

Exercise Classes

Tai Chi Qigong
Performance Area

Thursday 7.00pm – 8.00pm



SPEYSIDE SPORTS and COMMUNITY CENTRE

Climbing Wall Timetable

TUESDAY	THURSDAY	SATURDAY
6.45pm – 9.45pm Public Session	6.45pm – 9.45pm Public Session	10.00am – 11.00am Instructor led session 11.00am – 12.00 Instructor led session 12.00 – 3.45pm Public Session

Movies at Speyside Sports and Community Centre

Movies are regularly shown at Speyside, please check notice boards or our Facebook page for showings and times.

Pool – Fitness – Classes Timetable

Monday 14th October - Saturday 26th October 2019

We also have:

- Fitness Suite
- Games Hall
- Climbing Wall
- Performance Area

Telephone : 01340 871641

E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable Monday 14th October - Saturday 26th October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.00 - 2.00 Public Swimming	1.00 – 2.00 Public Swimming	1.00 – 4.00 Public Swimming	1.00 – 2.30 Public Swimming	1.00 – 4.00 Public Swimming	9.00 – 10.00 Adult Early Dip
2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	2.00 – 3.00 Fun Session	10.00 – 11.00 Fun Session
3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	3.00 – 4.00 Public Swimming	11.00–1.00 Public Swimming
5.00 – 6.00 Public Swimming	5.00 – 6.00 Public Swimming	5.00 – 6.00 Staff Training	5.00 – 6.00 Public Swimming	5.00 – 6.00 Public Swimming	1.00 – 2.00 Fun Session
6.00 – 7.00 Fun Session	6.00 – 7.00 Fun Session	6.00 – 7.00 Fun Session	6.00 – 7.00 Fun Session	6.00 – 7.00 Fun Session	2.00 – 4.00 Public Swimming
7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	7.00 – 8.00 Public Swimming	
8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers	8.00 – 9.00 Adults / Teenagers	

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Suite Timetable – Tuesday 20th August – Saturday 12th October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.00pm – 9.00pm Open Session	1.00pm – 9.00pm Open Session	1.00pm – 9.00pm Open Session 7.30pm Gym Inductions	1.00pm – 9.00pm Open Session	1.00pm – 9.00pm Open Session	9.00am – 4.00pm Open Session

Music Playing – Please note that suitable and appropriate music is played at all of the Public Swimming Sessions.

Expires –
26/10/19