

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

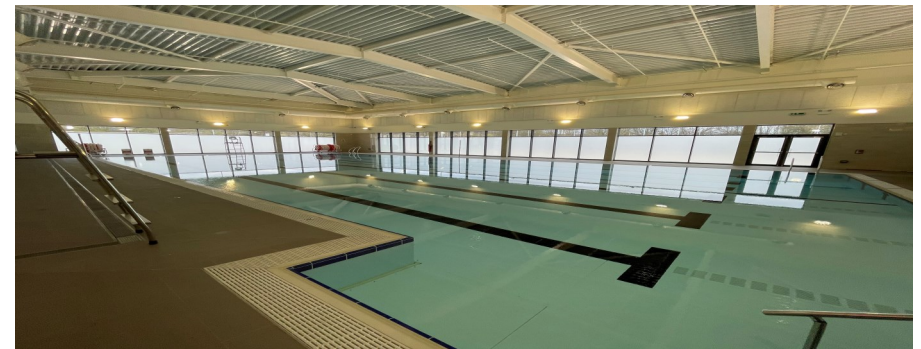
| All Inclusive | Annual Payment £ | Monthly Direct Debit £ * |
|---------------|--|--------------------------|
| Family | 515.88 | 42.99 |
| Individual | 347.88 | 28.99 |
| Budget | 50p per activity (Proof must be shown) | |

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 21st April - Sunday 27th 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

| Day | Time | Activity | Day | Time | Activity |
|-------------|---------------|--|--------------|-----------------|---|
| Mon | 06.30-08.00 | Lane Swim | Thurs | 06.30-08.00 | Lane Swim |
| | | | | 16.00-17.00 | Fun Session |
| | | | | 17.00-18:00 | Family Session |
| Tues | 06.30-08.00 | Lane Swim | | 18.00-19.00 | Open Swim** |
| | 16.00 -17.00 | Family Friendly | | 19.15-20.00 | Aqua Aerobics / Half Lane Swim (Adults Only |
| | 17.00 -18.00 | Fun Session | | 20.00-21.30 | Open Swim** |
| | 18.00 -19.00 | Lane Swim | | | |
| | 19.00 -21.00 | Swim Club | Fri | 16.00 -18.00 | Open Swim |
| | 20.00 -21.30 | Half Pool Lane Swim / Swim Club | | 18.00 -18.55 | Fun Swim/Pool Party* |
| | | | | 19.00 -21.00 | Swim Club |
| | | | | | |
| | | Sat | 10.00 -11.00 | Family Friendly | |
| | | | 11.00 -11.55 | Fun Session | |
| Wed | 16.00 -18.00 | Open Swim | | 12.00 -13.00 | Open Swim** |
| | 18.00 -18.55 | Family Friendly | | | |
| | 19.00 - 19.45 | Aqua Aerobics/ Adult Only Lane Swim | Sun | 10.00- 10.55 | Lane Swim |
| | 20.00 -21.30 | Open Swim* | | 11.00 -12.00 | Family Friendly |
| | | | | 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 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 and 5th May will have morning swim and be closed in the evening due to Bank Holiday weekend opening hours.

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

| 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

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| Wednesday | 17.45 - 18.45 | Circuits |
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Session Description

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| 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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