

Programme Extras

Junior Lessons*

Monday	3.30	-	5.00
Tuesday	3.30	-	5.30
Wednesday	3.30	-	5.00
Thursday	3.30	-	5.45
Friday	3.30	-	5.00
Saturday	9.00	-	10.30

Parent & Child Lessons*

Instructor led class for new born to 4 years old.

Adult Lessons*

Instructor led lesson for adults of all abilities.

Fit class - 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 classes please see Fitness Activities Timetable.*



Lossiemouth Sports & Community Centre

Public Swimming & Activities Programme

Monday 21st October – Monday 23rd December

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	
<p>10 – 11 Aqua Fit (booking essential)</p> <p>11 - 12 Public session</p>	<p>10 - 11 Parent & child lessons (booking essential) Restarts 29th Oct</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p> <p>10.30 – 11.30 Parent & child lessons (booking essential) Restarts 30th Oct</p>	<p>11 – 11.45 Aqua Fit (booking essential)</p>	<p>11 – 12 Public session</p>	<p>9 – 11.30 Swimming lessons</p> <p>11.30 – 1 Public session with fun session 11.30 – 12.30</p>	
<p>12 – 1 Adult session (1 lane)</p> <p>2 – 3.15 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 - 3.15 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.45 – 3 Surfable</p> <p>3.30 – 6 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>Saturday: 1.15 – 2.15 Session available for hire/ pool party see reception for price and to book</p>	
<p>7 - 8 Adult session (4 lanes)</p> <p>8 – 9 Public session (1 lanes)</p>	<p>7 – 8 Triathlon club</p> <p>8 – 9 Adult session (½ pool) 8 – 8.30 Triathlon (½ pool) 8.30 – 9 Adult lessons (½ pool - booking essential)</p>	<p>7.10 – 7.55 Aqua Fit (booking essential)</p> <p>8 - 9 Public session</p>	<p>6 – 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>Sunday</p> <p>10 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public session with fun session 11.30-12.30</p>	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12.20 – 2</p> <p>3.40 - 8.45</p>	<p>9 – 9.30</p> <p>1.10 – 2 3.40 - 8.45*</p>	<p>6.30 am – 8 am 11.30 - 2 3.40 – 6 6 -7 cardio equip only due to private hire 7 – 8.45</p>	<p>9 – 10.40</p> <p>12.20 – 2.50 3.40 - 8.45</p>	<p>12.20 - 8.45</p>	<p>7.15 – 1.45</p>	<p>9 – 1.45*</p>