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#### Programme Extras

Junior Lessons\*

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| Monday | 3.30 | - | 5.30 |
| Tuesday  Wednesday  Thursday | 3.30  3.30  3.30 | -  -  - | 5.00  5.00  6.15 |
| Friday  Saturday | 3.30  9.00 | -- | 5.00  11.30 |

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**](mailto:losssiemouth.cc@moray.gov.uk)

**www.moray.gov.uk**

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

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| **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 session  11.30 – 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 session  6.30 – 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 session  11.30 – 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***

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| **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** |