

Swimming Pool Opening Times			
Lanes available during public sessions. **Booking advisable up to 7 days in advance			
Monday	7.30am - 8.30am	Public session	Half Pool available
	8.30am - 9.30am	Senior Swim	Older adult session
	1.30pm - 2.30pm	Public session	Lane available
	7.30pm - 9.00pm	Public Session	Lane available
Tuesday	7.30am - 8.30am	Public session	Lane available
	1.15pm - 2.15pm	Public session	Lane available
	7.15pm - 8.00pm	Aquacise (Starts 10th Sept)	Water based aerobics class
	8.00pm - 9.00pm	Public Session	Lane available
Wednesday	1.15pm - 2.15pm	Public session	Lane available
	7.30pm - 9.00pm	Public Session	Lane available
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
Friday	7.30am - 8.00am	Public session	Lane available
	8.00am - 8.40am	Senior swim	Older adult session
	7.05pm - 7.50pm	Children's Fun Swim**	Floats Session
Saturday	10.15am - 11.05am	Family session (half pool)	Family friendly policy
	11.10am - 12.00pm	Family session (half pool)	Family friendly policy
	12.00pm - 1.50pm	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 - 1.50pm	Public session	Lane available



Pay As You Go			
Activity	Standard	Concession	Budget
Classes/Activities	£6.40	£3.20	£0.50
Climbing Wall	£8.60	£4.30	£0.50
Fitness Suite	£7.40	£3.70	£0.50
Racquet Sports	£5.90	£2.95	£0.50
Shower	£3.00	£1.50	£0.50
Swim Session	£6.50	£3.25	£0.50
Swim Lessons	£10.20	£5.10	£0.50

Climbing Wall Opening Times	
Wednesday	19:00 - 21:00
Saturday	11:30 - 13:30
Sunday	11:30 - 13:30

All Inc. Membership		
Membership	Annual	Monthly
Family	£372.00	£31.00
Individual	£247.20	£20.60

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 19 August - 13 October



CMLC Junior Triathlon - Book online now!

Leisure Centre Opening Hours	
Monday - Friday	7:30am - 10pm
Saturday - Sunday	10am - 2pm

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

Programme may be subject to change. For up to date info like us on

Bookings open at 07:00am on Tuesday 20th August and commence Mon 26th Aug
All bookings can be made at <https://booking.hIGHLIFEhighland.com>
You will require your child's MEMBER ID and PIN.

Kids Activities

Day	Activity	Time	Age	Activity Code
Monday	Futsal	16:00 - 16:45	P1 - P3	002283GRAN
Tuesday	Netball	16:00 - 17:15	S1 - S6	002280GRAN
Tuesday	Teen Gym	17:00 - 17:45	S1 - S6	002281GRAN
Wednesday	Mini-Netball	16:00 - 16:45	P4 - P7	002282GRAN
Wednesday	Futsal	16:45 - 17:30	P4 - P7	002279GRAN
Thursday	*ABC	16:00 - 16:40	5-6YRS	002286GRAN
Thursday	*Beginner Gymnastics	16:30 - 17:10	6 - 14 YRS	002287GRAN
Thursday	*Improver Gymnastics	17:00 - 17:50	6 - 14 YRS	002288GRAN
*Please note: ABC, Beginner Gymnastics and Improver Gymnastics all start Thurs 12th Sept				
Friday	Mini Kickers	15:35 - 16:05	3Yrs - 5Yrs	002284GRAN
Friday	Soft Play	16:15 - 17:00	0Yrs - P3	002285GRAN



Online Booking—Kid's Dryside Activities

In order to book your children into our children's activity programme, you will need:

- Your child's Highlife Card with **MEMBER ID**
- Your child's Highlife Card **PIN NUMBER**
- Parent / Guardian's **valid email address**
- Go to: **<https://booking.hIGHLIFEhighland.com>**
- Search for the activity by the **ACTIVITY CODE**
- Bookings will be confirmed immediately by email.

If you do not know your child's **MEMBER ID** or **PIN**, please contact reception, as you cannot book without these.

Swimming Lessons

Parent & Toddler

Parent & Toddler lessons will commence on Monday 26th August.

Lessons will run from 11.30am for 30 minutes.

Learn to Swim

Places on the Learn to Swim programme will not be available to book online.

Lessons begin week beginning Monday 26th August.

Adult Beginner Lessons

Adult beginner lessons will commence on Thursday 29th August for 6 weeks.

Lessons will run from 7.15pm for 45 minutes.

To enquire about Parent & Toddler, or Adult Swimming Lessons, please contact reception.

Adult Fitness Classes

*Booking advised up to 7 days in advance
(£) Additional Charge - £3 HLH Members, £5 Non-Members

Day	Class	Time	Duration
Monday	Fit +	08:15 - 09:00	45 mins
	Yoga (Grantown Pagoda - Max 20)*	09:15 - 10:15	60 mins
	Indoor Cycling*	17:15 - 17:45	30 mins
	Pump	17:45 - 18:30	45 mins
	Zumba	20:00 - 21:00	60 mins
Tuesday	Fit +	09:00 - 09:45	45 mins
	Circuits	18:00 - 19:00	60 mins
	Aquacise (Starting 10th Sept)	19:10 - 19:55	45 mins
	Body Balance	19:00 - 20:00	60 mins
Wednesday	BoxFit	18:00 - 18:40	40 mins
	Indoor Cycling*	18:45 - 19:15	30 mins
	Muay Thai (£)	18:45 - 19:45	60 mins
	Insanity	19:20 - 20:00	40 mins
Thursday	Cross-Training	18:00 - 19:00	60 mins
	Indoor Cycling*	19:00 - 19:45	45 mins
Friday	Fit +	09:00 - 09:45	45 mins
	Otago	12:00 - 12:45	45 mins
	Metafit	18:00 - 18:30	30 mins
	Core Workout	18:30 - 19:00	30 mins
Saturday	Circuits	10:05 - 10:50	45 mins
Sunday	Walking Football	10.05 - 10.50	45 mins

CMLC - Highlife Highland Junior Triathlon

Saturday 07th September

Bookings can be made by visiting <https://booking.hIGHLIFEhighland.com> and logging in with your child's **Member ID** and **PIN Number**.

Each participant will receive a sports bag, medal and certificate. For more information, please contact Reception.

Volunteers required - If you or anyone you know are available to volunteer at our event, please get in touch with Reception.

Party Packages

***Please bring own Nerf guns

Various party packages available. Please enquire within.

Choose from:
Bouncy Castle and Soft Play
Sports
Nerf***
Pool Party

Available from £92.30

Personal Training

Personal Training sessions with our Level 3 Personal Trainers are available upon request.

For more information, please enquire within.