

Ullaspool Swimming Pool Timetable

09/01/2012 to 10/02/2012

| | MORNING | | | | | AFTERNOON | | | | | | | EVENING | | | |
|------------------|------------------------------|--|------------------------------|--|---------------------------------|--------------------------------------|---|--|------------------------------------|---|-------------------------------------|---|---|---|---|--|
| | | | | | | 12:00 - 13:00 | 13:00 - 14:00 | 14:00 - 15:30 | 15:30 - 16:00 | 16:30 - 16:30 | 16:30 - 17:00 | 17:00 - 18:00 | 18:00 - 19:00 | 19:00 - 20:00 | 20:00 - 21:00 | |
| MONDAY | | | | | | Public Swim | Public & Lane Swim | Public Swim | Otters & Swordfish | Seals & Swordfish | Seals & Swordfish | Public Swim | Public & Lane Swim | Swim Club | Staff Training | |
| TUESDAY | 07:15 - 08:00 Public Swim | 08:00 - 09:00 Wellbeing Hour (50p Swim) | 09:00 - 10:00 Public Swim | 10:00 - 11:00 Senior Swim Age 50+ | 11:00 - 12:00 Public Swim | 12:00 - 13:00 Public Swim | 13:00 - 14:00 Public & Lane Swim | 14:00 - 15:00 Aqua Aerobics Age 14+ | 15:00 - 16:00 Family Swim | 16:00 - 18:00 Public Swim | | | 18:00 - 19:00 Public & Lane Swim | 19:00 - 20:00 Ladies Hour | | |
| WEDNESDAY | | | | | | 12:00 - 13:00 Public Swim | 13:00 - 14:00 Public & Lane Swim | 14:00 - 15:30 Public Swim | 15:30 - 16:00 Seals & Swordfish | 16:00 - 16:30 Swordfish & Ducklings | 16:30 - 17:15 Seals & Sharks | 17:15 - 18:00 Public Swim | 18:00 - 19:00 Public & Lane Swim | 19:00 - 20:00 Public Swim | 20:00 - 20:45 Adult Lessons 11/01 - 08/02 | |
| THURSDAY | | | | | | 12:00 - 13:00 Senior Swim Age 50+ | 13:00 - 14:00 Public & Lane Swim | 14:00 - 15:30 Public Swim | 15:30 - 16:00 Seals & Ducklings | 16:00 - 16:30 Otters & Sharks | 16:30 - 18:00 Public Swim | 17:00 - 18:00 Rookie Lifeguard (Half Pool) | 18:00 - 19:00 Adult Hour & Lane Swim Age 16+ | 19:00 - 20:00 Public Swim | 20:00 - 21:00 Sub Aqua | |
| FRIDAY | | | | | | 12:00 - 13:00 Senior Swim Age 50+ | 13:00 - 14:00 Public & Lane Swim | 14:00 - 15:00 Public Swim | 15:00 - 16:00 Family Swim | 16:00 - 17:00 Lochbroom Monster Age 8 - 14 | 17:00 - 18:00 Public & Lane Swim | | 18:00 - 19:00 Beginner Kayaking Age 8 - 14 | 19:00 - 20:00 Improver Kayaking Age 8 - 14 | 20:00 - 21:30 Adult Kayaking Age 14+ | |
| SATURDAY | | | 10:00 - 11:00 Family Swim | 11:00 - 11:30 Seals & Swordfish | 11:30 - 12:00 Seals & Sharks | 12:00 - 15:00 Public Swim | | | 15:00 - 16:00 Family Swim | 16:00 - 17:00 Public & Lane Swim | | | | | | |
| SUNDAY | | | | 10:00 - 11:00 Wellbeing Hour (50p Swim) | 11:00 - 12:00 Public Swim | 12:00 - 13:00 Public Swim | 13:00 - 14:00 Lochbroom Monster Age 8 - 14 | 14:00 - 15:00 Public Swim | 15:00 - 16:00 Family Swim | 16:00 - 17:00 Public & Lane Swim | | | | | | |