

Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	448.80	37.40
Individual	298.20	24.85
Budget	50p per activity (Proof must be shown)	

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



**Alness Leisure Centre
Timetable**

Monday 14th August – Sunday 8th October



Opening Hours


Monday-Friday 06.30-08.00

Monday-Thursday -16:00 — 21.45

Friday-16:00-20.45

Saturday & Sunday -10:00am - 13:30

Contact us: Alness Leisure Centre, Alness Academy, Dalmore Road, IV17 0UY
 Phone us: 01349 885975
 Website: www.highlifehighland.com



Swimming Pool Timetable

Mon	06.30-08.00	Lane Swim	Thurs	06.30-08.00	Lane Swim
	16.00-18.30	Centre Lessons		16.00-18.00	Centre Lessons
	18.30-19.30	Fun session		18.00-19.00	Fun session
	19.30-20.30	Lane Swim		19.00-20.00	Aqua aerobics
	20.30-21.30	Adults Only Session		20.00-21.30	Open Swim **
Tues	06.30-08.00	Lane Swim	Fri	06.30-08.00	Lane swim***
	16.00-18.00	Centre lessons		16.00-18.00	Centre Lessons
	18.00-19.00	Family Swim		18.00-18.50	Open Swimming/ Pool party*
	19.00-20.00	Lane swim (half pool in the deep side)		19.00-20.30	Dingwall swim club
	19.30-20.00	Adult Lessons			
	20.15-21.45	Staff training	Sat	10.00-11.00	Family friendly
				11.00-12.00	Fun session
				12.00-13.00	Open Swim**
Wed	06.00-08.30	Lane swim ***	Sun	10.00-10.45	Lane swim
	09.00-10.00	Aqua aerobics***		11.00-12.00	Family friendly
	16.00-18.00	Centre lessons		12.00-13.00	Fun Session
	18.00-19.00	Family Swim			
	19.00-20.30	Open Swim			
	20.30-21.30	Lane swim			

*Fridays 18.00-18.50 the pool is available for private party hire, if there is no party bookings then the pool will be available for open public swimming.

** 2 lanes available in the deep side of the pool for lane swimming at these sessions.

***Our Wednesday and Friday early morning swims will be subject to review once a date is confirmed for the re-opening of Invergordon Leisure centre.

Please just drop into open swims. All other are bookable online or via phone (we will accept drop ins however booking is advisable to avoid disappointment.)

If sessions aren't fully booked you may be permitted to stay longer- please ask at reception on arrival.

Normal admissions policy for child : adult ratios apply for all session except family friendly sessions - please ask at reception for further information.

The depth of the first 3 lanes of the pool can be altered ranging from 0 to 1.8 metres by altering the moveable floor. The middle 1.5 lanes have a sloping floor that varies according to the depth that the moveable floor is set at and the last 1.5 lanes are fixed at 1.8 metres.

Please see overleaf for floor depths and descriptions of different sessions

Session Descriptions

Session	Description
Lane swim	The moveable floor is set at 1.1m. Lane ropes and signage are out for these sessions in all 6 lanes indicating, fast, medium and slow lanes
Family Friendly	The movable floor is set to 0.9m . Family friendly admission policy applies. Floats and toys available to make the session fun.
Fun Session	The Moveable floor is set to 0.9 metres. Normal admission policy applies. Floats and toys available
Aqua Aerobics	The moveable floor is set to 1.2m. A fun instructor led class done to music.
Open Swim/ adults swim	The moveable floor is set to 1.1m. Lane ropes are set out in the deep side of the pool for some of these sessions.
Additional needs	The moveable floor is set to 0.9m for this session. A quieter session targeted at those with additional needs and their carers.

Prices

Activity	Adult £	Concession £	Budget £
Swim	7.50	4.50	0.50
Swimming Lesson (each)	11.65	7.00	0.50
Centre Classes	7.50	4.50	0.50
Racquet Sports (per person)	6.75	4.05	0.50
Shower	3.45	2.10	0.50
Gameshall	53.35	32.00	N/A
Gymnasium hire	24.05	14.45	N/A
Room Hire	18.80	11.30	N/A
Pool Hire—1hr	140.20	84.14	N/A
Pool Party — 1hr pool 0.5hr room	102.80	102.80	N/A