

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.

Fit class Aqua Fit

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 15th April – Sunday 30th June

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
<p>10 – 11 Aqua Fit (booking essential)</p> <p>11 - 12 Public session</p>	<p>10 - 11 Parent & child lessons (booking essential)</p>	<p>6.30am – 8am Adult / teen session (4 lanes)</p>	<p>10 – 11 Aqua Fit (booking essential)</p>	<p>10 – 11 Parent & child lessons (booking essential)</p> <p>11 - 12 Public session</p>	<p>9 - 11 Swimming lessons</p> <p>11.30 – 2 Public session with fun session 11.30 - 1</p>
<p>12 – 1 Adults Only (1 lane)</p> <p>2 – 3.15 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public session</p> <p>3.30 – 5.30 Swimming lessons</p>	<p>12 – 1.30 Adults (no session 22nd May)</p> <p>1.30 - 3.15 Public session</p> <p>3.30 – 5 Swimming lessons</p>	<p>12 – 1.30 Adults session (1 lane)</p> <p>3.30 – 6 Swimming lessons</p>	<p>12 – 1.30 Adult session (1 lane)</p> <p>1.30 – 3.15 Public session</p> <p>3.30 – 5 Swimming lessons</p>	
<p>7 - 8 Adult session (4 lanes)</p> <p>8 – 9 Public session (1 lanes)</p>	<p>7 – 8 Triathlon club</p> <p>8 – 9 Adult session (½ pool) 8 – 8.30 Triathlon (½ pool) 8.30 – 9 Adult lessons (½ pool - booking essential)</p>	<p>7 - 8 Public session</p> <p>8 - 9 Adult session</p>	<p>6 – 8 Public session with fun session 6.30 – 7.30</p> <p>8 – 9 Adult/teen session (1 lane)</p>	<p>6.45 - 7.45 Fun session</p> <p>8 – 9 Adult/teen session (4 lanes)</p>	<p>Sunday</p> <p>10 - 11.30 Adult session (4 lanes)</p> <p>11.30 – 2 Public session with fun session 11.30 - 1</p>

Fitness Room Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9 – 9.30</p> <p>12.20 – 2</p> <p>3.40 – 4.30</p> <p>5.30 – 8.45</p>	<p>9 – 9.30</p> <p>12.20 – 2</p> <p>3.40-8.45*</p>	<p>6.30 am – 8 am</p> <p>9 – 10.40</p> <p>1.10 - 8.45*</p>	<p>9 – 11.30</p> <p>1.10 – 2</p> <p>3 - 8.45</p>	<p>1.10 - 8.45</p>	<p>7.30 – 1.45</p>	<p>9.15 – 1.45*</p>

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.