

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	12:30pm - 2:00pm	Lane Available
	AquaFit*	7:00pm - 7:45pm	Maximum 20 spaces
	Open Swimming	8:00pm - 9:00pm	Lane Available
<b>Tuesday</b>	Lane Swimming*	6:30am - 7:30am	Maximum 16 swimmers
	Lane Swimming*	7:30am - 8:30am	Maximum 16 swimmers
	Aqua Aerobics *	11:30am - 12:15pm	Maximum 20 spaces
	Open Swimming	1:15pm - 2:15pm	Lane Available
	Open Swimming	7:30pm - 9:00pm	Lane Available
<b>Wednesday</b>	Senior Swim	8:45am - 9:30am	Maximum 16 swimmers
	Open Swimming	12:30pm-2:00pm	Lane Available
	AquaFit*	7:15pm - 8:00pm	Maximum 20 spaces
	Open Swimming	8:00pm - 9:00pm	Lane Available
<b>Thursday</b>	Lane Swimming	6:30am - 7:30am	Maximum 16 swimmers
	Lane Swimming	7.30am - 8:30am	Maximum 16 swimmers
	Aqua Aerobics*	9:30am - 10:15am	Maximum 20 spaces
	Aqua Aerobics *	10:30am - 11:15am	Maximum 20 spaces
	Open Swimming	12:30pm - 2:00pm	Lane Available
	Open Swimming	7:30pm - 9:00pm	Lane Available
<b>Friday</b>	Lane Swimming*	7:15am - 8:30am	Maximum 16 Swimmers
	Fun Swim*	7:00pm - 7:45pm	For Ages 8—11 only
<b>Saturday</b>	Open Swimming	8:15am - 9:00am	Lane Available
	Family Splash Session*	9:00am - 9.45am	Maximum 5 Families
	Family Splash Session*	10:00am - 10:45am	Maximum 5 Families
	Open Swimming	11:00am - 12:45am	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
	Open Swimming	11:00am - 12:45am	Lane Available



## Activity Programme and Information

**Craig Maclean Leisure Centre**

**5th January—2nd April 2026**



### Opening Times

**Mon & Weds - 7:15am -10:00pm\***

**Tues & Thurs - 6:30am -10:00pm\***

**Friday - 7:15am - 9:00pm**

**Saturday - 8:15am - 1:00pm**

**Sunday - 9:00am - 1:00pm**



Contact us: Craig Maclean Leisure Centre, Cromdale Road,  
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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*

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Dryside Kids Activities				
Day	Activity	Time	Age	Activity Code
Tuesday	Adult & Child * Swimming lessons	9:15am 9:45am 10:45am 11:15am	Babies to 3yr olds	Bookable at Reception
Wednesday	Family Volleyball	8:15pm—9:15pm	11yrs +	Bookable at Reception
Thursday	Mini Kickers	4:00pm—4:30pm	4yrs—P3	ACT003474
Friday	Agility Balance & Co- ordination & Soft Play	3:00pm—4:00pm	6mths—4yrs	ACT003476
Friday	Archery	3:00pm-3:45pm	P4—P7	ACT003477
Friday	Fusion—Midnight League	7:00pm—8:30pm	S1 – S6	ACT003478
All Dry-side kids activities bookings go live <b>Monday 5th January</b> & start the week commencing <b>Monday 12th January</b> To book your child a space into a Dry-side activity please visit: <a href="https://booking.highlifehighland.com">https://booking.highlifehighland.com</a> (excluding activities stating book at reception)				

Learn to Swim

[Learn to Swim & Adult and Child lessons](#)  
[New Term starts the week of 12th January for a 10 week block \( Excluding week commencing 16th Feb\)](#)  
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.

Climbing wall	
Saturday & Sunday	10.30am-12.45pm

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

Adult Fitness Classes			
Day	Class	Time	Duration
Monday	Fit Plus	7:45am	45mins
	Spin Fit	5:15pm	45mins
	Boxing Fit	6:00pm	55mins
	Thai Boxing - Grappling	7:00pm	55mins
	AquaFit	7:00pm	45mins
Tuesday	HYROX	6:30am	45mins
	Pilates—Les Mills	7:30am	45mins
	Tai Chi— Grantown Library	9:00am	55mins
	Aqua Aerobics	11:30am	45mins
	Circuits	6:00pm	55mins
Wednesday	Indoor Cycling	7:00pm	30mins
	Fit Plus	7:45am	45mins
	Dynamic Wellbeing -Grantown Library	10.30am	60mins
	Body Pump	6:00pm	50mins
	Yoga	7:05pm	60mins
Thursday	AquaFit	7:15pm	45mins
	HYROX	6:30am	45mins
	Aqua Aerobics	9:30am	45mins
	Aqua Aerobics	10:30am	45mins
	Functional Fitness	6:00pm	55mins
Friday	Pilates—Les Mills	7:00pm	45mins
	Fit Plus	7:45am	45mins
	Yoga	5:45pm	60mins
Saturday	New Class**Hyrox**	8:15am	45mins
	Circuits	9:30am	45mins
Sunday	Walking Football	9:05am	55mins

Pay As You Go			
Activity	Standard	Concession	Budget
Classes/Activities	£8.55	£5.15	£0.50
Fitness Suite	£9.75	£5.80	£0.50
Racquet Sports	£7.80	£4.60	£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