

## Programme Extras

### Junior Lessons\*

Monday	3.30	-	5.30
Tuesday	3.30	-	5.00
Wednesday	3.30	-	5.00
Thursday	3.30	-	6.00
Friday	3.30	-	5.00
Saturday	9.00	-	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.*

*\*For Fitness class please see Fitness Activities Timetable.*



## Lossiemouth Sports & Community Centre

### Public Swimming & Activities Programme

**Monday 23<sup>rd</sup> October 2023 – Friday 22<sup>nd</sup> December**

### We also have:

- Fitness-room with a range of training equipment\*
- Sports Hall for Football, Badminton and other activities
- Astro pitch

Telephone 01343 815299

E-mail – [lossiemouth.cc@moray.gov.uk](mailto:lossiemouth.cc@moray.gov.uk)

[www.moray.gov.uk/moray\\_standard/page\\_137038.html](http://www.moray.gov.uk/moray_standard/page_137038.html)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10 – 10.45</b> Aqua aerobics (booking essential)  <b>11 – 12</b> Public session with staff training(1 lane)	<b>6.30am – 8am</b> Adult / teen session (4 lanes)  <b>10 – 11</b> Parent & child lessons (booking essential)	<b>11 – 12</b> Public session	<b>6.30am – 8am</b> Adult / teen session (4 lanes)  <b>10 – 10.45</b> Aqua aerobics (booking essential)  <b>11 – 12.15</b> Public session (1 lane)	<b>10 – 11</b> Parent & child lessons (booking essential)  <b>11 – 12.15</b> Public session (1 lane)	<b>9 - 11</b> Swimming lessons  <b>1030 – 11.30</b> Staff training  <b>11.30 - 2</b> Public session Fun session 11.30 – 12.30
<b>12 – 1.30</b> Adult session (4 lanes)  <b>1.30 – 3.15</b> Public session  <b>3.30 – 5.30</b> Swimming lessons (no lesson 13 <sup>th</sup> Nov)	<b>12 – 1.30</b> Adult session (4 lanes)  <b>1.30 – 3.15</b> Public session  <b>3.30 – 5.30</b> Swimming lessons (No lesson 14 <sup>th</sup> Nov)	<b>12 – 1.30</b> Adult session (2 lanes)  <b>1.30 – 3.15</b> Public session  <b>3.30 – 5</b> Swimming lessons	<b>3.30 – 6</b> Swimming lessons	<b>1.15 – 2.15</b> Adult session  <b>2.15 – 3.15</b> Public session  <b>3.30 – 5</b> Swimming lessons	Pool available to book Saturday 2 – 3 (Subject to availability)
<b>7 - 8</b> Adult session (4 lanes)  <b>8 – 9</b> Public session (2 lanes)	<b>8.30 – 9</b> Adult quick dip (½ pool)  <b>8.30 – 9</b> Adult lessons (½ pool) (booking essential)	<b>7 - 8</b> Public session  <b>8 - 9</b> Adult session	<b>6.15 – 8</b> Public session with fun session 6.30 – 7.30  <b>8 – 9</b> Adult/teen session	<b>6.45 - 7.45</b> Fun session  <b>8 – 9</b> Adult/teen session (4 lanes)	<b>Sunday</b> <b>10 - 11.30</b> Adult session (4 lanes)  <b>11.30 - 2</b> Public session Fun session 11.30 – 12.30

**Fitness Room Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9 – 9.30</b> <b>12.20 – 2</b> <b>3.40 – 4.30</b> <b>5.30 - 8.45</b>	<b>6.45 am – 8 am</b> <b>9 – 9.30</b> <b>12.20 – 2</b> <b>3.40 - 8.45*</b>	<b>9 – 10.40</b> <b>1.10 – 8.45*</b>	<b>6.45 am – 8 am</b> <b>9 – 11.30*</b> <b>1.10 – 2</b> <b>3 – 8.45</b>	<b>1.10 - 8.45*</b>	<b>7.30 – 1.45</b>	<b>9.15 – 1.45*</b>

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes.

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times . \*some machines/equipment will be out of use during classes/inductions, check signs/see class instructor.

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