

Swimming Pool (From Monday 15 January)

Monday	7.30am - 8.30am	Public session/swim club	Half pool available
	8.30am - 9.30am	Senior swim	Older adult session
	1.15pm - 2.15pm	Public session	Lane available
	7.05pm - 7.35pm	Swim Gym**	Swim Fitness
	7.45pm - 8.30pm	Aqua aerobics	Low impact water workout
Tuesday	8.30pm - 9.15pm	Public session	Lane available
	7.30am - 8.30am	Public session	Lane available
	1.15pm - 2.15pm	Public session	Lane available
	7.30pm - 9.00pm	Public session	Lane available
	9.00pm - 9.30pm	Adults only	Exclusive adults session
Wednesday	1.15pm - 2.15pm	Public session	Lane available
	7.30pm - 9.00pm	Public session	Lane available
	9.00pm - 9.30pm	Adults only	Exclusive adults session
Thursday	7.30am - 8.30am	Public session	Lane available
	1.15pm - 2.15pm	Public session	Lane available
	8.15pm - 9.00pm	Public session	Lane available
	7.30am - 8.00am	Public Session	Lane Available
Friday	8.00am - 8.40am	Senior swim	Older adult session
	7.05pm - 7.50pm	Fun Session**	Play equipment
	8.00pm—9.00pm	Adults only	Lane Only Swimming
Saturday	10.15am - 11.05pm	Family session (half pool)	Family friendly policy
	11.10pm - 12.00pm	Family session (half pool)	Family Friendly policy
	12.00pm - 13.50pm	Public session	Lane Available
Sunday	10.15am - 11.05am	Family session (half pool)	Family friendly policy
	11.10am —12.00pm	Family session (half pool)	Family friendly policy
	12.00pm - 13.50pm	Public session	Lane available

All Inclusive Membership

** Booking essential up to 1 week in advance

Membership	Annual Payment	Monthly Direct Debit
Family	£360.00	£30.00
Individual	£240.00	£20.00

Pay as you Go

Activity	Standard	Concession	Budget
Fitness Suite	£6.60	£3.30	£0.50
Swim	£5.90	£2.95	£0.50
Classes/Activities	£5.80	£2.90	£0.50
Racquet Sports	£5.30	£2.65	£0.50
Swim Lessons	£9.20	£4.60	£0.50
Bouldering	£7.80	£3.90	£0.50
Shower	£2.70	£1.35	£0.50

Party Packages

Bouncy castle and soft play party	£83.70
Sports/Games party/ Nerf Wars	£83.70

All parties are coached for one hour, you are then free to enjoy the foyer and half hall for the second hour to continue with your own music, games & food.



'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



Activity Programme and Information

Craig Maclean Leisure Centre 4th January - 29 March 2018

Online booking for fitness classes - coming soon!

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.

Please make sure we have your email address updated in order to receive details on how to book.




Contact us: Craig Maclean Leisure Centre, Cromdale Road, Grantown on Spey, PH26 3HU
 Phone us: 01479 870281
 Email us: craigmaclean.leisure@highlifehighland.com
 Website: www.highlifehighland.com



Programme may be subject to change

Pre-School Activities		Booking for activities commences 08.01.18 Activities begin 15.01.18 for 8 weeks Excludes Half Term 19.02.18		
Day	Activity	Time	Age group	What's it all about?
Thurs	Ballet	4.00pm - 4.30pm	Pre-School	Come and try Ballet
Fri	Mini Kickers	3:35pm - 4:05pm	3-5 years	Soccer skills and games
Fri	Softplay	4.15pm - 5.00pm	0-5 years	Build, climb, and play

Active Kids Coaching				
Day	Activity	Time	Age	What's it all about?
Mon	Futsal	4.00pm - 4.30pm	P1 - P3	Football skills and games
Mon	Futsal	4.30pm—5.15pm	P4 - P7	Learn individual skills & team play
Tue	Netball	4.05pm - 4.45pm	P6 - S3	It's game time !
Tue	Shinty	5.05pm - 5.50pm	P5-P7	Develop your shinty skills
Tue	Teen Gym	5.00pm—5.45pm	S1 - S3	Taster classes tailored for teens
Weds	Racquet Sports	4.00pm - 4.55pm	P4 - P7	Racquet skills and games
Thurs	Marvel Fit Kids	4.00pm—4.45pm	P1 - P7	Fitness based fun
Thurs	Ballet	4.30pm - 5.15pm	P1 - P3	Come and try Ballet

Personal Training

30 and 60 min personal training sessions available at times that suit you. Please e-mail or enquire within for further details.

Fitness Suite	
Mon - Fri	7.30am - 10.00pm
Weekends	10.00am - 2.00pm

Adult Swimming Lessons

Lessons Commence Thursday 18th January

7.00pm—7.30pm Beginners

7.30pm—8.15pm Improvers

Please enquire at reception

LEARN TO SWIM LESSONS

Lessons Commence Week Beginning 15th January 2018

Monday 4.00pm-7.00pm

Wednesday 4.00pm-7.00pm

Friday 4.00pm-7.00pm

PARENT AND CHILD SWIMMING LESSONS

Lessons Commence 18th January

THURSDAY MORNINGS 11.00am – 11.30am

WEDNESDAY MORNINGS 11.30am-12.00am

Please enquire at reception.



Adult Activities		*Pre booking essential up to 7 days in advance		
Day	Class	Time	Duration	Instructor
Monday	Fit Plus	8.15am	45mins	Lee
	*Indoor Cycling	5.15pm	30mins	John
	Pump	5.45pm	45mins	John
	Body Balance	6.30pm	60mins	Debbie
	Aqua Aerobics	7.45pm	45mins	Debbie
Tuesday	Fit Plus	9.00am	45mins	Lee
	Circuits	6.00pm	55mins	John / Lee
	*Indoor Cycling	7.00pm	30mins	John / Lee
	Ski Fit	7.30pm	60mins	John / Lee
Wednesday	*Indoor Cycling	6.00pm	30mins	Lee / Jacob
	Insanity	6.30pm	45mins	Megan
	Zumba	7.30pm	60mins	Sam
Thursday	Cross Training	6.00pm	55mins	John
	*Indoor Cycling	7.00pm	30mins	Jacob
Friday	Fit Plus	9.00am	45mins	John
	Otago	12.00pm	45mins	Lee
	Metafit	6.00pm	30mins	Mikey
	Core Workout	6.30pm	30mins	Mikey
Saturday	Circuits	10.05am	45mins	Lee / John
Sunday	Walking Football	10.00am	60mins	

Tomintoul Classes			
Wednesday	Fatburn Extreme	6.30pm	30 mins
	Circuits	7.00pm	45 mins
Friday	Metafit	6.30pm	30 mins
	Circuits	7.00pm	45 mins



Activity Description	Programme may be subject to change. For up to date info like us on	facebook
Otago	Older persons class scientifically proven to improve stability and mobility	
Fit Plus	Starter class ideal for those easing into exercise	
Aqua Aerobics	Low impact water workout	
Body Balance	Yoga-based class that will improve your mind, your body and your life	
Indoor Cycling	Stationary group cycle class focused on strength & endurance	
Circuits	Body conditioning using high intensity interval training stations	
Metafit	The bodyweight training revolution. Energy burn effects last 24 hours	
Cross Training	Functional combination training to condition and strengthen the entire body	
Insanity	Max Interval total body workout using only body weight	
Pump	Studio barbell strength and conditioning workout that will boost energy levels and metabolism	
Core Workout	4 week personal core challenge to develop and condition the body	
Game Fit	20 minute sports performance workout	
Zumba	Combines cardio, muscle conditioning, balance & flexibility in a dance fitness workout	
Walking Football	Players over the age of 35, come and showcase your football skills	
SkiFit	Snowsport specific strength and conditioning workout	