

## Exercise Classes

❖ Indoor Cycling Classes	<b>Monday</b>	10.30am - 11.00am 7.00pm - 7.45pm
❖ Indoor Cycling Classes	<b>Tuesday</b>	7.00pm - 7.45pm
❖ Indoor Cycling Classes	<b>Wednesday</b>	6.00pm - 6.45pm 7.00pm - 7.45pm
❖ Indoor Cycling Classes	<b>Thursday</b>	10.30am - 11.00am 7.00pm - 7.45pm
❖ Indoor Cycling Classes	<b>Friday</b>	7.00pm - 7.45pm
❖ Indoor Cycling Classes	<b>Sunday</b>	9.15am - 10.00am 10.00am - 10.45am

INDOOR CYCLING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES  
(INDUCTION REQUIRED)

BOOKING FOR INDOOR CYCLING CLASSES ESSENTIAL  
(NAMES TO RECEPTION)

❖ Total Body Blitz	<b>Tuesday</b>	5.45 - 6.30pm
❖ Aqua Aerobics	<b>Tuesday</b>	7.00 - 7.45pm
Aqua Aerobics	<b>Wednesday</b>	9.30 - 10.15am
❖ Inductions	<b>Thursday</b>	7.45 - 9.00pm
❖ Adult Lessons	<b>Saturday</b>	8.15 - 9.00am

### Please note

The Swimming Pool will be closed to the Public from  
Saturday 9<sup>th</sup> to Sunday 17<sup>th</sup> November inclusive  
Fitness Room open as normal



## Buckie Swimming Pool & Fitness Centre

### Pool – Fitness – Classes Timetable

Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019

### We also have:

- Fitness Room with a range of training equipment
- Indoor Cycling Studio
- Sauna / Steam Room
- Sports Halls

Telephone 01542 832841

E-mail - [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

## Swimming Pool Timetable – Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8.30 – 10.00</b> Public Swimming With (swim lane)		<b>9.30 – 10.15</b> Aqua ex class <b>Deep &amp; Shallow</b>	<b>9.00 – 10.30</b> Public Swimming (Swim lane)	<b>9.00-10.30</b> Public Swimming (swim Lane)	<b>8.15-9.15</b> Public Swimming (swim Lane) Adult lessons 8.15-9.00	<b>8.30 – 9.30</b> Adults / Teenagers ( swim lane)  <b>9.30 -10.30</b> Club swim only
<b>12.00- 3.30</b> Public swimming (swim lane 12-1.30)	<b>12.00 – 3.30</b> Public Swimming (swim lane 12.-1.30)	<b>12.00 – 1.30</b> Public Swimming ( swim lane 12-1.30) <b>Public Swimming</b> <b>2-3.30</b> with Parent & Child class	<b>12.00-2.00</b> Public Swimming (swim lane 12-1.30) 2.30-3.30 <b>Public Swimming</b>	<b>12.00 – 3.30</b> Public Swimming (swim lane 12-1.30)	<b>11.00 – 1.00</b> Public Swimming with Fun Session 11.00- 12.00  (Private) <b>Birthday Parties</b> <b>1.00 - 2.00</b> Swimming Pool available for hire for Pool Parties or Aqua Run Parties <b>Pool Party     £110.00</b> <b>Aqua Run Party £120.00</b>	<b>Public Swimming</b> <b>10.30- 2.00</b> (swim lane 10.30-12)  with Family Fun Session <b>12.00- 1.30</b>
<b>6.30 – 7.45</b> Public Swimming	<b>5.00 – 7.00</b> Public Swimming Shared 5-6 with club <b>7.00-7.45</b> Deep/Shallow aqua class	<b>5.00 – 7.45</b> Public Swimming	<b>5.00 – 8.30</b> Private Hire	<b>5.00 – 7.45</b> Public Swimming (5-6 shared with club) With 6-7 Fun session		
<b>7.45 – 8.45</b> Adults / Teenagers (swim lane)	<b>7.45 – 8.45</b> Adults / Teenagers (swim lane)	<b>7.45 – 8.45</b> Adults / Teenagers (swim lane)		<b>7.45 – 8.45</b> Adults / Teenagers (swim lane)		

**Health Suite – (Sauna and Steam Room )** Available most public sessions

**Adults/Teenagers Only Sessions** – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.

Adult cost applies or entry via Fit Life Membership.

**Aqua Run** – Children must be 8 years old and be able to swim a full length of the pool. Prior to each session staff will test the children's swimming ability.

## Fitness Room Timetable – Monday 28<sup>th</sup> October – Monday 23<sup>rd</sup> December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8.30am – 9.00pm</b> Open Session	<b>9.00am - 9.00pm</b> Open Session	<b>7.30am - 9.00pm</b> Open Session	<b>9.00am – 8.00pm</b> Open Session  <b>7.45pm – 9.00pm</b> Induction	<b>9.00am - 9.00pm</b> Open Session	<b>8.30am – 2.00pm</b> Open Session	<b>8.30am – 2.00pm</b> Open Session

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

Expires – 23.12.19

