


The Fingal Centre, Portree - Pool Programme

Tuesday 15th AUGUST 2017 – Sunday 8th OCTOBER 2017 (IN-SERVICE 18th/19th September)
 High Life Membership - Individual £20.00/month, Family £30.00/month

MON	7.00 9.00 Lane Swimming Happy Hour 7.00 – 8.00	9.00 12.45 School Lessons	12.45 1.15 Public Swimming	1.15 2.15 Aquacise	2.15 3:30 50+	3.50 5.20 Swimming Lessons	5.20 6.05 Advanced Swim Lessons	6.15 9.00 Public Swimming (Private Hire, 2 lanes – 6.15 – 7.15pm)		
							6.05 6.15 Lane Swimming (2 Lanes)			
TUE	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)	2.00 3.00 Swim Session for people with Disabilities		3.15 5.10 Public Swimming	5.20 6.20 Train2Train (3 lanes)	6.30 7.30 Aquacise	7.30 9.00 Ladies Only Swimming	
						3.50 Swimming Lessons	6.20 6.30 Public Swimming			
WED	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)	2.00 3.30 Staff Training (closed)		3.50 4.50 Swimming Lessons	5.00 6.00 Happy Hour	6.00 7.00 Aquacise	7.15 7.45 Adult Swim Lessons	7.45 9.00 Adults Only Swimming
THU	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.30 Public Swimming (1 lane from 1-2pm)		2.30 3.30 Aquacise	3.50 5.45 Swimming Lessons		6.00 7.30 Public Swim (1 private lane)	7.30 9.00 Public Swimming	
FRI	7.00 9.00 Lane Swimming	9.00 1.00 School Lessons	1.00 2.00 Public Swimming (1 lane)		2.15 3.15 Family Friendly (Raised floor area only)		3.30 4.50 Public Swimming	5.00 7.00 Public Swimming		
						3.50 Swimming Lessons				
SAT		9.00 10.00 Public Swimming	10.15 10.45 Splashy Tots (Trial period)	11.15 12.00 Family Friendly		12.15 1.15 Fun Session	1.30 2.30 Swim Session for people with Disabilities	2.30 4.00 Public Swimming		
SUN			10.00 11.15 Public Swimming	11.30 12.45 Lane Swimming	1.00 1.45 Family Friendly	2.00 2.45 Family Friendly		3.00 4.00 Happy Hour		

Programme Guidance Notes

Public Swimming – 0-3yrs 1 child to 1 adult; 4-7 years 2 children to 1 adult
 Happy Hour - Activity £1 per person during the times stated. (Public Swimming ratios apply)
 Family Friendly – 1 Adult to 2 children aged 0-7 years. Admissions to this session must include one child less than 8 years old. Maximum of 30 bathers in this sessions and bands are issued 15 mins before session starts on a first come first served basis.

Sauna/Steam – Available to users 16yrs+. (closed during lessons, schools, Swimming club and Aquacise sessions)
 Aquacise - Team rhythmic dance and exercise steps to enhance cardiovascular fitness and muscular endurance.
 Splashy Tots – Low impact exercises for parents and water confidence for baby. Fun for all! **(Limited space. Must book)**

PAY AS YOU GO
 Adult Swim £5.90; Concession £2.95 Budget 50p
 Aquacise £5.80; Concession £2.90



The Fingal Centre, Portree – Fitness Class Activities Programme

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Day	Time	Activity	Instructor	Intensity		LOW INTENSITY	MEDIUM INTENSITY	HIGH INTENSITY				
Monday	7.00am – 7.30am	Fatburn Extreme	Sarah	High	M	YOGA	Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing					
	1.15pm – 2.15pm	Aquacise	Joan/Karen	Medium								
	6.00pm – 7.00pm	Step	Evelyn	Medium								
	6.00pm – 7.00pm	Pilates	Niki	Low								
	5.15pm – 5.45pm	Fatburn Extreme	Joan	High					M	AQUACISE	Water-based Aerobics.	
	7.00pm – 8.00pm	Yoga	Niki	Low								
Tuesday	7.00am – 7.45am	Indoor Cycling	Garry	Medium	M	INDOOR CYCLING	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats and sprints designed to build strength and endurance					
	5.45pm – 6.30pm	Zumba	Niki	Medium								
	6.30pm – 7.30pm	Indoor Cycling	Garry	Medium								
	6.30pm – 7.30pm	Aquacise	Joan/Karen	Medium					L	FIT PLUS	Supportive starter class ideal for adults easing into exercise	
	6.45pm – 7.45pm	Pilates	Niki	Low								
Wednesday	7.00am – 7.45am	Circuit/Metafit	Sarah	High	H	METAFIT	The 30-45 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects last 24 hours.					
	5.15pm – 6.00pm	Indoor Cycling	Joan	Medium								
	5.15pm – 5.45pm	Fatburn Extreme	Karen/Sarah	High					M	ZUMBA	Latin inspired, easy to follow calorie burning dance fitness party	
	6.00pm – 7.00pm	Aquacise	Karen	Medium								
	6.00pm – 7.00pm	Circuits	Sarah	High					L	PILATES	A system that focuses on stretching and strengthening the whole body to improve balance, strength, flexibility and posture	
Thursday	2.30pm – 3.30pm	Aquacise	Karen	Medium	M	STEP	Aerobic exercise amped up by using an elevated step to target CV fitness and lower body conditioning.					
	6.00pm – 6.45pm	Indoor Cycling	Sarah	Medium								
	6.10pm – 6.55pm	Zumba	Niki	Medium								
	7.00pm – 8.00pm	Pilates	Niki	Low								
Friday	7.00am – 7.30am	Fatburn Extreme	Karen	High	H	CIRCUITS	Great if you're looking for a class to challenge you, work your whole body, help you lose weight, tone up, get stronger, faster and fitter!					
	5.15pm – 6.15pm	Pilates	Catherine	Low								
	5.15pm – 6.00pm	Indoor Cycling	Garry	Medium					H	FATBURN EXTREME	20 minute, maximum intensity rest based workout. Less time, more effect, rapid results	
Saturday	2.30pm – 3.15pm	Fit Plus	Niki/Karen	Low								

Fitness Suite Opening Hours: Monday, Wednesday 7am – 8.30am & 4pm – 9pm Tuesday & Thursday 7am – 8.30am & 6pm – 9pm Friday 7am – 8.30am & 4pm – 7pm Saturday 9.00am - 4pm Sunday 10.00am – 4pm	Fitness Suite	Standard	£6.60	Concession	£3.30	Budget 50p
	Fitness Class	Standard	£5.80	Concession	£2.90	
	Fitness Suite Induction - Adult £9.20; Concession £4.60 (booking is essential)					
	All advertised classes are included in High Life Highland Membership					
	Due to limited places, please ensure you pre book today. Class times include any set up times.					

The Fingal Centre | Viewfield Road, Portree IV51 9ET | TEL: 01478 614819/614810

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.