

INVERALMOND

SWIM TIMETABLE

Day	Activity	Time	Day	Activity	Time
<i>Monday</i>	Public Swim	3.30pm - 4.10pm	<i>Thursday</i>	Public Swim	3.30pm - 4.10pm
	Learn 2 Swim	4.15pm - 5.30pm		Learn 2 Swim	4.15pm - 5.30pm
	Swim Club	5.40pm - 6.30pm		Public Swim	5.40pm - 6.30pm
	Swim Club	6.40pm - 7.30pm		Aquanauts	6.40pm - 7.30pm
	Aquafit	7.40pm - 8.30pm		Public Swim	7.40pm - 8.30pm
	Public Swim - Adults Only	8.40pm - 9.30pm		Public Swim - Adults Only	8.40pm - 9.30pm
<i>Tuesday</i>	Public Swim	3.30pm - 4.10pm	<i>Friday</i>	Public Swim	3.30pm - 4.10pm
	Learn 2 Swim	4.15pm - 5.30pm		Learn 2 Swim	4.15pm - 5.30pm
	Public Swim	5.40pm - 6.30pm		Swim Club	5.40pm - 6.30pm
	Aquanatal	6.40pm - 7.30pm		Swim Club	6.40pm - 7.30pm
	Public Swim - Part Laned	6.40pm - 7.30pm	<i>Saturday</i>	Public Swim - Adults Only	9.30am - 10.30am
	Milan Lessons - Ladies Only	7.40pm - 8.30pm		Stepping Stones	10.10am - 12.10am
Public Swim - Ladies Only Deep	8.40pm - 9.30pm	Public Swim - Part Laned		10.40am - 11.30am	
		Stepping Stones		10.40am - 11.30am	
		Public Swim - Part Laned		11.40pm - 12.30pm	
		Stepping Stones		11.40pm - 12.30pm	
<i>Wednesday</i>	Public Swim	3.30pm - 4.10pm	<i>Sunday</i>	Public Swim - Adults Only	9.30am - 10.30am
	Learn 2 Swim	4.15pm - 5.30pm		Merbabies	10.10am - 12.10am
	Stepping Stones	5.40pm - 6.30pm		Public Swim - Part Laned	10.40am - 11.30am
	Public Swim - Part Laned	5.40pm - 6.30pm		Merbabies	10.40am - 11.30am
	Stepping Stones	6.40pm - 7.30pm		Public Swim - Part Laned	11.40pm - 12.30pm
	Public Swim - Part Laned	6.40pm - 7.30pm		Merbabies	11.40pm - 12.30pm
	Adult Swim Lessons	7.40pm - 8.30pm	Public Swim - Part Laned	12.40pm - 1.10pm	
	Public Swim - Adults Only	8.40pm - 9.30pm	Merbabies	12.40pm - 1.10pm	
		Turtle Tots	1.20pm - 3.00pm		

How to Book

To make a booking contact reception on 01506 439631. For a block booking enquiry please complete online form @ <https://www.westlothianleisure.com/contact-us/secondary-schools-block-booking-form>