



# main pool aquatic programme

Wednesday 22nd December - Tuesday 4th January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
1300	1300	1300	1300	1300	1300	1300
1330	1330	1330	1330	1330	1330	1330
1400	1400	1400	1400	1400	1400	1400
1430	1430	1430	1430	1430	1430	1430
1500	1500	1500	1500	1500	1500	1500
1530	1530	1530	1530	1530	1530	1530
1600	1600	1600	1600	1600	1600	1600
1630	1630	1630	1630	1630	1630	1630
1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

### AQUA NATAL

Benefit from being in the water with this fantastic and fun form of pregnancy exercise led by the Balfour Hospital Maternity Ward.

### AQUA WALKING

The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

### AQUA ZUMBA®

Latin inspired dance class, Aqua-Zumba Light (LT) is a slower and gentler session.

### CHILL OUT SESSION

Switch off from day to day stresses, this adult only session has darkened lighting and ambient music.

### LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

### MASTERS SWIMMING

Follow a set or take part at your own pace, min age 14+.

### PUBLIC SWIMMING

A swimming session open to everyone.

### The Hub

Private session for young generation of 'The Hub' members.

### WELLNESS SESSION

Slower paced session that helps less active swimmers with recovery from illness or injury.

### Health Suite

Mon: 1000 - 1500, 1600 - 2030  
 Tue: 1000-1500, 1600 - 1930  
 Wed: 1000 - 1500, 1600 - 2030  
 Thurs: 1000 - 1500, 1600 - 1930, 1930 - 2030 (Ladies Only)  
 Fri: 1000 - 1530

No booking required but there will be restricted numbers in each area, see information notices before use.



# leisure pool aquatic programme

Wednesday 22nd December - Tuesday 4th January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630	0630	0630	0630	0630	0630	0630
0700	0700	0700	0700	0700	0700	0700
0730	0730	0730	0730	0730	0730	0730
0800	0800	0800	0800	0800	0800	0800
0830	0830	0830	0830	0830	0830	0830
0900	0900	0900	0900	0900	0900	0900
0930	0930	0930	0930	0930	0930	0930
1000	1000	1000	1000	1000	1000	1000
1030	1030	1030	1030	1030	1030	1030
1100	1100	1100	1100	1100	1100	1100
1130	1130	1130	1130	1130	1130	1130
1200	1200	1200	1200	1200	1200	1200
1230	1230	1230	1230	1230	1230	1230
1300	1300	1300	1300	1300	1300	1300
1330	1330	1330	1330	1330	1330	1330
1400	1400	1400	1400	1400	1400	1400
1430	1430	1430	1430	1430	1430	1430
1500	1500	1500	1500	1500	1500	1500
1530	1530	1530	1530	1530	1530	1530
1600	1600	1600	1600	1600	1600	1600
1630	1630	1630	1630	1630	1630	1630
1700	1700	1700	1700	1700	1700	1700
1730	1730	1730	1730	1730	1730	1730
1800	1800	1800	1800	1800	1800	1800
1830	1830	1830	1830	1830	1830	1830
1900	1900	1900	1900	1900	1900	1900
1930	1930	1930	1930	1930	1930	1930
2000	2000	2000	2000	2000	2000	2000
2030	2030	2030	2030	2030	2030	2030
2100	2100	2100	2100	2100	2100	2100
2130	2130	2130	2130	2130	2130	2130
2200	2200	2200	2200	2200	2200	2200

### POOL DISCOS - CANCELLED

The Pool Discos that were scheduled for the 27th & 30th December have been cancelled due to the latest Scottish Government Covid-19 restrictions.

### POOL ADMISSIONS

Pre-booking is not available and sessions are by admission only (Group X classes can still be booked in advance). Customers should check-in at reception where they will be issued with a swim band that must be worn whilst using the wetside facilities (inc. all family members except 3yrs and under).



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