

## 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)	

## Love 2 swim lessons

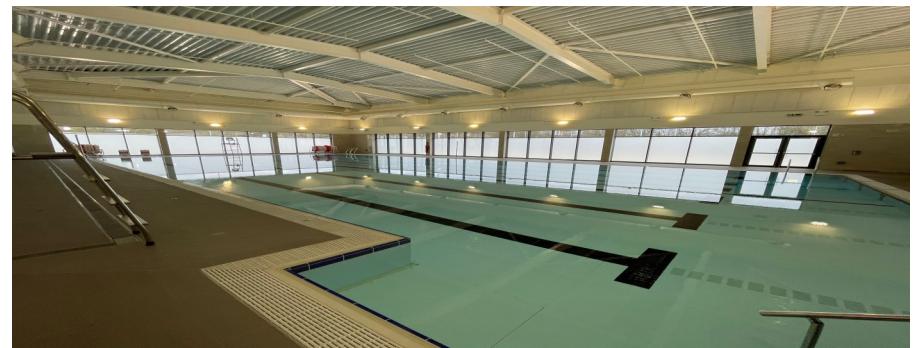
	1:1 30 minutes	1: 2 30 minutes
All Inclusive	£25.15	£17.55p/p
Non member / PAYG	£32.75	£25.15p/p

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 12th January - Sunday 29th March 2026



### 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 -18.45	Centre Lessons		16.00 -18.00	Centre Lessons
	19.00 - 20.30	Lane Swim		18.00 -19.00	Fun Session
	20.30 - 21.30	Adults Only		19.15 -20.00	Aqua Aerobics/ Adult Only Lane Swim
				20.00 -21.30	Open Swim**
Tues	06.30-08.00	Lane Swim	Fri	16.00 -18.00	Centre Lessons
	16.00 -18.00	Centre Lessons		18.00 -18.50	Fun Swim/Pool Party*
	18.00 -18.50	Family Friendly		19.00 -21.00	Swim Club
	19.00 -21.00	Swim Club			
	20.00 -21.30	Half Pool Lane Swim / Swim Club	Sat	10.00 -11.00	Family Friendly
				11.00 -11.55	Fun Session
Wed	16.00 -18.00	Centre Lessons		12.00 -13.00	Lane Swim
	18.00 -18.50	Family Friendly			
	19.00 - 19.45	Aqua Aerobics/ Adult Only Lane Swim	Sun	10.00- 10.55	Lane Swim
	20.00 -21.30	Canoe Polo Club		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

Tuesday	19.15—20.15	Zumba
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Session	Description
Zumba	Interval style dance fitness, that contains low-intensity and high-intensity moves. Fun for all. Age 16 +

\*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.

There will be no fun sessions available on **Friday 23/01/26 & Friday 30/01/26**

Additional public sessions will be available during February mid-term: 16th to the 20th February. Please keep an eye on our social media page.