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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 Monday 29th May 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 –** [**lossiemouth.cc@moray.gov.uk**](mailto:lossiemouth.cc@moray.gov.uk)

**www.moray.gov.uk**

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

**Swimming Pool Timetable from Monday 24th April 2023**

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **11 - 12**  Public swimming | **6.30am – 8am**  Adult / teen (4 lanes)  **9 - 10**  RAF rehab  **10 – 11**  Parent & child lessons  (booking essential) |  | **6.30am – 8am**  Adult / teen (4 lanes)  **9 – 10**  RAF rehab  **10 – 10.45**  Aqua aerobics  (booking essential)  **11 – 12**  Public swimming | **10 – 11**  Parent & child lessons  (booking essential)  **11 – 12**  Public swimming | **9 – 11.30**  Swimming lessons  **11.30 – 1**  Public swimming  with fun session |
| **12 – 1.30**  Adults session  (2 lanes)  **1.30 – 3.30**  Public swimming | **12 – 1.30**  Adults session  **1.30 – 3.30**  Public swimming | **12 – 1.30**  Adult session  **1.30 - 3.30**  Public swimming | **12 – 1.30**  Adults session | **12– 1.30**  Adults session  (2 lanes)  **1.30 – 3.30**  Public swimming | **1 – 2**  Public swimming  (1 lane)  **2.00 – 3.00**  Pool available to book  Saturday |
| **7 – 8**  Adult session  (4 lanes)  **8 – 9**  Public swimming  (2 lanes) | **8.30 – 9**  Adult lessons  (booking essential)  **8.30 – 9**  Adults only quick dip  (2 lanes) | **7 – 9**  Public swimming  (2 lanes) | **6.30 – 8**  Public swimming  (fun session  6.30 – 7.30)  **8 – 9**  Adults / teen  (1 lane) | **6.45 – 7.45**  Fun session  (8 – 11 years only)  **8 – 9**  Adults / teen  (4 lanes) | **Sunday** |
| **10 – 11.30**  Adult / teen  (4 lanes)  **11.30 - 1**  Public swimming  with fun session  **1 – 2**  Public swimming  (1 lane) |

**Fitness Class Timetable**

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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **9 – 10.30**  **12.20 – 2**  **3.40 – 4.30**  **5.30 - 8.45** | **6.45 am – 8 am**  **11.30 – 7.30** | **9 – 10.40**  **1.10 – 7.30** | **6.45 am – 8 am**  **10.30 – 8.45** | **10.30 - 7.30** | **9 – 1.45** | **10 – 1.45** |