

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.

Fit Class (Aqua-Aerobics)

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

Fit Class (Indoor Cycling)

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

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

Easter Programme Monday 1st April – Sunday 14th April 2024

We also have:

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

Telephone 01340 871 641

E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable Monday 1st April – Sunday 14th April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult Early Dip 10.30 – 2.00 Public Swimming 2.00 – 3.00 Family Swim Time 3.00 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons	9.30 – 10.30 Adult Early Dip 10.30 – 2.00 Public Swimming 2.00 – 3.00 Family Swim Time 3.00 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons	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	1.30 – 2.30 Public Swimming 2.30 – 4.00 Family Swim Time 4.00 – 5.00 Lessons	1.30 – 4.00 Public Swimming 4.00 – 5.00 Lessons	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming
5.30 – 7.00 Public Swimming 7.00 – 7.30 Aquacise 7.30 – 9.00 Adults / Teens	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	5.30 – 6.30 Public Swimming 6.30 – 8.00 Public Swimming 8.00 – 9.00 Adults /Teens	5.00 – 6.00 Pool closed for staff training 6.00 – 7.00 Fun Session 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	5.00 – 6.00 Public Swimming 6.00– 7.00 Fun Session 7.00 – 8.00 Public Session 8.00 – 9.00 Adult / Teens		

Speyside Sports and Community Centre Fitness Suite Timetable Monday 1st April – Sunday 14th April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am – 9. 00pm	9.30am – 9.00pm	9.30am – 9.00pm	1.30pm – 9.00pm	1.30pm– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Monday 1st April – Sunday 14th April 2024

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