

Admission and Hire Prices— From 1st April 2021

Activity	Standard	Concession	Young Scott
Swim	£6.50	£3.25	£2.60
Swimming Lesson (each)	£10.20	£5.10	£4.10
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
Shower/Changing Room	£3.00	£1.50	£1.20
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	£81.50		
1 Month Individual Visitor Pass	£54.25		

High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£391.20	£32.60
Individual	£260.40	£21.70
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

11th October 2021 — 23rd October 2021



FITNESS CLASSES

Monday

17.30-18.00
18.20-19.05

Metafit
Circuits (Lairg Primary School)

Tuesday

13.00—14.00
18.00-19.00

Aqua Aerobics*
Aqua Aerobics*

* 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	07.00-10.00	Lane Swimming	Thur	07.00-10.00	Lane Swimming
	10.00-11.00	Over 50's		10.00-13.00	Open Swimming
	11.00-13.00	Open Swimming		13.00-14.00	Family Friendly ~
	13.00-14.00	Fun Session ^		14.00-18.00	Open Swimming
	14.00-16.00	Open Session		18.00-19.00	Fun Session ^
	16.00-17.00	Family Friendly ~		19.00-20.00	Lane Swimming
	17.00-18.00	Fun Session ^			
	18.00-20.00	Open Swimming			
Tue	07.00-10.00	Lane Swimming	Fri	07.00-10.00	Lane Swimming
	10.00-13.00	Open Swimming		10.00-11.00	Over 50's
	13.00-14.00	Aqua Aerobics		11.00-13.00	Open Swimming
	14.00-16.00	Open Session		13.00-14.00	Fun session
	16.00-17.00	Fun Session ^		14.00-16.00	Open Session
	17.00-18.00	Open Swimming		16.00-17.00	Family Friendly ~
	18.00-19.00	Aqua Aerobics		17.00-18.00	Fun Session ^
	19.00-20.00	Open Swimming		18.00-20.00	Open Swimming
Wed	07.00-10.00	Lane Swimming	Sat	09.00-10.00	Open Swimming
	10.00-11.00	Over 50's		10.00-11.00	Fun Session ^
	11.00-14.00	Open Swimming		11.00-12.00	Family Friendly ~
	14.00-15.00	Staff Training		12.00-13.00	Open Swimming
	15.00-16.00	Open Swimming			
	16.00-17.00	Family Friendly ~			
	17.00-18.00	Open Swimming			
	18.00-19.00	Fun Session ^			
	19.00-20.00	Open Swimming			

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**.

~ **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.

Activity Programme

~ **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.

^ **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!

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

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.

Fitness Room Opening Times

Mon Tue Wed Thur Fri	07.00-20.15	Saturday	09.00-13.00
----------------------	-------------	----------	-------------

Trim Teens sessions for 12—15yr olds are available on Mon—Thur 15.45-16.45 & Friday 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.