

Averon Childcare Services



8.15am—2.15pm or 12pm—5.30pm £14.70

All day care from 8.15am—5.30pm £20.75



Mon — Fri 8.15am-5.30pm

Bookings can be made up to 7 days in advance



AVAILABILITY OF CHILDCARE SPACES

Our Childcare Services at the Averon is not exclusively for centre activity participants. It is available to any parent needing to use this service.

Once you have completed an initial registration form with an annual registration fee of £7.40 you can then book up to 7 days in advance for KATZ Pre school ages (minimum 6 weeks old) or 1 month in advance for TIGERZ primary ages.

Feel free to arrange by phoning one of our child care staff (01349 882287) for a suitable time to pop in for a chat and a look round.

"Every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts" - Article 31 in the United Nations Dec of the Rights of the Child 1989

With this in mind, the children will have the opportunity to experience a variety of structured and unstructured play activities indoors and outdoors, which will include planned activities such as Futsal, Gymnastics, Highland Dancing, Badminton.

Averon Leisure Centre & Library - Contacts;

Tel 01349 882287 Email: averonleisurecentre@highlifehighland.com

Web: www.highlifehighland.com

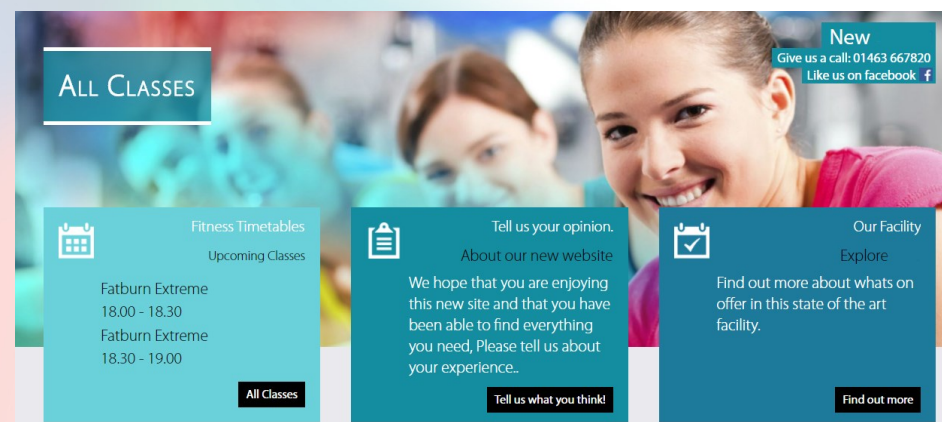
Classes For The More Mature

Monday	Walking Group	9.30-11.00am	Group that meets here on Mondays then set off on various routes. If interested in joining in, just pop down before they leave for a quick chat to get an idea of the level of walking they do.
Tuesday	Pilates	9.15-10.15am	<i>Pilates</i> is a form of exercise that focuses on balance, posture, strength and flexibility
	Active Life +	10.30-11.30am	Is a moderate intensity exercise class helping you be healthier, more energetic and able to enjoy life. Come and Join our moderate conditioning class ideal for Active 50/60+'s This session is bookable.
	Otago	11.45-12.45pm	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls. This session is bookable.
	Parkinson's Group class	2.00-3.00pm	Attending this session is by referral only.
Friday	Workout Plus	11.30-12.30pm	Gentle Toning & Conditioning. This session is bookable.

Online Booking

Don't miss out – Sign up now to book online!

As an all-inclusive High Life member you can book your favourite classes online up to 7 days in advance.



To book classes online, you'll need your email address and High life membership number ie. the number written on the back of your High Life card. If you already have an email address registered

in your high life membership, we will email you with details of how to book online
If you have not registered your email address please speak to a member of the team today to

Library Services

TECHNO BOTS



Over the in-service days, we held a few Techno-bots sessions at the Alness Library and Averon Leisure Centre.



There were plenty of techy activities available – from Anki-Overdrive computer controlled car racing, to robotics (including a BB9e) and coding activities

We hope to see more of these activities at the library in the future!




WE ARE
MACMILLAN
CANCER SUPPORT




A HUGE THANK YOU to all who contributed to making such a great success of the coffee morning on Friday 28th September which raised the fantastic total of **£560**





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Averon Leisure Centre & Library



Activity Guide


15th Oct - 28th Oct18

Centre's hours of business

Mon - Fri: 8.00am - 10.00pm

Weekends: 9.30am - 4.30pm

Phone: 01349 882287



Adult Group Fitness Classes

Monday No class 15/10/18	HIIT Training	Sharon	9.30	10.00	Main hall
	B Pump	Sam/Sharon	10.00	11.00	Main hall
	B Balance	Sarah	11.00	12.00	Studio
	Pilates	Suzanne	12.30	1.30	Main hall
	Bodytone	Suzanne	6.00	7.00	Main Hall
	Spin	Kirstin / Sharon	6.30	7.15	Studio
	B combat	Kirstin/Julie	7.00	8.00	Main hall
Tuesday No class	Fatburn	Julie C	9.30	10.00	Main hall
	HIIT Step	Sharon/Sam	10.00	10.30	Main hall
	Pilates	Suzanne	9.15	10.15	Studio
	Active Life Plus	Julie B	10.30	11.30	Studio
	Otago	Julie B	11.45	12.45	Studio
	Parkinson's Class	By referral only	2.00	3.00	Studio
	B Pump	Claire	6.00	7.00	Main hall
	B Combat	Kirstin	7.00	8.00	Main hall
	P90X	Jenny	9.30	10.30	Main hall
	Spin	Jenny	10.30	11.15	Studio
No class 10/10/18	HIIT Step	Julie C	6.00	6.30	Main hall
	Fat Burn	Kirstin	6.30	7.00	Main Hall
	Spin	Lynn	7.00	8.00	Studio
Thursday No class 11/10/18	Pump	Julie C	9.30	10.30	Main hall
	B Pump	Lynn	7.00	8.00	Main hall
	B Balance	Sarah	7.00	8.00	Studio



FRIDAY No class 12/10/18	HIIT training	Sharon	9.30	10.00	Main hall
	19/10/18 only				
	HIIT Step	Julie	9.30	10.00	Main hall
	26/10/18 only				
	Balance	Sarah	10.00	11.00	Main hall
No class 12/10/18	Work Out Plus	Suzanne	11.30	12.30	Main hall
	Fat burn	Kirstin	6.00	6.30	Main hall
	Spin	Lynn	6.30	7.30	Studio
	B Balance	Sarah	7.30	8.30	Studio
Saturday					
	B Pump	Claire	9.45	10.45	Main hall
Sunday					
	Spin	Lynn	9.45	10.45	Studio
No class 7/10/18	B Balance	Sarah	9.45	10.45	Main Hall

Bookings / Cancellations

We require that all classes are booked in advance. Please ensure that when booking you have your membership card ID number at the ready eg. 17002345 (the number that is written on the back of your High Life membership card). This ensures the correct person is booked in. Bookings and cancellations are accepted via reception or phone only (01349 882287)

Notifications of short notice changes to classes etc. are made via our facebook page.

www.facebook.com/averonleisurecentre

Centre Opening Times:

Mon Fri 8.00am—10.00pm
Weekends 9.30am—4.30pm
Telephone: 01349 882287

Flexible membership options

ALL-INCLUSIVE** access to all High Life leisure centres is **just £30.00** per month for the family or £20.00 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £360 or an annual individual membership for £240.

** BUDGET** access to all facilities: pay just 50p per activity if your household is on: Income Support, Pension Guarantee Credit, Job Seekers Allowance or Employment Support Allowance, or individuals on War Disability Pension, Disability Living Allowance, Personal Independence Payment (from 10 June 2013), Attendance Allowance or Carer's Allowance.



Adult Group Fitness Class Descriptions

P90X	Cardio and strength workout for every fitness level
Body Pump	Get the rep effect - a proven formula to develop a lean athletic body using studio barbells, high reps and pumping music
Body Balance	Elements of Yoga, Tai-Chi and Pilates to build flexibility and strength leaving you centred, strong and calm.
Body Combat	A high-energy non-contact martial arts-inspired class. Punch and kick your way to fitness with moves from Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu
Otago	Evidence based exercise targeted for older adults, proven to increase mobility and reduce falls
Bums n Tums	Tone up, firm up and burn fat from your tummy, hips, thighs and bottom with this muscle toning, exercise to music class
Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
Workout Plus	Gentle Toning & Conditioning
Active Life Plus	Is a moderate intensity exercise class helping you be healthier, more energetic and able to enjoy life. Come and Join our moderate conditioning class ideal for Active 50/60+'s
Fat Burn	A 20-minute <i>workout</i> , scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight
Pilates	<i>Pilates</i> is a form of exercise that focuses on balance, posture, strength and flexibility
HIIT Step	The unique circuit-like structure of this class takes the intervals to a new level of hard! Using the board in creative ways, this athletic workout can be modified to accommodate various fitness levels while challenging your most hard-core athlete
Bodytone	A challenging yet rewarding total body workout class, to Sculpt, Tone, Strengthen and Condition the whole body. Using a combination of cardio, body weight and dumb bell exercises. Develop core strength and build lean muscle as you burn fat. Come along - Have fun, boost your mood and feel energised as you workout to motivating music.
Gamefit	The 20 Minute Sports Performance Workout. Maximise results in minimum time

Averon Leisure Centre & Library Telephone 01349 882287



OCTOBER PLAYSCHEME

Get ready for our seriously spooky October play scheme from 15th October –26th October 2018

Monday 15th October	Autumn Activities	2pm-4pm
Tuesday 16th October	Dodgeball and games	2pm-4pm
Wednesday 17th October	Windy Wednesday	2pm-4pm
Thursday 18th October	Autumn crafts	2pm-4pm
Friday 19th October	Hibernation day	2pm-4pm
Monday 22nd October	Games day	2pm-4pm
Tuesday 23rd October	Bonfire games	2pm-4pm
Wednesday 24th October	Halloween crafts	2pm-4pm
Thursday 25th October	Multi-sports	2pm-4pm
Friday 26th October	Halloween Party	2pm-4pm

