

## Swimming Pool Opening Times

|             |                 |                  |                 |
|-------------|-----------------|------------------|-----------------|
| <b>Mon</b>  | 7.15am-8.30am   | Lane swim **     | Max 16 swimmers |
|             | 1.00pm-5.00pm   | Open Swim        | Lane available  |
|             | 7.00pm –7.45pm  | Aquafit **       | Max 20 spaces   |
|             | 8.00pm-9.00pm   | Open Swim        | Lane available  |
| <b>Tues</b> | 7.15am-8.30am   | Lane Swim **     | Max 16 swimmers |
|             | 12.00pm-12.45pm | Aqua Aerobics ** | Max 16 spaces   |
|             | 1.00pm-1.45pm   | Aqua Aerobics ** | Max 16 spaces   |
|             | 2.00pm-4.00pm   | Open Swim        | Lane available  |
|             | 5.00pm-8.30pm   | Open Swim        | Lane available  |
| <b>Wed</b>  | 7.15am-8.30am   | Lane Swim **     | Max 16 swimmers |
|             | 8.45am-9.30am   | Senior Swim **   | Max 16 swimmers |
|             | 1.00pm-4.00pm   | Open Swim        | Lane available  |
|             | 5.00pm-8.30pm   | Open Swim        | Lane available  |
| <b>Thur</b> | 7.15am-8.30am   | Lane Swim **     | Max 16 swimmers |
|             | 9.30am-10.15am  | Aqua Aerobics**  | Max 16 spaces   |
|             | 10.30am-11.15am | Aqua Aerobics**  | Max 16 spaces   |
|             | 1.00pm-4.00pm   | Open Swim        | Lane available  |
|             | 5.00pm-8.30pm   | Open Swim        | Lane Available  |
| <b>Fri</b>  | 7.15am-8.30am   | Lane Swim **     | Max 16 swimmers |
|             | 3.00pm-5.00pm   | Open Swim        | Lane available  |
|             | 6.00pm-8.30pm   | Open Swim        | Lane available  |
|             | 9.00am-9.45am   | Family Session** | Half pool       |
| <b>Sat</b>  | 10.00am-10.45am | Family Session** | Half pool       |
|             | 11.00am-11.45am | Family Session   | Full Pool       |
|             | 12.00pm-12.45pm | Open Swim        | Lane available  |
| <b>Sun</b>  | 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.hIGHLIFEhighland.com>



## Activity Programme and Information

### Craig Maclean Leisure Centre

5th April - 21st April 2025



#### Normal Opening Hours

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

#### Easter Weekend Opening Hours

Good Friday 18th 7:30 - 13:00  
Saturday 19th 9:00 - 13:00  
Sunday 20th 9:00 - 13:00  
Easter Monday 21st 7:30—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@highlifehighland.com](mailto:craigmaclea.leisure@highlifehighland.com)  
Website: [www.hIGHLIFEhighland.com](http://www.hIGHLIFEhighland.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 18th                            | Fit +            | 9.30am | 45 mins  |
| Easter Saturday 19th                        | Circuits         | 9.30am | 45 mins  |
| Easter Sunday 20th                          | Walking Football | 9.00am | 55 mins  |
| Easter Monday 21st                          | Fit +            | 9.30am | 45 mins  |

### **Easter Activities**

TO BOOK YOUR CHILD A SPACE ON THE EASTER DRYSIDE & WETSIDA ACTIVITIES

PLEASE VISIT :

**booking.hIGHLIFEHIGHLAND.COM**

TO BOOK FAMILY FUN SESSIONS PLEASE

VISIT : **online.hIGHLIFEHIGHLAND.COM**

| All-inclusive membership prices (New prices as of 1st April) |         |
|--------------------------------------------------------------|---------|
| Family membership                                            | £42.99  |
| Individual membership                                        | £28.99  |
| Family Annual                                                | £515.88 |
| Individual Annual                                            | £347.88 |

| Pay As You Go (New prices as of 1st April) |          |            |        |
|--------------------------------------------|----------|------------|--------|
| Activity                                   | Standard | Concession | Budget |
| Classes/Activities                         | £8.55    | £5.15      | £0.50  |
| Fitness Suite                              | £9.75    | £5.80      | £0.50  |
| Racquet Sports                             | £7.80    | £4.30      | £0.50  |
| Shower                                     | £4.00    | £2.35      | £0.50  |
| Swim Session                               | £8.55    | £5.15      | £0.50  |
| Swim Lessons                               | £13.40   | £7.90      | £0.50  |

| Adult Fitness Classes                                                                                  |                             |         |        |
|--------------------------------------------------------------------------------------------------------|-----------------------------|---------|--------|
| * Booking advised up to 7 days in advance<br>PLEASE NOTE CHANGE OF CLASS TIMETABLE OVER EASTER WEEKEND |                             |         |        |
| Day                                                                                                    | Class                       | Time    | Dura-  |
| Monday                                                                                                 | Fit +                       | 7:45am  | 45mins |
|                                                                                                        | Circuit Spin                | 5.15pm  | 30mins |
|                                                                                                        | Boxing Circuits             | 6.00pm  | 55mins |
|                                                                                                        | Thai boxing –Grappling      | 7.00pm  | 55mins |
|                                                                                                        | Aqua fit                    | 7.00pm  | 45mins |
| Tuesday                                                                                                | Tai Chi (Library)           | 9.00am  | 55mins |
|                                                                                                        | Aqua aerobics*              | 12.00pm | 45mins |
|                                                                                                        | Aqua aerobics*              | 1.00pm  | 45mins |
|                                                                                                        | Circuits                    | 6.00pm  | 55mins |
|                                                                                                        | Indoor cycling*             | 7.00pm  | 30mins |
| Wednesday                                                                                              | Fit Plus                    | 7.45am  | 45mins |
|                                                                                                        | Dynamic Wellbeing (Library) | 10.30pm | 60mins |
|                                                                                                        | Pump                        | 6.00pm  | 50mins |
|                                                                                                        | Yoga                        | 7.05pm  | 60mins |
| Thursday                                                                                               | Aqua Aerobics*              | 9.30pm  | 45mins |
|                                                                                                        | Aqua Aerobics*              | 10.30pm | 45mins |
|                                                                                                        | Cross-Training              | 6.00pm  | 55mins |
|                                                                                                        | Les Mills Pilates           | 7.00pm  | 45mins |
| Friday                                                                                                 | Metafit (Except 18th April) | 7.15am  | 30mins |
|                                                                                                        | Fit + (Except 18th April )  | 7.45am  | 45mins |
|                                                                                                        | Yoga (Except 18th April)    | 5.45pm  | 60mins |
| Saturday                                                                                               | Circuits                    | 9.30am  | 45mins |
| Sunday                                                                                                 | Walking football            | 9.05am  | 55mins |

| Climbing Wall |                |
|---------------|----------------|
| Thursday      | 8.15pm-9.30pm  |
| Sat/Sun       | 10.30am-1.00pm |

\*High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered