



Last entry to the Leisure Centre must be 30 minutes before the closing time.

GLC & Gym Opening Times

Monday	17:00—21:30
Tuesday	
Wednesday	
Thursday	
Friday	14:00—21:30
Saturday	10:00—16:00
Sunday	Closed

Climbing Wall Times ~

Monday	17:00—21:30
Tuesday	18:00—21:30
Wednesday	17:00—20:00
Thursday	19:00—21:30
Friday	16:00—20:00
Saturday	10:00—16:00
Sunday	Closed

[#] Age 12+, on the condition that under 15's are accompanied by a responsible adult.
Booking for classes permitted 1 week in advance.

[~] Courts available for netball, basketball, short tennis and

badminton

Subject to availability.

Please phone to check.

01445 712345

[*] Access subject to Conditions of Use.

Call for details. E.g. registration, essential must be adult competent climber.

High Life Highland registered office
12/13 Ardross Street Inverness IV3 5NS.
T: 01463 663800

E: info@highlifehighland.com

High Life Highland is a company limited by guarantee, registered in Scotland No. SC407011 & a registered Scottish Charity. No. SCO42593



Activity Programme & Timetable

14 November to Christmas 2022



Email: Gairloch.leisureCentre@highlifehighland.com

Tel: 01445 712345

Gairloch Leisure Centre
Achtercairn
Gairloch
Ross-shire
IV21 2BP

Gairloch Leisure Centre

14 November to 23rd December 2022



MON	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	LAST ENTRY IS 30 MINUTES PRI- OR TO THE CLOSING TIME	
	Climbing ages 5 - 7		Climbing Ages 8-12		Climbing ages 12 +		Please call to check Climbing Wall availability *					
	Courts Available ~		Fat Burn #	Indoor Cycling #		Courts Available ~						
TUES	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130		
	Active Schools Pro- gramme		Courts Available		Social Climbing age 14 +							
			Free Weights age 16+		LBT # 1900-1945		Social Badminton age 12 +					
WED	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130		
	Courts Available	Circuits # 1745-1830		Indoor Cycling #		Courts Available	Indoor Football age 15 +					
				Courts Available ~								
THURS	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130		
	Active Schools Pro- gramme		Archery age 9+		Social Climbing age 14 + *							
					Sculpt 1915-2015 16+		Courts Available ~					
FRI	1430	1530	1630	1730	1830	1930	2030	2130				
	Courts Available ~	Power Hour #	Courts Available ~		Martial Arts		The Den					
SAT	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530
	Family Fun age 0 - 12		Please call to check Climbing Wall availability *							Fitness Challenge #		
			Courts Available									

Book online at: <https://www.hIGHLIFEhighland.com/gairloch-leisure-centre/>