

## 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.

## AQUACISE

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

## INDOOR CYCLE CLASSES

We are now offering indoor cycle classes here at Speyside.

Tuesday 7.00pm and 7.45pm

Prior booking is essential

Free with Fitlife or £6.00 per session.

## BIRTHDAY PARTIES and CELEBRATIONS

The swimming pool, climbing wall, performance area and the astro pitch are available for private hire

## 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)

We welcome bookings from:

Any adult group i.e. age 18 and over

Youth groups or individuals aged 13 – 17 years old

Juveniles aged under 13 years old provided they have an adult responsible for the booking.

Individuals on a pay and play by any age group-Fit Life can be used for individual entry

## SPORTS HALL

Available for badminton, football and basketball and remember this is included in your Fitlife membership



**Speyside Sports and  
Community Centre  
and  
Shand Centre,  
Dufftown**

## Pool – Fitness – Classes Timetable

Wednesday 3<sup>rd</sup> January - Sunday 3<sup>rd</sup> March 2024

### We also have:

- Fitness-room with a range of training equipment
- Spinning Class and Aquacise Class
- Climbing Wall
- Astro Pitch
- Sports Hall ( badminton, football, basketball, pickleball )
- Table Tennis

Telephone 01340 871 641

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

**Swimming Pool Timetable Wednesday 3<sup>rd</sup> January - Sunday 3<sup>rd</sup> March 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3.15 – 4.00</b> Public Swimming <b>4.00 – 5.30</b> Lessons <b>5.30 – 7.00</b> Public Swimming <b>7.00 – 7.30</b> Aquacise <b>7.30 – 9.00</b> Adults / Teens	<b>3.00 – 4.00</b> Public Swimming <b>4.00 – 5.30</b> Lessons <b>5.30 – 6.30</b> Public Swimming <b>6.30 – 7.15</b> Family Swim Time <b>7.15 – 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>1.00 – 2.00</b> Public Swimming ( 2 lanes ) Parent and Toddler <b>2.00 - 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons  <b>5.15 – 6.00</b> Public Swimming <b>6.00 – 7.00</b> Family Swim Time <b>7.00 – 8.00</b> Public Swimming <b>8.00 – 9.00</b> Adults /Teens	<b>3.00 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <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

**Speyside Sports and Community Centre Fitness Suite Timetable Wednesday 3<sup>rd</sup> January - Sunday 3<sup>rd</sup> March 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	1.30pm– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

**Shand Centre Fitness Suite, Dufftown Thursday 4th January - Friday 1st March 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED	1.30pm – 4.00pm	1.30pm – 4.00pm	6.00pm – 9.00pm	1.30pm – 3.30pm	CLOSED	CLOSED