

## Swimming Pool Opening Times

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

<b>Monday</b>	Lane Swimming*	7:15am - 8:30am	Maximum 16 swimmers
	Open Swimming	1:30pm - 2:30pm	Lane Available
	Swim Gym*	7:15pm-8:00pm	Maximum 12 swimmers
	Open Swimming	8:00pm - 9:00pm	Lane Available
<b>Tuesday</b>	Lane Swimming*	7:15am - 8:30am	Maximum 16 swimmers
	Aqua Aerobics*	12:00pm - 12:45pm	Maximum 18 spaces
	Aqua Aerobics*	1:00pm - 1:45pm	Maximum 18 spaces
	Open Swimming	7:30pm - 9:00pm	Lane Available
<b>Wednesday</b>	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
<b>Thursday</b>	Open Swimming	7:15am - 8.30am	Maximum 18 swimmers
	Aqua Aerobics*	9:30am-10:15am	Maximum 18 spaces
	Aqua Aerobics*	10:30am-11:15am	Maximum 18 spaces
	Open Swimming	1:30pm - 2:30pm	Lane Available
	Open Swimming	8:00pm - 9:00pm	Lane Available
<b>Friday</b>	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Kids Fun Session*	7:00pm - 7:45pm	For Ages 8 - 11 only
<b>Saturday</b>	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
<b>Sunday</b>	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	£479.90	£39.99
Individual	£319.20	£26.60

### Pay As You Go

Activity	Standard	Conces-sion	Budget
Activities	£8.00	£4.80	£0.50
Fitness Suite	£9.10	£5.40	£0.50
Racquet Sports	£7.30	£4.30	£0.50
Swim Session	£8.00	£4.80	£0.50
Swim lessons	£12.50	£7.40	£0.50
Shower	£3.70	£2.20	£0.50



## Activity Programme and Information

### Craig Maclean Leisure Centre

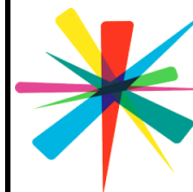
15th April - 30th June 2024



Open Weekdays—7.15am-10.00pm\*

Weekends - 9.00am—1.00pm

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



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

facebook

## Dryside Kids Activities

Day	Activity	Time	Age	Activity Code
Monday	Ball Sports	4:15pm -5:00pm	4-11yrs	ACT001772
Tuesday	Adult & Child * Swimming lessons	10:45am-11:15am 11:15am - 11:45am	Babies & under 4yr olds	Bookable at reception
Tuesday	Sports Science Team Juniors	4:15pm-5:00pm	7-11yrs	ACT001773
Wednesday	Family Volleyball	8:15pm-9:15pm	11yrs plus	Bookable at reception
Thursday	Futsal	4:15pm-4:45pm	4-8yrs	ACT001774
Thursday	Teen gym	4:15pm-5:00pm	11-15yrs	ACT001775
Thursday	Teen Gym	5:00pm-5:45pm	11-15yrs	ACT001776
Thursday	Rookie lifeguard Bronze	7:20pm-8:00pm	Must have completed Level 6 LTS	ACT001777
Friday	Moving Mini's/ Soft Play	4:15pm - 5:00pm	6mths - 4yrs	ACT001778
Friday	Midnight League 5 a side	8:00pm-9:45pm	S1-S6	Bookable at reception

All Dry-side kids activities bookings go live **Monday 15th April** & start the week commencing **Monday 22nd April**  
To book your child a space into a Dry-side activity please visit: <https://booking.highlifehighland.com> (excluding activities stating book at reception)

## Learn to Swim

**[Learn to Swim & Adult and Child lessons](#)**  
**[New Term starts the week of 22nd April 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.

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

Day	Class	Time	Duration
Monday	Fit Plus	7:45am	45mins
	Circuits Spin	5:15pm	45mins
	Boxing Circuits	6:00pm	55mins
	Thai Boxing - Grappling	7:00pm	55mins
Tuesday	Tai Chi (British Legion)	9:00am	55mins
	Aqua Aerobics	12:00pm	45mins
	Aqua Aerobics	1:00pm	45mins
	Circuits	6:15pm	55mins
Wednesday	Indoor Cycling	7:15pm	30mins
	Fit Plus	7:45am	45mins
	Pump	6:00pm	50mins
Thursday	Yoga	7:05pm	60mins
	Aqua Aerobics	9:30am	45mins
	Aqua Aerobics	10:30am	45mins
	Cross-Training	6:00pm	55mins
Friday	Indoor Cycling	7:00pm	30mins
	Fit Plus	7:45am	45mins
	Yoga	5:45pm	60mins
Saturday	Clubercise	7:00pm	45mins
	Circuits	9:30am	45mins
Sunday	Walking Football	9:05am	55mins

## Climbing wall sessions :

**Thursday 7.00pm-9.30pm**

**Saturday/Sunday 10.30am-12.45pm**

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

## Pay As You Go

Activity	Standard	Concession	Budget
Classes/Activities	£8.00	£4.80	£0.50
Fitness Suite	£9.10	£5.40	£0.50
Racquet Sports	£7.30	£4.30	£0.50
Shower	£3.70	£2.20	£0.50
Swim Session	£8.00	£4.80	£0.50
Swim Lessons	£12.50	£7.40	£0.50