

## 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 Erin

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 Erin

Monday 8.00pm – 8.30pm

Prior booking is essential

### Fit Class ( Spinning ) with Erin

Tuesday 7.00pm ( 30min session ) and 7.45pm ( 45min session )

Prior booking is essential

All Fit Classes are free with Fitlife or £6.40 per session

## 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

**Swimming Pool Timetable Monday 14<sup>th</sup> April – 29<sup>th</sup> June 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 14<sup>th</sup> April – Sunday 29<sup>th</sup> June 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2.30 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.15 – 7.00</b> <b>Public Swimming</b> <b>7.00 – 7.30</b> Aquacise <b>7.30 – 9.00</b> Adults / Teens	<b>2.30 – 4.00</b> Public Swimming <b>4.00 – 5.30</b> Lessons <b>5.45 – 8.00</b> Public Swimming <b>8.00 – 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>2.30 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Stroke Development <b>5.00 – 6.00</b> Pool closed for staff training <b>6.00 – 8.00</b> Speyside Swimming Club <b>8.00 – 9.00</b> Adults / 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>5.15 – 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 Swimming Pool Timetable Monday 14<sup>th</sup> April – Sunday 29<sup>th</sup> June 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3.30pm – 9. 00pm</b>	<b>3.30pm – 9.00pm</b>	<b>3.30pm – 9.00pm</b>	<b>3.30pm – 9.00pm</b>	<b>1.30pm– 9.00pm</b>	<b>9.00am -2.00pm</b>	<b>9.00am – 2.00pm</b>

**Shand Centre Fitness Suite, Dufftown Swimming Pool Timetable Monday 14<sup>th</sup> April –Sunday 29<sup>th</sup> June 2025**

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