

Activity & Hire Prices

Activity	Adult £	Concession £	Budget £
Swim	8.55	5.15	0.50
Swimming Lesson (each)	13.40	7.90	0.50
Centre Classes	8.55	5.15	0.50
Racquet Sports (per person)	7.80	4.60	0.50
Shower	4.00	2.35	0.50
Games Hall	61.05	36.65	N/A
Gymnasium hire	27.55	16.50	N/A
Pool Hire (per hour per lane)	26.80	16.05	N/A
Pool Party — 1hr pool 0.5hr room	117.60	117.60	N/A
Full Pitch hire (1 hour)	49.60	29.80	N/A
1/2 pitch (1 hour)	24.80	14.90	N/A
1/3 pitch (1 hour)	16.55	9.95	N/A

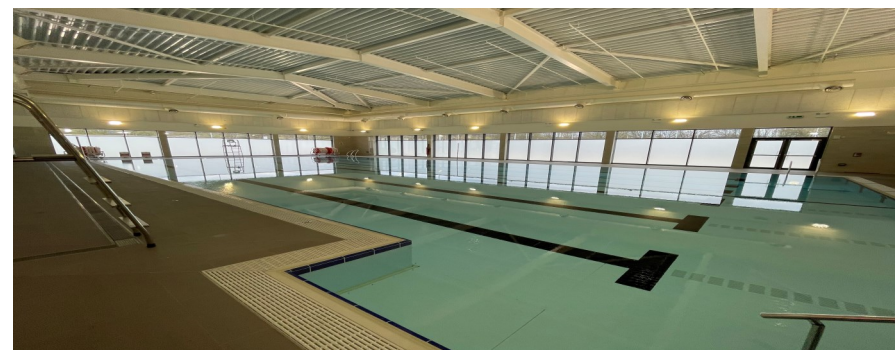
Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	515.88	42.99
Individual	347.88	28.99
Budget	50p per activity (Proof must be shown)	



Alness Leisure Centre Timetable

Monday 7th April - Sunday 20th April 2025



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



Swimming Pool Timetable

Mon	06.30-08.00	Lane Swim	Thurs	06.30-08.00	Lane Swim
	16.00-17.00	Open Swim		16.00-17.00	Fun Session
	17.00-18.00	Family Session		17.00-18.00	Family Session
	18.00-18.50	Fun Session		18.00-19.00	Open Swim**
	19.00-20.30	Lane Swim		19.15-20.00	Aqua Aerobics / Half Lane Swim (Adults Only)
	20.30-21.30	Adults Only		20.00-21.30	Open Swim**
Tues	06.30-08.00	Lane Swim	Fri	16.00-18.00	Open Swim
	16.00-17.00	Family Session		18.00-19.00	Fun Session / Pool Party
	17.00-18.00	Fun Session		19.00-20.30	Open Swim **
	18.00-20.00	Open Swim**			
	20.00-21.30	Lane Swim			
Wed	16.00-18.00	Open Swim	Sat	10.00-11.00	Family friendly
	18.00-18.45	Family Session		11.00-12.00	Fun session
	19.00-19.45	Aqua Aerobics / Half Lane Swim (Adults Only)		12.00-13.00	Open Swim**
	20.00-21.30	Open Swim**			
				Sun	10.00-10.55
				11.00-12.00	Family friendly
				12.00-13.00	Fun Session

Session Descriptions

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.

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.

Adult Fitness Classes

Wednesday	17.45 - 18.45	Circuits
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Session Description

Circuits	Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.
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*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 fun swimming.

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

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 sessions except family friendly sessions- please ask at reception for further information.

Monday 21st April will have morning swim and be closed in the evening due to Easter weekend opening hours.