult/Teenagers Only (2 Lanes) | **6.45am –7.30am**Adults, Teenagers only/with Club (2 Lanes) | **7.45 – 8.45**Adults / Teenagers only shared with Club (2 Lanes) |
| School Use | **7.30 – 8.15**Adults/Teenagers only(2 Lanes) | **10.15 – 10.45**Aqua Aerobics | School Use | **7.30 – 8.15**Adults/Teenagers only(2 Lanes) | **10.30 – 12.30**Public Swimming With Fun Session  |
| **10.30am – 11.30pm**Public Swimming (2 lanes | **10.30 – 11.30**Public Swimming (2 Lanes) | **10.45 – 11.30**Adult Swimming Lesson | School Use | **10.30 – 11.30**Public Swimming (2 Lanes) | **Sunday** |
| **1.00 – 2.00**Adult/Teenagers Only (4 Lanes) | **1.00 – 2.00**Adult/Teenagers Only (4 Lanes) | **1.00 – 2.00**Adult/Teenagers Only (4 Lanes) | **1.00 – 2.00**Adult/Teenagers Only (4 Lanes)  | **1.10 – 2.00**Adult/Teenagers Only (4 Lanes) | **9.00 – 9.45**Adults / Teenagers only with lanes (4) |
| **2.00 – 3.00**Public Swimming (2 Lanes) | **2.00 – 3.00**Public Swimming (2 Lanes)  | **2.00 – 3.00**Public Swimming (2 Lanes) | **2.00 – 3.00**Public Swimming (2 Lanes) | **2.00 – 3.00**Public swimming (2 Lanes) | **9.45 – 10.30**Adults / Teenagers only with lanes (4) |
| **5.15pm – 6.15pm**Adults/Teenagers only(2 Lanes) | **6.15 – 7.00**Public Swimming (No Lanes) | **5.15pm – 6.15pm**Adults/Teenagers only(2 Lanes) |
| **7.00 – 7.30**Aqua Aerobics  |
| **6.30 – 7.30**Public Swimming with Fun Session | **6.00pm – 7.00pm**Adults/Teenagers only(2 Lanes) |  **7.00 – 7.45**Public Swimming (No Lanes)  | **6.15 – 7.15** Public Swimming with Fun Session | **10.30 – 12.30**Public Swimming with Fun Session  |
| **7.45 – 8.45**Adults / Teenagers only with lanes (4) |
| **7.30 – 8.45**Adult/Teenagers Only (4 Lanes) | **7.00 – 8.00**Adult / Teenagers only (4 Lanes) | **7.45 – 8.45**Adults/Teenagers only - shared with Club with swim lanes (2) | **7.45 – 8.45**Adults / Teenagers only Swim lanes (2) | **12.30 – 1.30** Adults / Teenagers only (swim lanes 4) |

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| **Adults/Teenagers only sessions** – Adult cost applies or entry with Fit Life.**Special Needs Swimming -** All public swimming sessions are suitable for customers with a disability.**Admission Policy for Young Children applies at all times in the building**. Please speak to a member of staff or take a leaflet which explains this in detail.**Steam Room/Sauna open during all Public/Adult/Teenager Sessions. No Under 8’s allowed and 8-15 years need to be with a Adult** |  |

**Fitness Room Timetable – Wednesday 4th January – Sunday 12th February 2023**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday**  | **Friday** | **Saturday** | **Sunday** |
| **7.00am – 9.00pm**Open Sessions | **7.00am – 8.45am****9.30am – 9.00pm**Open Sessions | **9.00am - 9.00pm**Open Sessions | **7.00am –9.00pm**Open Sessions | **7.00am – 9.00pm**Open Sessions | **8.00am – 3.00pm**Open Session | **9.00am – 4.00pm**Open Session |

**Functional Room available all day during opening hours every half an hour for 3 people at a time only.**

**Please go to** [**https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx**](https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx) **to book a space.**