

MON	7.00	Public Swimming 12.15pm-12.45pm Happy Swim			4.30	4.30 5.30 *W.A.S.C	5.30 6.30 Lane Swimming	6.30	Public Swimming (#)		10.00
TUE	7.00	Public Swimming			6.00	6.00 7.00 W.A.S.C (1 st & 7 th August only)	Public Swimming		9.00	9.00 10.00 Adults only Swimming	
WED	7.00	Public Swimming			4.30	4.30 5.30 *W.A.S.C	5.30 6.30 Lane Swimming	6.30	Public Swimming 6.30-7.00pm Happy Swim		
THU	7.00	Public Swimming			4.30		4.30 7.30 Public Swimming	7.30 8.15 Adult Tuition	8.15	10.00 Public Swimming(L)	
FRI	7.00	Public Swimming			4.30	4.30 5.30 *W.A.S.C	5.30 6.30 Lane swimming	6.30	8.30	8.30	10.00 Adults only swimming
SAT	10.00	Public Swimming WASC – 2 lanes 10.00-11.30 Family Friendly 12.00-1.00 1-1.30pm Happy Swim		2.00	2.00 3.00 Private Hire*	3.00	4.00 Public Swimming		<p>Join our fantastic value <i>High Life Scheme</i>. Pay one low monthly fee and get unlimited use of all Leisure Centre run activities & discounts when you shop locally. Excellent value at only £20.00 for individual memberships or £30.00 for family memberships.</p>		
SUN	10.00	Public Swimming Family Friendly 10.00-3.00 1-1.30pm Happy Swim			4.00		<p><u>Pool closed on Wednesday 5th July & 2nd August for staff training between 12.15pm – 2.30pm Sorry for any inconvenience</u></p>				

PROGRAMME GUIDANCE NOTES

Lane swimming – 1 lane will be up for lane swimming where (L) is stated on the programme

Adult Tuition – Adult swimming lessons will be taking place in the pool from 7.30-8.15pm on a Thursday, for more information or to book contact reception

Happy Swim – Activity £1 per person during the times stated only.

Staff training – Staff training may take place in the pool on Mondays 7-9pm and Wednesday 11am-1pm **Building closed on the 1ST Wednesday 12.15pm-2.30pm of each month .**

***Private Hire** – The swimming pool is available to book for party hire on Saturdays 2.15-3.00pm and may be closed to the public, otherwise it will be public swimming 2.00pm-2.45pm

***W.A.S.C**– Wick amateur swimming club. Pool closed during these sessions **(please note these Monday, Wednesday & Friday sessions begin Monday 17th July)**

PLEASE NOTE – TIMETABLE IS SUBJECT TO CHANGE

East Caithness Community Facility - Activity Timetable

Monday, 3rd July 2017 – Monday, 14th August 2017

MON	6.45	7.15	18.00	19.00				
	Pre-Work Workout		High Intensity Circuits					
WED	6.45	7.15	9.15	10.00	14.30	15.15	18.00	18.40
	Pre-Work Workout		High Intensity Circuits – Fitness Suite Closed		Seniors gym class – Fitness Suite Closed		Metafit	
THU	18.00							19.00
	High Intensity Circuits							
FRI	6.45		7.15		<u>Gym Opening Times</u> Monday – Friday 7.00 - 22.00 Saturday – 10.00 - 16.00 Sunday - 10.00 - 16.00			
	Pre-Work Workout							

PROGRAMME GUIDANCE NOTES

High Intensity Circuits – lose weight, tone up, get stronger, faster & fitter (*max 30 per class*) be held in one of gyms within the high school

Pre-work workout – Short high intensity class to start your day (*max 12 per class*)

Metafit – 30 minute body weight based class intensity is gauged by yourself and your ability (*max 30 per class*)

Senior Gym Class – Moderate to low intensity circuitry class for senior citizens (*max 12 per class*)

Inductions – Can be taken on Monday at 5pm, Wednesday at 10am, Sunday at 2pm or by prior arrangement at reception

Important – If a class has less than half its capacity level on a regular basis then highlife highland have the right to cancel the class with no given notice

Make life easier for our receptionists by presenting your highlife cards on arrival before commencing with the class