

Swimming Pool Opening Times			Sessions that must be booked in advance are marked with a *
Monday	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Open Swimming	1:30pm - 2:30pm	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 18 spaces
	Aqua Aerobics*	12:45pm - 1:30pm	Maximum 18 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	Open Swimming	7:15am - 9.45am	Lane Available
	Aqua Aerobics*	10:00am-10:45am	Maximum 20 spaces
	Open Swimming	1:30pm - 2:30pm	Lane Available
	Open Swimming	8:00pm - 9:00pm	Lane Available
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		
Member-ship	Annual Payment	Monthly Payment
Family	£448.80	£37.40
Individual	£298.20	£24.85

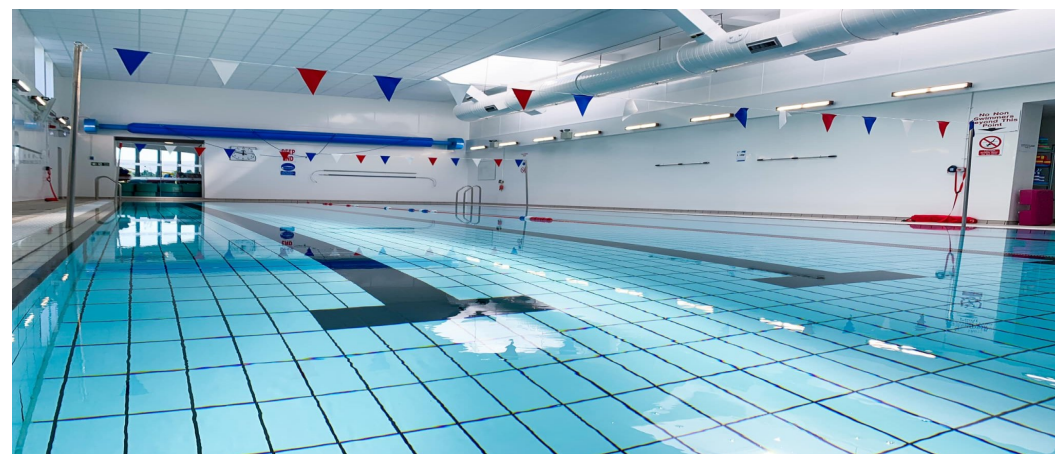
Pay As You Go			
Activity	Standard	Conces-	Budget
Activities	£7.50	£4.50	£0.50
Fitness Suite	£8.50	£5.10	£0.50
Racquet	£6.75	£4.05	£0.50
Swim Session	£7.50	£4.50	£0.50
Swim lessons	£11.65	£7.00	£0.50
Shower	£3.45	£2.10	£0.50



Activity Programme and Information

Craig Maclean Leisure Centre

23rd October—23rd December 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
Website: www.highlifehighland.com

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

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Dryside Kids Activities				
Day	Activity	Time	Age	Activity Code
Monday	Ball Sports	4:15pm –5:00pm	4-11yrs	ACT001337
Tuesday	Adult & Child * Swimming lessons	9:30am-10:00am 10:00am-10:30am	Babies & under 4yr olds	Bookable at reception
Tuesday	Sports Science Team Juniors	4.15pm—5.00pm	7—11 yrs	ACT001369
Thursday	Futsal	4:15pm-4:55pm	8-11yrs	ACT001364
Thursday	Sports Science Team Seniors	5:05pm - 5:55pm	12—15yrs	ACT001338
Thursday	Rookie lifeguard Bronze	7:20pm-8:00pm	Must have completed Level 7 LTS	ACT001339
Friday	Moving Mini's/ Soft Play	3:30pm-4:15pm	6mnths - 4yrs	ACT001340
Friday	Futsal League	4:30pm - 5:15pm	4—8yrs	ACT001342
Friday	Fusion League	8:00pm-10:00pm	12yrs-17yrs	Bookable at reception

All Dry-side kids activities bookings go live **Friday 20th October** & start the week. Commencing **Monday 23rd October**

To book your child a space into a Dry-side activity please visit: <https://booking.hIGHLIFEhighland.com> (excluding activities stating book at reception)

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 & Adult and Child lessons](#)
[New Term starts the week of 23rd October 2023 for an 8 week block](#)

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
	Spin HIIT	5:15pm	30mins
	Pump	5:50pm	55mins
	Boxing Fundamentals	6.00pm	55mins
	Thai Boxing - Grappling	7:00pm	55mins
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	6:00pm	50mins
	Yoga	7:00pm	60mins
Thursday	Aqua Aerobics	10:00am	45mins
	Cross-Training	6:00pm	55mins
	Body Balance	7.00pm	55mins
Friday	Fit Plus	7:45am	45mins
	Yoga	6:00pm	55mins
Saturday	Circuits	9:30am	45mins
Sunday	Walking Football	9:05am	55mins

Activity Descriptions

Spin HIIT	Combining all the benefits of HIIT training within a spin class.
Circuits	Body conditioning using high intensity interval training stations
Body Pump	Les mills pump workout that's specifically designed to help you get lean and fit
Fundamentals Thai boxing & Grappling	Come and learn the fundamentals of boxing whilst getting fit. Thai Boxing is a contact sport using stand up striking. Grappling is a fighting technique and full contact combat sport. Both learnt using non contact pad drills.
Circuit/Spin	Combining the best aspects of both spin and circuits into one effective session
Cross Training	Functional combination training to condition and strengthen the entire body
Fit +	Starter class ideal for those easing into exercise
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 mobility
Walking Football	Football played at walking pace, with players not allowed to run or jog