

Summer Activities at Lochbroom Leisure

5th—9th July

Trampolining 10-11am Pre School* (Parents must be in attendance)
 11-12noon 5-9 yrs* (Max 12 places)
 12-1pm 10-13 yrs* (Max 12 places)

12th—16th July

Tennis 10-11 am 5—8 years* (Max 16 places)
 11-12noon 9—13 years* (Max 16 places)

19th—23rd July

Archery 10-11am 8-14 Beginners* (Max 12 places)
 11-12am 8-14 Improvers* (Max 12 places)

21st July

Mountain Biking 1-2pm 5-10 yrs* (Max 12 places)
 2-4pm 11-16 yrs* (Max 12 places)

Please bring your own bike - in good working order

26th—30th July

Indoor/Outdoor Games 10-11am 5-8yrs (Max 20 places)
 11-12noon 9-12yrs (Max 20 places)

2nd—6th August

Highland Games 10-11am 5—8 years (Max 20 places)
 11—12 noon 9—13 years (Max 20 places)

12th & 13th August

Rugby 10-1pm 9-13 yrs (Max 14 places)

* Places must be booked.

Highlife applies for all activities or 50p budget/£1.95 full price

Daily Activities at Lochbroom Leisure

Monday

Family Fun 2-3pm All ages
Body Balance 6-7pm Age 16 +

Tuesday

Family Fun 2-3pm All ages
Running Club 6-7pm Age 14 +

Wednesday

Family Fun 2-3pm All ages
Trim Teens 7-8pm Girls 13-15 in the fitness room

Thursday

Family Fun 2-3pm All ages
Running Club 6-7pm Age 14 +
Personal Training 8-9pm Age 16 + in the fitness room

Friday

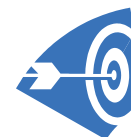
Family Fun 2-3pm All ages

Saturday

Family Fun 2-3pm All ages

Sunday

Family Fun 2-3pm All ages



* Please note:

- * ⇒ You must have an induction before using our fitness equipment
- * ⇒ Inductions can be booked through reception 7pm on Tuesdays or 2pm on Wednesdays
- * ⇒ We will try to accommodate you at other times if these times are not suitable
- * ⇒ Please contact reception or a member of staff if you require any advice or assistance



For further information on any of the above please contact us on 01854 612884

or email us at lochbroom.leisure.centre@highland.gov.uk

Lochbroom Leisure Centre
Quay street
Ullapool
IV26 2UE



Lochbroom Leisure Centre

5th July 2010 - 14th August 2010

Games Hall Opening Times

Monday 10.00am-10.00pm
Tuesday 10.00am-10.00pm
Wednesday 10.00am-10.00pm
Thursday 10.00am-10.00pm
Friday 10.00am-10.00pm
Saturday & Sunday 10.00am-6.00pm

Fitness Suite

Mon-Friday 10.00am-10.00pm
Sat & Sun 10.00am-6.00pm

