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####  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 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**

**www.moray.gov.uk**

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

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 swimmingwith 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 session6.30 – 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 swimmingwith 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** |