

OUTER HEBRIDES  
**who cares w<sup>h</sup>ns**  
 2008 FINALIST

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**who cares w<sup>h</sup>ns**  
 2007 WINNER

**ABOUT US!**

This facility was provided for the local community as a result of over 11 years of fundraising.

The Harris Sports and Leisure Committee brought together a funding package which included support from:-

- SportScotland
- Comhairle nan Eilean Siar
- Western Isles Enterprise
- Highlands and Islands Special Transitional Programme
- The Foundation For Sport And The Arts
- A range of other funding bodies.

The building was officially opened by Liz McColgan, former world 10,000 metre champion, on October 2nd 2004.

**For further information contact:-  
 Cameron Morrison, your Duty Officer or any  
 Sports Centre Staff Member**

**HOW TO FIND US:**

**Sir E.Scott School  
 Tarbert  
 Isle of Harris  
 HS3 3BG**

**Phone: 01859—502970**



**CUSTOMER INFORMATION**

- All children under eight years old must be accompanied by a responsible person aged over 16
- A person over the age of 16 can be responsible for a maximum of two children under age 8
- During busy periods we may need to limit each swim session to 45 minutes



**Ionad Spòrs Eilean na Hearadh  
 Isle of Harris Sports Centre**

**TIMETABLE**

Valid Until 15<sup>th</sup> October 2011



## SWIMMING POOL

### PUBLIC SWIMMING

**MONDAY, TUESDAY, THURSDAY**

4.00pm – 7.30pm

**WEDNESDAY, FRIDAY**

6.00pm – 7.30pm

**SATURDAY**

12.15pm – 1.00pm

3.00pm – 5.00pm

### LUNCHTIME LANE SWIMMING

**MONDAY, FRIDAY**

12.15pm – 1.15pm

**WEDNESDAY**

12.00pm – 1.00pm

**OVER 16'S**

**MONDAY**

7.15pm – 8.30pm

**TUESDAY, WEDNESDAY, THURSDAY,**

**FRIDAY**

7.30pm – 8.30pm

**SATURDAY**

5.00pm – 6.00pm

### TADPOLE (PRE-SCHOOL LESSONS)

**WEDNESDAY**

1.00pm – 2.00pm

### FUN SESSION (TOYS & FLIPPERS)

**SATURDAY**

1.00pm – 3.00pm

## SWIMMING LESSONS

### ADULT LESSONS

**FRIDAY**

7.15pm – 8.00pm

### CHILDREN'S LESSONS

**SATURDAY**

Levels 1/2 10.00am – 10.45am

Levels 3/4 10.45am – 11.30am

Levels 5/6/7/8 11.30pm – 12.15pm

### SWIMMING CLUB

**WEDNESDAY**

4.15pm – 5.00pm (Improvers)

5.15pm – 6.00pm (Intermediate)

### AQUAFIT

**MONDAY**

7.15pm – 7.45pm

**FRIDAY**

5.30pm – 6.00pm

### FITNESS SUITE

**MONDAY**

12.00am – 8.30pm

**TUESDAY, THURSDAY**

4.00pm – 8.30pm

**WEDNESDAY**

11.00am – 8.30pm

**FRIDAY**

11.00am – 8.30pm

**SATURDAY**

11.00am – 6.00pm

## GROUP CYCLE (BEGINNERS)

**TUESDAY**

5.15pm – 6.00pm

### GROUP CYCLE

**MONDAY, TUESDAY, WEDNESDAY,**

**THURSDAY**

7.00pm – 8.00pm

**FRIDAY**

12.15pm – 1.00pm

Phone to book your place or enquire about new classes

### CORE STRENGTH TRAINING

Introduction to core strength exercises,  
Phone for details

### PRICES

#### POOL (per hour)

Adult	£3.45
Junior / Concession	£1.80
Slainte Mhath Member	FREE

#### SPA

Adult	£3.90
Concession	£1.95
Slainte Mhath Member	FREE

#### GYM

Adult	£4.40
Concession	£2.20
Slainte Mhath Member	FREE

#### GROUP CYCLE

Adult	£4.70
Concession	£2.35
Slainte Mhath Member	FREE