

Swimming Pool Opening Times

Sessions that must be booked in advance are marked with a *

Day	Activity	Time	Notes
Monday	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Open Swimming	1:15pm - 2:15pm	Lane Available
	Open Swimming	8:00pm - 9:00pm	Lane Available
Tuesday	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Aqua Aerobics*	11:30am - 12:15pm	Maximum 16 spaces
	Aqua Aerobics*	12:45pm - 1:30pm	Maximum 16 spaces
	Open Swimming	7:30pm - 9:00pm	Lane Available
Wednesday	Senior Swim	8:45am - 9:30am	Maximum 16 Swimmers
	Open Swimming	1:00pm - 2:00pm	Lane Available
	Open Swimming	7:30pm - 9:00pm	Lane Available
Thursday	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Aqua Aerobics*	11:30am - 12:15pm	Maximum 16 spaces
	Aqua Aerobics*	12:30pm - 1:15pm	Maximum 16 spaces
	Open Swimming	1:30pm - 2:30pm	Lane Available
	Adult Swim Lessons	7.20pm - 8.00pm	Please enquire at Reception
Friday	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Kids Fun Session*	7:00pm - 7:45pm	For Ages 8 - 11 Only
Saturday	Family Splash Session*	9:00am - 9.45am	Maximum 5 Families
	Family Splash Session*	10:00am - 10.45am	Maximum 5 Families
	Family Open Session	11:00am - 11.45am	Maximum 20 Swimmers
	Open Swimming	12:00pm - 12.45pm	Lane Available
Sunday	Family Splash Session*	9:00am - 9.45am	Maximum 5 Families
	Family Splash Session*	10:00am - 10.45am	Maximum 5 Families
	Family Open Session	11:00am - 11.45am	Maximum 20 Swimmers
	Open Swimming	12:00pm - 12.45pm	Lane Available

All-Inclusive Membership

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

Pay As You Go

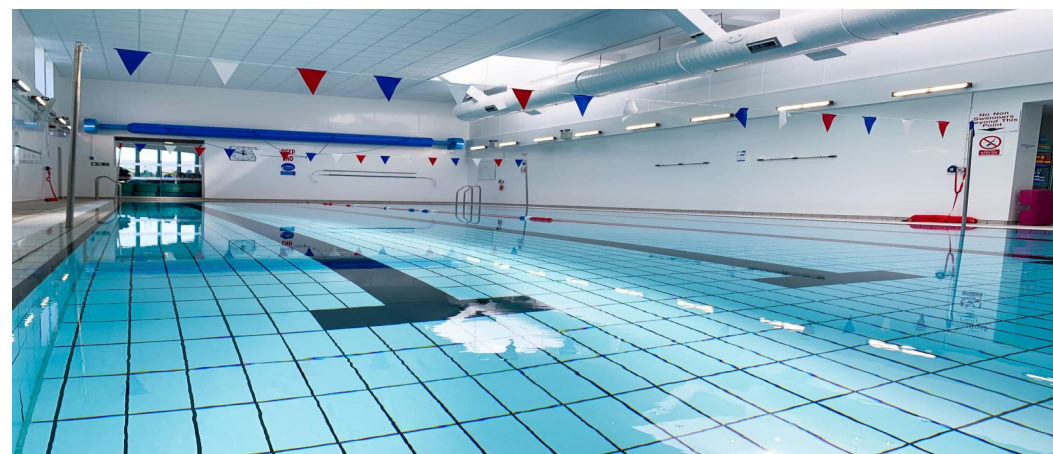
Activity	Standard	Concession	Budget
Activities	£7.50	£4.50	£0.50
Fitness Suite	£8.50	£5.10	£0.50
Racquet Sports	£6.75	£4.05	£0.50
Swim Session	£7.50	£4.50	£0.50
Swim lessons	£11.65	£7.00	£0.50
Shower	£3.45	£2.10	£0.50



Activity Programme and Information

Craig Maclean Leisure Centre

17th April - 30th June 2023



Open Monday - Friday

7.15am-10.00pm*

*Please note Fitness Suite & Pool times may differ due to school timetable during the week

Saturday & Sunday

9.00am-1.00pm



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

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

facebook

Dryside Kids Activities

Day	Activity	Time	Age	Activity Code
Monday	Unihoc	4:15pm-5:00pm	4-11yrs	ACT000816
Tuesday	Adult & Child * Swimming lessons	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am	Babies & under 4yr olds	Bookable at reception
Tuesday	Sports Science Team	4:15pm - 5:00pm	12—15yrs	ACT000817
Thursday	Sports Science Team	5:00pm - 5:45pm	7—11yrs	ACT000818
Friday	Futsal League	4.15pm - 5:00pm	4—8yrs	ACT000819
Friday	Soft Play*	4:15pm - 5:15pm	0yrs - 7yrs	ACT000826
Friday	Fusion*	8.00pm-10.00pm	12yrs-17yrs	Bookable at reception

All Dry-side kids activities bookings go live **Monday 17th April** & start week commencing **Monday 24th April**
To book your child a space into a Dry-side activity (excluding Fusion), please visit: <https://booking.highlifehighland.com>

For information on Active school activities please visit their Facebook page "Grantown Cluster Active schools" or book by visiting the below website. <https://booking.highlifehighland.com>

Learn to Swim

[Learn to Swim](#) [New Term starts the week of 24th April](#)

Parent and Toddler lessons will run alongside the same dates as the Learn to Swim programme.

Due to an extended waiting list, **ALL** unpaid swimming lessons **MUST** be paid for by the end of the first week at reception or over the phone.

Badminton & Tennis Sessions available please ring reception for available slots.

Adult Fitness Classes To book classes: <https://summer.highland.gov.uk>

Day	Class	Time	Duration
Monday	Fit Plus	7:45am	45mins
	Indoor Cycling	5:15pm	30mins
	Barbell Club	5:50pm	55mins
	Body Balance	7:00pm	55mins
	Swim Gym	7:15pm	45mins
Tuesday	Tai Chi (British Legion)	9:00am	55mins
	Aqua Aerobics	11:30am	45mins
	Aqua Aerobics	12:45pm	45mins
	Circuits	6:00pm	55mins
	Indoor Cycling	7:00pm	30mins
Wednesday	Fit Plus	7:45am	45mins
	Circuit Spin	5:40pm	50mins
	Inferno Pilates	6:30pm	55mins
	Yoga	7:30pm	60mins
	Thursday	Aqua Aerobics	11:30am
Aqua Aerobics		12:30pm	45mins
Cross-Training		6:00pm	55mins
Indoor cycling		7:00pm	30mins
Sculpt & Tone		7:30pm	30mins
Friday	Fit Plus	7:45am	45mins
	Meta Fit	5:30pm	30mins
	Yoga	6:00pm	55mins
Saturday	Circuits	9:30am	45mins
Sunday	Walking Football	9:05am	55mins

Activity Descriptions

Circuits	Body conditioning using high intensity interval training stations
Barbell	A fast-paced, barbell-based workout that's specifically designed to help you get
Circuit/Spin	Combining the best aspects of both spin and circuits into one effective session
Inferno Pilates	Inferno Pilates is a 55 minute, high-intensity, low-impact work-out. The class is a challenging , full body, low-impact, high-intensity workout to music.
Swim Gym	Improve your fitness and stamina in the pool
Cross Training	Functional combination training to condition and strengthen the entire body
Fit +	Starter class ideal for those easing into exercise
Sculpt & Tone	A body conditioning class focused on toning the abs, glutes and legs
Indoor Cycling	Stationary group cycle class focused on strength and endurance
Tai Chi	A self-paced system of gentle physical exercise and stretching
Yoga	Using breath control, simple meditation and specific bodily postures to provide
Body Balance	Yoga-based class that will improve your mind, your body and your life
Aqua Aerobics	Aerobic exercise done in water, excellent for joint pain, increased flexibility and
Metafit	High intensity body weight exercise class
Walking Football	Football played at walking pace, with players not allowed to run or jog