

CLIMBING WALL

TUESDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
THURSDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
SATURDAY	10.00am – 12.00pm	12.00pm – 2.00pm
SUNDAY	10.00am – 12.00pm	12.00pm – 2.00pm

Every Saturday we have a try and climb session, 10.00 am and 11.00am, which gives you the opportunity to have go.

This session is instructor lead and has to be booked in advance.

AQUACISE

Aquacise is a water based exercise class using all areas of the pool, suitable for all ages and fitness level. No need to book

Monday 7.00pm – 7.30pm

INDOOR CYCLE CLASSES

We are now offering indoor cycle classes here at Speyside.

Tuesday 7.00pm and 7.45pm

Prior booking is essential

Free with Fitlife or £6.00 per session.

BIRTHDAY PARTIES and CELEBRATIONS

The swimming pool, climbing wall, performance area and the astro pitch are available for private hire

ASTRO PITCH

Bookings can be made at the Speyside Sports and Community Centre as well booking online via the online system at www.moray.gov.uk

We welcome bookings from:

Any adult group i.e. age 18 and over

Youth groups or individuals aged 13 – 17 years old

Juveniles aged under 13 years old provided they have an adult responsible for the booking.

Individuals on a pay and play by any age group-Fit Life can be used for individual entry

SPORTS HALL

Available for badminton, football and basketball and remember this is included in your Fitlife membership



**Speyside Sports and
Community Centre
and
Shand Centre,
Dufftown**

Pool – Fitness – Classes Timetable

Monday 23rd October – Friday 22nd December 2023

We also have:

- Fitness-room with a range of training equipment
- Spinning Class
- Climbing Wall
- Synthetic Pitch
- Sports Hall (badminton, football, basketball)
- Table Tennis

Telephone 01340 871 641

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable Monday 23rd October – Friday 22nd December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.15 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.30 – 7.00 Public Swimming 7.00 – 7.30 Aquacise 7.30 – 9.00 Adults / Teens	3.00 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.15 Family Swim Time 7.15 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 -11.30 Public Swimming (2 lanes) Parent and Toddler 11.30 – 1.00 Public Swimming 1.00 – 2.00 Public Swimming (2 lanes) Parent and Toddler 2.00 - 4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.00 Public Swimming 6.00 – 7.00 Family Swim Time 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults /Teens	3.00 – 4.00 Public Swimming 4.00 – 5.00 Lessons 5.00 – 6.00 Pool closed for staff training 6.00 – 8.00 Speyside Swimming Club 8.00 – 9.00 Adults / Teens	1.30 -4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.00 Public Swimming 6.15 – 7.00 Fun Session 7.00 – 8.00 Public Session 8.00 – 9.00 Adult / Teens	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming 23rd December 10.00 – 2.00 Public Swimming	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming 24th December 10.00 – 2.00 Public Swimming

Speyside Sports and Community Centre Fitness Suite Timetable - Monday 23rd October – Friday December 23rd December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	1.30pm– 9.00pm	9.00am -2.00pm 23rd December 10.00am – 2.00pm	9.00am – 2.00pm 24th December 10.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Tuesday 24rd October – Friday December 22nd December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED	1.30pm – 4.00pm	1.30pm – 4.00pm	6.00pm – 9.00pm	1.30pm – 3.30pm	CLOSED	CLOSED