

# Competition Pool Timetable - Term Time

DAY	LANE	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130																																			
MONDAY	SHALLOW	8	HIGHLAND SWIM TEAM	PS	PS	PS	PS	PS	SCHOOL TUITION	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS																																	
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KEY	PLS	PUBLIC LANE SWIMMING
	T	TRAINING
S	S	SLOW
	M	MEDIUM
F	F	FAST
	PS	PUBLIC SESSION
S & D	PSWIM	POWER SWIM
	S & D	SKILLS & DRILLS

- During kids lessons Monday - Friday (1530 - 1830) Saturday (0900 - 1100) one shallow lane will be available for public swimming.
- Lessons only run during term time, during Highland Council school holiday periods this space will revert to public use.
- Lanes marked as "PLS - T" are available for those wishing to use training aids such as fins and paddles; maximum of 5 swimmers at any one time allowed.
- Customers should note times may vary. Please check with reception for confirmation. Please check notice board for closures and restrictions. Shallow lane depth may vary.
- The Aquarun only runs on Saturdays during term time, during Highland Council school holiday periods this space will revert to public use.