

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 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.

**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

**Monday 1st July – Sunday 14th July/ Monday 5th August –
Sunday 11th August**

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_137038.html

*For Fitness class please see Fitness Activities Timetable.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 – 11 Aqua Fit</p> <p>11 - 12 Public with fun session</p>	<p>11 – 12 Public with fun session</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p> <p>10 – 12 Public with fun session 10.30 – 11.30</p> <p>Wednesday 3rd June - Closed 9 – 5 due to private hire</p>	<p>11 – 12 Public with fun session</p>	<p>10 – 12 Public with fun session 10.30 – 11.30</p>	<p>9 – 10.30 Adults only</p> <p>10.30 – 1 Public with fun session (11.30 – 12.30)</p> <p>Session available for pool party 1.15 – 2.15 see reception to book</p>
<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3.15 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons (no lessons 3rd July)</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3.15 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public with fun session 2 - 3</p> <p>3.30 – 5 Swimming lessons</p>	
<p>7 - 8 Adult session (4 lanes)</p> <p>8 – 9 Public session (1 lanes)</p>	<p>7 – 8 Triathlon</p> <p>8 – 9 Adult session (½ pool) 8 – 8.30 Triathlon (½ pool)</p>	<p>7.10 - 8 Aqua Fit</p> <p>8 - 9 Adult session</p>	<p>5 – 8 Public with fun session (6.30 – 7.30)</p> <p>8 – 9 Adult/teen session (1 lane)</p>	<p>6.45 - 7.45 Fun session</p> <p>8 – 9 Adult/teen session (4 lanes)</p>	<p style="text-align: center;">Sunday</p> <p>10 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public with fun session (11.30 – 12.30)</p>

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 - 8.45*	9 -8.45*	6.30 am – 8 am 9 – 8.45	9 - 8.45	9 - 8.45	7.15 – 1.45	9 – 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.