

## 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.

## GYM INDUCTIONS

Monday 7.00pm – 7.45pm Free with Fitlife

## 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](http://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 31<sup>st</sup> March – Sunday 13<sup>th</sup> April 2025**

### 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 – [speyside.cc@moray.gov.uk](mailto:speyside.cc@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)



**Swimming Pool Timetable Monday 31<sup>st</sup> March – 13<sup>th</sup> April 2025**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 – 1.00</b> Public Swimming <b>1.30 – 2.30</b> Fun Session with bridge <b>2.30 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons	<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 – 1.00</b> Public Swimming <b>1.30 – 2.30</b> Fun Session with bridge <b>2.30 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.30 – 6.30</b> Public Swimming <b>6.30 – 7.30</b> Fun Session <b>7.30 – 9.00</b> Adults / Teens	<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 -11.30</b> Public Swimming ( 2 lanes ) Parent and Toddler <b>11.30 – 1.00</b> Public Swimming <b>1.30 – 2.30</b> Public Swimming ( 2 lanes ) Parent and Toddler <b>2.30 - 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons	<b>1.30– 2.30</b> Public Swimming <b>2.30 – 4.00</b> Fun Session <b>4.00 – 5.00</b> Lessons <b>5.30 – 6.30</b> Public Swimming <b>6.30 – 7.30</b> Family Swim Time <b>7.30 – 9.00</b> Adult / Teens	<b>1.30 -4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.15 – 6.00</b> Public Swimming <b>6.15 – 7.00</b> Fun Session <b>7.00 – 8.00</b> Public Session <b>8.00 – 9.00</b> Adult / Teens	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming
<b>5.30 – 6.30</b> Public Swimming <b>6.30 – 7.30</b> Fun Session <b>7.30 – 9.00</b> Adults / Teens	<b>TUESDAY 1<sup>st</sup> APRIL</b> <b>Due to essential maintenance work being carried in Aberlour by SSEN we will have no electricity. The pool will be closed till 4.00pm.</b>	<b>5.15 – 6.15</b> Public Swimming <b>6.15 – 7.00</b> Family Swim Time <b>7.00 – 8.00</b> Public Swimming <b>8.00 – 9.00</b> Adults /Teens				

**Speyside Sports and Community Centre Fitness Suite Timetable Monday 31<sup>st</sup> March – 13<sup>th</sup> April 2025**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
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 31<sup>st</sup> March – 13<sup>th</sup> April 2025**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Spinning Class</b> 9.30am – 10.00am 10.15am – 10.45am All Spinning Classes need to be booked in advance	<b>Open Session</b> 3.00pm – 6.00pm	<b>Open Session</b> 5.00 pm – 7.00pm	<b>Spinning Class</b> 6.00pm – 6.30pm <b>Open Session</b> 6.45pm – 8.45pm	<b>Open Session</b> 2.00pm – 5.00pm	<b>CLOSED</b>	<b>CLOSED</b>

