

Programme Extras

Junior Lessons*

Monday	3.30	-	5.30
Tuesday	3.30	-	5.00
Wednesday	3.30	-	5.00
Thursday	3.30	-	6.00
Friday	3.30	-	5.00
Saturday	9.00	-	11.30

Parent & Child Lessons^

Instructor led class for new born to 4 years old.

Adult Lessons^

Instructor led lesson for adults of all abilities.

Aqua Aerobics

A fun and social way of staying active, this class is a full body workout which uses the water resistance without taking any impact on the joints. Great for people returning to exercise.

Adults / Teenagers Sessions

Teenagers are welcome to attend these sessions to swim for health, fitness and well-being. Adult cost applies or entry via Fit Life membership.

Special Needs Swimming

All public swimming sessions are suitable for customers with a disability.

**Junior lesson programme available term time only. Booking essential
Crash course lessons available throughout holiday times ^Parent & child & adult lessons available term time only. Booking essential.*

**For Fitness class please see Fitness Activities Timetable.*



Lossiemouth Sports & Community Centre

Public Swimming & Activities Programme

Monday 3rd January – Sunday 31st March 2024

We also have:

- Fitness-room with a range of training equipment*
- Sports Hall for Football, Badminton and other activities
- Astro pitch

Telephone 01343 815299

E-mail – lossiemouth.cc@moray.gov.uk

www.moray.gov.uk/moray_standard/page_137038.html

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 – 10.45 Aqua aerobics (booking essential) 11 – 12 Public session With staff training(1 lane)	6.30am – 8am Adult / teen session (4 lanes) 10 – 11 Parent & child lessons 11 – 11.30 Public quick dip	 11 – 12.15 Public session (1 lane)	6.30am – 8am Adult / teen session (4 lanes) 10 – 10.45 Aqua aerobics (booking essential) 11 – 11.30 Public quick dip	 10 – 11 Parent & child lessons (booking essential) 11 – 12 Public session	7.15-8.45 EASC 9 - 11 Swimming lessons 11.30 - 2 Public session Fun session 11.30 – 12.30
12 – 1 Adults Only (1 lane) 1 – 2 Public session 3.30 – 5.30 Swimming lessons	12.30 – 1.30 Adult session (2 lanes) 1.30 – 3.15 Public session 3.30 – 5.30 Swimming lessons	 1.15 – 2 Adult quick dip 3.30 – 5 Swimming lessons	 12.30 – 1.30 Public session (1 lane) 3.30 – 6 Swimming lessons	 12 – 1.30 Adult session 1.30 – 3.15 Public session 3.30 – 5 Swimming lessons	Pool available to book Saturday 2 – 3 (Subject to availability)
5.30 – 7 EASC 7 - 8 Adult session (4 lanes) 8 – 9 Public session (2 lanes)	5.30 – 7 EASC 7 – 8.30 Triathlon 8.30 – 9 Adult quick dip (½ pool) 8.30 – 9 Adult lessons (½ pool) (booking essential)	 5 - 7 EASC 7 - 8 Public session 8 - 9 Adult session	 6.15 – 8 Public session: Fun session 6.30 – 7.30 8 – 9 Adult/teen session	 5 - 6.30 EASC 6.45 - 7.45 Fun session 8 – 9 Adult/teen session (4 lanes)	 Sunday 9 – 10 EASC 10 - 11.30 Adult session (4 lanes) 11.30 - 2 Public session Fun session 11.30 – 12.30

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 9.30 12.20 – 2 3.40 – 4.30 5.30 - 8.45	6.45 am – 8 am 9 – 9.30 12.20 – 2 3.40 - 8.45*	9 – 10.40 1.10 – 8.45*	6.45 am – 8 am 9 – 11.30* 1.10 – 2 3 – 8.45	1.10 - 8.45*	7.30 – 1.45	9.15 – 1.45*

Please visit <https://fitlife.leisurecloud.net/LeisureBookings/mrmLogin.aspx> to book a place for fitness classes.

No booking is required for fitness room sessions, please keep in mind that maximum capacity rules will apply at busy times. *some machines/equipment will be out of use during classes/inductions, check signs/see class instructor.