

Admission and Hire Prices— From 1st April 2019

Activity	Standard	Concession	Young Scott
Swim	£6.50	£3.25	£2.60
Swimming Lesson (each)	£10.20	£5.10	£5.10
Fitness Room	£7.40	£3.70	£2.95
Fitness Room Induction	£9.70	£4.85	£3.90
Centre Classes/Activities	£6.40	£3.20	£2.55
Happy Hour	£1.00	£1.00	£1.00
Shower/Changing Room	£3.00	£1.50	£1.20
Sauna/Steam	£6.50	£3.25	£2.60
Swimming Pool Hire (per hour)	£84.70		
Pool party	£84.70		
Astro Turf—Full pitch (60 mins)	£32.20	£16.10	
Astro Turf— Half pitch (60 mins)	£16.10	£8.05	
1 Month Family Visitor pass	£77.50		
1 Month Individual Visitor Pass	£51.50		

High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£372.00	£31.00
Individual	£247.20	£20.60
Budget	50p per activity (Proof must be shown)	

Budget cardholders will be required to provide evidence of current status every 6 months of membership.

For All Inclusive memberships, if you wish to cancel your direct debit please access the highlife highland website, giving at least 28 days notice.

Sutherland Swimming Pool Complex



Activity Programme and Swimming Timetable 4th January—29th March 2020

FITNESS CLASSES

Monday

18.15-18.45

Gamefit/Metafit*

Tuesday

13.00-13.45

Aqua Aerobics*

19.15-20.00

Aqua Aerobics*

Wednesday

18.00-19.00

Circuits (Lairg)*

19.15-20.15

Weight Training (gym)*

Friday

06.45-07.15

Metafit (Lairg)*



* Please sign in at Sutherland Swimming Pool Reception before the start of the class. For more info please call (01408) 633437

* Places must be booked in advance. Failure to do so may result in classes being cancelled last minute.

Admissions Policy—Children aged **0,1,2 or 3** must be accompanied by an adult on a **1 to 1** basis. Children aged **4,5,6 and 7** must be accompanied by an adult on a ratio of **1 Adult: 2 children**.

Sutherland Swimming Pool Complex, Back Road, Golspie, KW10 6RA
Tel: 01408 633437

Last entry—45 minutes before closing for all activities

Mon	10.00-11.00	Over 50's	Thur	07:30-09:00	Open Swimming
	11:00-16:00	Open Swimming		09:00-12:00	School Swimming
	16:00-18:00	Learn to Swim*		12:00-15:30	Open Swimming
	18:00-20:00	Swim Club		15:30-17:00	Learn to Swim*
	20:00-21:00	Open Swimming		17:00-18:00	Over 50's
				18:00-19:00	Happy Hour +
				19:00-20:00	Open Swimming
				20:00-21:00	Adult Swimming /Adult Lessons
Tue	07:30-09:00	Open Swimming	Fri	10:00-11:00	Over 50's
	09:00-12:00	School Swimming		11:00-14:30	Open Swimming
	12:00-13:00	Open Swimming		14:30-16:00	Staff Training
	13:00-13:45	Aqua Aerobics		16:00-19:00	Open Swimming
	14:00-15:00	School Swimming		19:00-20:00	Pool Party / Open Swim #
	15:00-16:00	Open Swimming		20:00-21:00	Adult Swimming
	16:00-17:00	Learn to Swim*			
	17:00-18:00	Fun Session			
	18:00-19:00	Happy Hour +			
	19:15-20:00	Aqua Aerobics			
	20:00-21:00	Canoe Club -			
Wed	07:30-09:30	Open Swimming	Sat	09:30-10:30	Family Friendly ~
	09:30-10:30	Over 50's		10:30-11:30	Fun Session
	10:30-12:00	School Swimming		11:30-13:30	Open Swimming
	12:00-16:00	Open Swimming			
	16:00-17:30	Family Friendly ~			
	17:30-18:30	Private Booking *			
	18:30-21:00	Open Swimming	Sun	09:30-11:00	Family Friendly ~
				11:00-12:00	Happy Hour +
				12:00-13:30	Open Swimming

* **Learn to Swim / Adult Lessons**— This runs from 13th Jan—9th Mar 2019. (No lessons week beg 17th Feb)

- **Canoe Club**—This runs from 7th Jan –24th March

~ **Family Friendly Sessions**—The admissions policy will be relaxed to allow any two under 8's to be accompanied by a responsible adult on a ratio of 1 adult: 2 children. The deep end of the pool will be roped off. Family Sessions are only for families that require the 1 adult: 2 under 8's ratio.

* **Private Booking**—This runs till the 19th February

#**Pool Party/Open Swim**—If no Pool Party is booked , this will run as an Open Swim . Please phone reception to find out what session is running. (**01408 633437**)

Activity Programme

METAFIT: A 30 minute high intensity workout that needs no equipment, creates metabolic disturbance, burns fat and has a great pumping sound-track.

CIRCUITS: A multi station workout that works the whole body, using a variety of body weight and equipment exercises.

GAMEFIT: The 20 Minute Sports Performance Workout. Participants work until failure, rest only for recovery and go again, making it specific to the individual regardless of age , gender and fitness level.

HIIT: High Intensity Interval Training. A 30 minute workout with short fast bursts of work.

AQUA AEROBICS: A water based exercise class that uses body weight and water as resistance.

FUN SESSIONS: Great fun for all the family, We supply the big floats, woggles and lots of other toys, all you have to do is bring the fun!

HAPPY HOUR: Fancy coming along and join in for £1.00 per activity if you arrive within the first 20 minutes of the session then try our Happy Hour! This can include the Fitness Room, Swimming Pool and Sauna/Steam Rooms.

Fitness Room Opening Times

Mon & Fri	10.00-21.00	Saturday & Sunday	09.30-13.30
Tue, Wed & Thurs	07.30—21.00		

Trim Teens Sessions for 12—15yr olds are available on Mon–Thur - 15:45-17:00 & Fridays 12:30-13:30. They may also attend outside of these times if accompanied by a parent/ guardian.

An induction must be completed before using the fitness suite for the first time.