


Poolewe Swimming Pool Times 5th January - 30th March 2012

	10.00	11.00	12.00	13.00-16.00	16.00	17.00	18.00
Mon	Lane Swim	Parent & Toddler	Wellbeing 50p session	Closed	Learn to Swim	Learn to Swim	Junior Kayaking
Tue	Lane Swim	General Public	Ladies		Learn to Swim	Learn to Swim	Staff Training Pool Closed
Wed	Closed				Closed		
Thu	Lane Swim	Parent & Toddler	General Public		Learn to Swim	Learn to Swim	Adult lessons
Fri	Aquacise	Lane Swim	Ladies		Learn to Swim	Learn to Swim	Wellbeing 50p session
	10.00	11.00	12.00	13.00	14.00		
Sat	Lane Swim	Parent & Toddler	Family Swim	General Public	General Public		
Sun	Lane Swim	Family Swim	General Public	General Public	Available for Parties		

Family Swim - designed for families (no unaccompanied adults or children) mats/toys available during this session

Well-being Hour - admission is only 50p for this session

Aquacise - exercise in the water with Katrina

Learn to Swim - **programme will resume 16th Jan**

Poolewe Pool Clifton, Poolewe, Ross-shire, IV22 2JU

tel : 01445 781 345

poolewepool@yahoo.co.uk