

Programme Extras

Junior Lessons*

Monday	3.30	-	4.30
Tuesday	3.30	-	4.30
Wednesday	3.30	-	4.30
Thursday	3.30	-	4.30
Friday	3.30	-	4.30

*Crash course lessons available throughout holiday time
s ^Parent & child & adult lessons available term time only.
Booking essential.*

Aqua-fit

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.

*For Fitness class please see Fitness Activities Timetable.



Lossiemouth Sports & Community Centre

Public Swimming & Activities Programme

Monday 8th – Sunday 14th April 2024

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

www.moray.gov.uk/moray_standard/page_1370

Monday 8th – Sunday 14th April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 - 12 Public session with fun session 10.30 - 11.30	11 - 12 Public session	6.30am – 8am Adult / teen session (4 lanes) 11 – 12 Public session	11 – 12 Public session	10 - 12 Public session with fun session 10.30 - 11.30	9 - 11 Adults session 11.15 – 12.15 Public fun session 12.45 – 1.45 Public fun session
12 – 1.30 Adults session (2 lanes) 1.30 – 3.15 Public session with fun session 2-3 3.30 – 4.30 Swimming lessons	12 – 1.30 Adult session (2 lanes) 1.30 – 3.15 Public session with fun session 2-3 3.30 – 4.30 Swimming lessons	12 – 1.30 Adult session (2 lanes) 1.30 – 3.15 Public session with fun session 2-3 3.30 – 4.30 Swimming lessons	12 – 1.30 Adults session (2 lanes) 1.30 – 3.15 Public session with fun session 2-3 3.30 – 4.30 Swimming lessons	12 – 1.30 Adult session (2 lanes) 1.30 – 3.15 Public session with fun session 2-3 3.30 – 4.30 Swimming lessons	
7 - 8 Adult session (4 lanes) 8 – 9 Public session (2 lanes)	7 – 8 Triathlon 8– 9 Adult session (½ pool) 8 – 8.30 Triathlon (½ pool)	5 – 8 Public session with fun session 6.30 – 7.30 8 - 9 Adult session (2 lanes)	5.30 – 7 Public session 7 – 8 Aqua fit (booking essential) 8 – 9 Adult/teen session (1 lane)	5 – 7.30 Public session with fun session 6.30 – 7.30 7.45 – 9 Adult/teen session (4 lanes)	Sunday
					10 - 11 Adult session (4 lanes) 11.15 – 12.15 Public fun session 12.45 – 1.45 Public fun session

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 4.30 5.30 - 8.45	9 - 8.45*	6.30am – 8am 9 - 8.45*	9 – 8.45	9 - 8.45*	7.30 – 1.45	9.15 – 1.45*

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.