

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.*

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



Lossiemouth Sports & Community Centre

Public Swimming & Activities Programme

Monday 15TH July - Sunday 4th 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 – 11 Aqua Fit 11 - 12 Public with fun session	11 – 12 Public with fun session	6.30am – 8am Adult / teen session (4 lanes) 10 – 12 Public with fun session 10.30 – 11.30	11– 12 Public with fun session	10 – 12 Public with fun session 10.30 – 11.30	9 – 10.30 Adults only 10.30 – 1 Public with fun session (11.30 – 12.30) Session available for pool party 1.15 – 2.15 see reception to book
12 – 1.30 Adult session (1 lane) 1.30 – 3.15 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 – 3.15 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 - 3.15 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 - 3.15 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	12 – 1.30 Adult session (1 lane) 1.30 – 3.15 Public with fun session 2 - 3 3.30 – 5 Swimming lessons	
5 – 7 Public with fun session 5.30 – 6.30 7 - 8 Adult session (4 lanes) 8 – 9 Public session (1 lanes)	5 – 7 Public with fun session 5.30 – 6.30 7 – 8 Triathlon 8 – 9 Adult session (½ pool) 8 – 8.30 Triathlon (½ pool)	5 – 7 Public with fun session 5.30 – 6.30 7.10 - 8 Aqua Fit 8 - 9 Adult session	5 – 8 Public with fun session 6.30 – 7.30 8 – 9 Adult/teen session (1 lane)	5 – 8 Public with fun session 6.30 – 7.30 8 – 9 Adult/teen session (4 lanes)	Sunday 10 - 11.30 Adult session (4 lanes) 11.30 – 2 Public with fun session (11.30 – 12.30)

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.