


The Fingal Centre, Portree - Pool Programme

Monday 2nd July 2018 – Monday 20th August 2018
 High Life Membership - Individual £20.00/month, Family £30.00/month

MON	7.00 9.30 Lane Swimming Happy Hour 7.00– 8.00	9.45 10.45 Fun Session	SWIMMING LESSONS ONLY (11am-11.45am) Weeks starting 2 nd , 9 th & 16 th July Only PUBLIC SWIMMING Weeks starting 23 rd , 30 th July & 6 th & 13 th August & Monday 20 th August Only	11.00 11.45	12.00 1.15 Public Swim	1.15 2.15 Aquacise	2.15 3.30 50+	3.30 4.45 Public Swimming	5.00 7.00 Lane Swimming	7.15 9.00 Public Swimming
TUE	7.00 9.30 Lane Swimming	9.45 10.45 Family Friendly (Raised floor area only)		12.00 2.00 Public Swimming	2.00 3.00 Swim Session for People with Disabilities	3.15 4.15 Fun Session	4.30 7.30 Public Swimming	7.30 9.00 Ladies Only Swimming (16+)		
WED	7.00 9.30 Lane Swimming	9.45 10.45 Public Swim		12.00 2.00 Public Swimming	2.00 3.30 Staff Training (Closed)	3.45 4.45 Fun Session	5.00 6.00 Happy Hour	6.00 7.00 Aquacise	7.00 8.00 Public Swim	8.00 9.00 Adults Only Swimming (16+)
THU	7.00 9.30 Lane Swimming	9.45 10.45 Family Friendly (Raised floor area only)		12.00 3.15 Public Swimming	3.30 4.30 Fun Session	4.45 6.30 Lane Swim	6.45 9.00 Public Swimming			
FRI	7.00 9.30 Lane Swimming	9.45 10.45 Public Swim		12.00 2.00 Public Swim	2.15 3.15 Family Friendly (Raised floor area only)	3.30 7.00 Public Swimming				
SAT		9.00 10.00 Public Swimming	10.15 11.00 Family Friendly	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 – 0-4yrs 1 child to 1 adult; 4-7 years 2 children to 1 adult

Happy Hour – Activity £1 per person during the times stated.

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)

Lane Swimming – Where possible, a lane will be provided during our public swimming times.

Aqua Aerobics - Team rhythmic dance and exercise steps to enhance cardiovascular fitness and muscular endurance.

PAY AS YOU GO

Adult Swim £6.20; **Concession** £3.10

Budget 50p

Aquacise £6.10; **Concession** £3.10



The Fingal Centre, Portree – Fitness Class Activities Programme

Monday 2nd July 2018 – Monday 20th August 2018

High Life Membership - Individual £20.00/month, Family £30.00/month

Day	Time	Activity	Instructor	Intensity		LOW INTENSITY	MEDIUM INTENSITY	HIGH INTENSITY
Monday	7.00am – 7.30am	Fatburn Extreme	Joan/Karen	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.	
	1.15pm – 2.15pm	Aquacise	Joan/Karen	Medium				
	5.15pm – 5.45pm	Fatburn Extreme	Joan	High				
	6.00pm – 7.00pm	Step	Evelyn	Medium				
	6.00pm – 7.00pm	Pilates	Niki	Low	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				
	6.45pm – 7.45pm	Pilates	Niki	Low	L	FIT PLUS	Supportive starter class ideal for adults easing into exercise	
Wednesday	7.00am – 7.30am	Metafit	Karen	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	High				
	6.00pm – 7.00pm	Aquacise	Karen	Medium	M	ZUMBA	Latin inspired, easy to follow calorie burning dance fitness party	
Thursday	6.00pm – 7.00pm	Pilates	Neil	Low	L	PILATES	A system that focuses on stretching and strengthening the whole body to improve balance, strength, flexibility and posture	
	7.00pm – 8.00pm	Pilates	Neil	Low				
Friday	7.00am – 7.30am	Fatburn Extreme	Karen	High	M	STEP	Aerobic exercise amped up by using an elevated step to target CV fitness and lower body conditioning.	
	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/Hazel/ Karen	Low				
• NO AQUACISE – TUESDAY/THURSDAYS					• NO ZUMBA - THURSDAYS			

Fitness Suite, Climbing Wall & Games Hall

Opening Hours:

Monday – Thursday 7am – 9pm

Friday 7am – 7pm

Saturday 9.00am - 4pm Sunday 10.00am – 4pm

Fitness Suite	Standard	£7.00;	Concession	£3.50	Budget	50p
Fitness Class	Standard	£6.10;	Concession	£3.10	Budget	50p
Fitness Suite Induction – Stand		£9.70;	Concession	£4.60	(booking is essential)	
Climbing Wall	Standard	£8.20;	Concession	£4.10	Budget	50p
Racquet Sports	Standard	£5.60;	Concession	£2.80	Budget	50p
All advertised classes are included in High Life Highland Membership						

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