|  |
| --- |
|  |
|  |  |  |  |
|  |

####  Programme Extras

Junior Lessons\*

|  |  |  |  |
| --- | --- | --- | --- |
| Monday | 3.30 | - | 5.30 |
| TuesdayWednesdayThursday | 3.303.303.30 | --- | 5.005.006.15 |
| FridaySaturday | 3.309.00 | -- | 5.0011.30 |

Parent & Child Lessons^

Instructor led class for new born to 4 years old.

Adult Lessons\*

Instructor led lesson for adults of all abilities.

Aqua Aerobics

A fun and social way of staying active, this class is a full body workout

which uses the water resistance without taking any impact on the joints. Great for people returning to exercise.

Adults / Teenagers Sessions

Teenagers are welcome to attend these sessions

to swim for health, fitness and well-being.

Adult cost applies or entry via Fit Life membership.

Special Needs Swimming

All public swimming sessions are suitable

for customers with a disability.

*\*Junior lesson programme available term time only. Booking essential*

*Crash course lessons available throughout holiday times*

 *^Parent & child & adult lessons available term time only. Booking essential.*



**Lossiemouth Sports & Community Centre**

**Public Swimming & Activities Programme**

**Starts Wednesday 4th January 2023**

**We also have:**

* Fitness-room with a range of training equipment\*
* Aqua Aerobics
* Sports Hall for Football, Badminton and

other activities

**Telephone 01343 815299**

**E-mail –** **losssiemouth.cc@moray.gov.uk**

**www.moray.gov.uk**

*\*For Fitness room timetable & Fitness class please see Fitness Activities Timetable.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **10.30 – 11.30**Public Swimming | **6.30am – 8.00am**Adult / Teen(4 lanes)**10.00 – 11.00**Parent & Child Lessons(booking essential) |  | **6.30am – 8.00am**Adult / Teen(4 lanes)**10.00 – 10.30**Aqua Aerobics(booking essential) | **10.00 – 11.00**Parent & Child Lessons(booking essential)**11.00 – 12.00**Public Swimming | **9.00 – 11.00**Swimming Lessons**11.30 – 2.00**Public Swimming(with fun session11.30 – 1) |
| **1.15 – 2.30**Adults Session(2 lanes)**2.30 – 3.30**Public Swimming | **1.15 – 2.30**Adults Session**2.30 – 3.30**Public Swimming | **12.00 – 2.00**Adult session(2 lanes)**2.50 - 3.30**Public Swim quick dip | **1.15 - 1.45**Adults Quick dip**2.00 – 3.00**Private Hire | **12.00 – 2.00**Adults Session(2 lanes)**2.00 – 3.30**Public Swimming | Pool available to book Saturday 2.00 – 3.00 |
| **7.00 – 8.00**Adult Session(4 lanes)**8.00 – 9.00**Public Swimming(2 lanes) | **7.00 – 8.30**Private Hire**8.30 – 9.00**Adult lessons(booking essential) | **7.00– 9.00**Public Swimming(2 lanes) | **6.30 – 8.00**Public Swimming(fun session6.30 – 7.30)**8.00 – 9.00**Adults / Teen(1 lane) | **6.45 – 7.45**Fun Session(8 – 11 years only)**8.00 – 9.00**Adults / Teenage(4 lanes) | **Sunday** |
| **10.00 – 11.30**Adult / Teen(4 lanes)**11.30 - 2.00**Public Swimming(with fun session11.30 – 1) |

**Swimming Pool Timetable from Wednesday 4th January 2023**

**Adult/Teen 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 Children under 8 years applies at all times in the building –** please speak to a member of staff to explain this in details

 **Fitness Room** – please note there may be spin classes taking place during programmed times, bikes will be unavailable for use. Please see class timetable

***Fitness Room Timetable***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **10.30 – 12.20****1.10 - 4.30****5.30 - 8.45** | **6.45am – 8.00am****11.30 – 2.00****3.45 – 8.45** | **1.10 – 2.00****3.45 – 7.30** | **6.45am – 8.00am****1.10 – 8.45** | **9.00 -10.30****12.20 - 7.30** | **9.00 – 1.45** | **10.00 – 1.45** |