

Swimming Pool Opening Times

Mond	7.15am-8.00am	Lane swim **	Max 16 swimmers
	1.00pm-3.00pm	Open Swim	Lane available
	5.00pm -8.00pm	Open swim	Lane available
Tues	7.15am-8.30am	Lane swim **	Max 16 swimmers
	11.30pm -12.15pm	Aqua aerobics **	Max 16 spaces
	12.45pm- 1.30pm	Aqua aerobics **	Max 16 spaces
	2.00pm-3.00pm	Open Swim	Lane available
	5.30pm-8.30pm	Open Swim	Lane available
Wed	7.15am-8.30am	Lane swim **	Max 16 swimmers
	8.45am-9.30am	Senior swim **	Max 12 swimmers
	1.00pm-3.00pm	Open Swim	Lane available
	5.30pm-8.30pm	Open swim	Lane available
Thur	7.15am-8.30am	Lane swim **	Max 16 swimmers
	11.30am-12.15pm	Aqua aerobics**	Max 16 spaces
	12.35pm-1.20pm	Aqua aerobics**	Max 16 spaces
	2.00pm-3.00pm	Open Swim	Lane available
	5.30pm-8.30pm	Open swim	Lane Available
Fri	7.15am-8.30am	Lane swim **	Max 16 swimmers
	3.00pm-5.00pm	Open swim	Lane available
	6.00pm-8.00pm	Open swim	Lane available
	9.00am-9.45am	Family Session**	Half pool
Sat	10.00am-10.45am	Family Session**	Half pool
	11.00am-11.45am	Family Session	Full Pool
	12.00pm-12.45pm	Open swim	Lane available
Sun	9.00am-9.45am	Family Session**	Half pool
	10.00am-10.45am	Family Session**	Half pool
	11.00am-11.45am	Family Session	Full Pool
	12.00pm-12.45pm	Open swim	Lane Available

** These sessions must be pre-booked by calling Reception on 01479 870281 or booking online

<https://summer.higlifhighland.com>



Activity Programme and Information

Craig Maclean Leisure Centre

1st April - 16th April 2023



Normal Opening Hours

Monday - Friday 7.15 - 22:00
Saturday - Sunday 9.00 - 13:00

Easter Weekend Opening Hours

Good Friday 7th 9:00 - 13:00
Saturday 8th 9:00 - 13:00
Sunday 9th 9:00 - 13:00
Easter Monday 10th 9:00 - 13:00



BOOK ONLINE
TODAY!



Contact us: Craig Maclean Leisure Centre, Cromdale Road,
Grantown on Spey, PH26 3HU

Phone us: 01479 870281

Email us: craigmaclea.leisure@highlifhighland.com

Website: www.higlifhighland.com

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

facebook

Easter Weekend Fitness Classes & Pool Times			
Day	Class	Time	Duration
Good Friday 7th	Fit +	10.00am	45 mins
	Metafit	11.00am	50 mins
Saturday 8th	Circuits	10.15am	45 mins
Sunday 9th	Walking Football	10.00am	55mins
Easter Monday 10th	Fit +	10.00am	45 mins
	Spin	11.00am	50 mins

Easter Activity - now open to book

TO BOOK YOUR CHILD A SPACE ON THE EASTER DRY-SIDE ACTIVITIES

PLEASE VISIT : **booking.hIGHLIFEHIGHLAND.COM**

Personal Training Sessions			
30 and 60 min personal training sessions available at times that suit You with our CYQ Level 3 Qualified Trainers. Please e-mail or enquire		60 Minutes	30 Minutes
	Member 1:1	£30.50	£15.25
	Members 2:1	£21.80 Each	£10.90Each
	Non-Member 1:1	£38.15	£19.10
	Non-Members 2:1	£27.25Each	£13.60 Each

All Inclusive Membership. (New prices as of 1st April)

Membership	Annual	Monthly Payment
Family	£448.80	£37.40
Individual	£298.20	£24.85

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

Adult Fitness Classes			
* Booking advised up to 7 days in advance PLEASE NOTE CHANGE OF CLASS TIMETABLE OVER EASTER WEEKEND			
Day	Class	Time	Dura-
Monday	Fit +	8:00am	45 mins
	Indoor Cycling*	5.15pm	30 mins
	Barbell	5.50pm	55 mins
	Body balance	7.00pm	55mins
	Swim Gym	7.15pm	45mins
Tuesday	Tai Chi (British Legion)	9.00am	55mins
	Aqua aerobics	11.30am	45 mins
	Aqua aerobics	12.45pm	45mins
	Circuits	6.00pm	55mins
	Indoor cycling	7.00pm	30mins
Wednesday	Fit Plus	8.00am	45mins
	Circuit /Spin	5.40pm	50 mins
	Inferno Pilates	6.30pm	55 mins
	Yoga	7.30pm	60 mins
Thursday	Aqua Aerobics	11.30am	45mins
	Aqua Aerobics	12.30pm	45mins
	Cross-Training	6.00pm	55mins
	Indoor Cycling*	7.00pm	45mins
	Sculpt & Tone	7.30pm	30mins
Friday	Fit +	8.00am	45 mins
	Meta fit	5.30pm	30 mins
	Yoga	6.00pm	30 mins
Saturday	Circuits	9.30am	45 mins
Sunday	Walking football	9.05am	55mins

Pay As You Go New prices as of 1st April)

Activity	Standard	Concession	Budget
Classes/Activities	£7.50	£4.45	£0.50
Fitness Suite	£8.50	£5.10	£0.50
Racquet Sports	£6.75	£4.05	£0.50
Shower	£3.45	£2.10	£0.50
Swim Session	£7.50	£4.50	£0.50
Swim Lessons	£11.65	£7.00	£0.50