



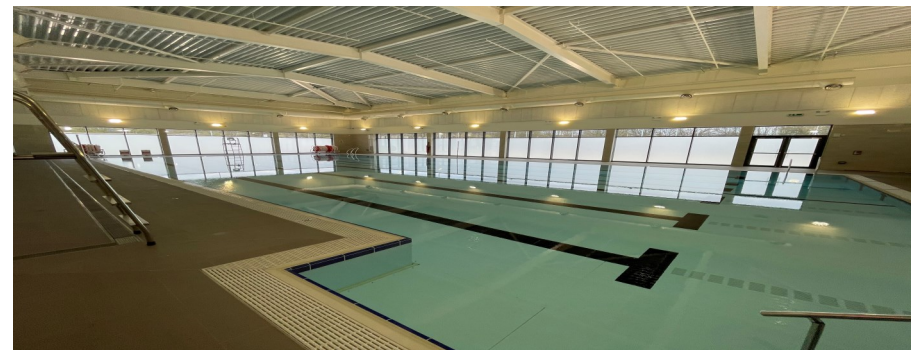
**Membership Options**

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 15th January - Sunday 17th March**



**Opening Hours**

Monday, Tuesday and Thursday 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](http://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	16.00-18.00	Centre Lessons ***
	16.00-17.30	Centre lessons ***		18.00-18.50	Open Swimming/ Pool party*
	18.00-19.00	Family Swim		19.00-20.30	Dingwall swim club
	19.00-20.00	Lane swim (half pool in the deep side)			
	19.30-20.00	Adult Lessons			
	20.00-21.30	Staff training	Sat	10.00-11.00	Family friendly
				11.00-12.00	Fun session
				12.00-13.00	Open Swim
Wed	16.00-18.00	Centre lessons ***			
	18.00-19.00	Family Friendly	Sun	10.00-10.45	Lane swim
	19.00-20.03	Open Swim		11.00-12.00	Family friendly
	20.30-21.30	Lane Swim		12.00-13.00	Fun Session

\*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.

\*\*\* There will be no swimming lessons on the 8th– 14th January, 19th– 25th February and the 25th– 29th March. These sessions will be public open sessions.

Please just drop into open swims. All other sessions 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