

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) with Dani

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 (Boxercise) with Dani

Tuesday 7.30pm

Prior booking is essential

ASTRO PITCH

Bookings can be made at the Speyside Sports and Community Centre as well booking online via the online system at www.moray.gov.uk



SPORTS HALL

Available for badminton, football, pickleball and basketball and remember this is included in your Fitlife membership



**Speyside Sports and
Community Centre
and
Shand Centre,
Dufftown**

Pool – Fitness – Classes Timetable

Monday 1st July – Monday 12th August 2024

We also have:

- Fitness-room with a range of training equipment
- Boxercise 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 July – Monday 12th August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult / Teen Early Dip 10.30 – 12.00 Public Swimming 12.00 – 1.00 Fun Session with Bridge 1.00 – 2.00 Public Swimming 2.00 – 3.00 Family Swim Time 3.00 – 4.00 Public Swimming 4.00 – 5.00 Swimming Lesson Crash Course	9.30 – 10.30 Adult / Teen Early Dip 10.30 – 12.00 Public Swimming 12.00 – 1.00 Family Swim Time 1.00 – 2.00 Public Swimming 2.00 – 3.00 Fun Session with Bridge 3.00 – 4.00 Public Swimming 4.00 – 5.00 Swimming Lesson Crash Course	9.30 – 10.30 Adult / Teen Early Dip 10.30 – 12.00 Public Swimming 12.00 – 1.00 Family Swim Time 1.00 – 4.00 Public Swimming 4.00 – 5.00 Swimming Lesson Crash Course	1.30 – 4.00 Public Swimming 4.00 – 5.00 Swimming Lesson Crash Course 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	1.30 – 4.00 Public Swimming 4.00 – 5.00 Swimming Lesson Crash Course 5.15 – 6.15 Public Swimming 6.15 – 7.00 Fun Session 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	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	5.15 – 6.15 Public Swimming 6.15 – 7.15 Family Swim Time 7.15 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens				All our public sessions are suitable for those with special needs

Speyside Sports and Community Centre Fitness Suite Timetable Monday 1st July – Monday 12th August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am – 9.00pm	9.30am – 9.00pm	9.30am – 9.00pm	1.30am – 9.00pm	1.30pm – 9.00pm	9.00am – 2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Monday 1st July – Monday 12th August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am	5.30pm – 7.30pm	4.30pm – 7.30pm	Spinning Class 6.00pm – 6.30pm Open Session 6.45pm – 8.45pm	5.30pm – 8.30pm	CLOSED	CLOSED

