

Admission and Hire Prices— From 1st April 2022

Activity	Standard	Concession
Swim	£6.80	£3.40
Swimming Lesson (each)	£10.70	£5.35
Fitness Room	£7.80	£3.90
Fitness Room Induction	£10.70	£5.35
Centre Classes/Activities	£6.80	£3.40
Pool Hire	£88.90	
Pool Party	£97.90	
Shower/Changing Room	£3.15	£1.60
Astro Turf—Full pitch (60 mins)	£33.80	£16.90
Astro Turf— Half pitch (60 mins)	£16.90	£8.45
	£20.20	£26.25
Love to Swim 1:1 (30 min)	All-inclusive	Non-Member
	£14.10	£20.20
Love 2 Swim 1:2 (30 min)	All-inclusive	Non-Member
1 Month Family Visitor Pass	£81.50	
1 Month Individual Visitor Pass	£54.25	

High Life Membership

All Inclu-sive	Annual Payment	Monthly Direct Debit
Family	£411.60	£34.30
Individual	£273.60	£22.80
Budget	50p per activity (Proof must be shown)	

For All Inclusive memberships, if you wish to cancel your direct debit please access the highlife highland website

Sutherland Swimming Pool Complex



Activity Programme and Swimming Timetable

15th Aug 2022 — 8th Oct 2022



FITNESS CLASSES

Monday

17.30-18.00 **Tabata ***
18.00-18.30 **Yoga ***

Tuesday

13.00—14.00 **Aqua Aerobics***
18.00-19.00 **Aqua Aerobics***

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

Yoga for All: Develop body awareness, improve posture, strength and flexibility with these classic yoga poses.

Low Impact Tabata: This interval training burns calories and increase your cardio fitness. Great if you are new to exercise or are returning to exercise.

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	07.00-09.00	Lane Swimming
	10.00-11.00	Over 50's		09.00-13.00	School Swimming
	11.00-16.00	Open Swimming		13.00-15.00	Open Swimming
	16.00-18.00	Swimming Lessons *		15.00-17.00	Swimming Lessons *
	18.00-19.00	Swim club		17.00-18.00	Family Friendly ~
	19.00-20.00	Open Swimming		18.00-19.00	Fun Session ^
				19.00-20.00	Lane Swimming
Tue	07.00-09.00	Lane Swimming	Fri	07.00-10.00	Lane Swimming
	09.00-13.00	School 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 Swimming		13.00-14.00	Lane Swimming
	16.00-17.00	Swimming Lessons *		14.00-18.00	Open Swimming
	17.00-18.00	Open Swimming		18.00-19.00	Pool Party/Open Swim #
	18.00-19.00	Aqua Aerobics		19.00-20.00	Open Swimming
	19.00-20.00	Open Swimming			
Wed	07.00-09.30	Lane Swimming	Sat	09.00-10.00	Open Swimming
	09.30-10.30	Over 50's		10.00-11.00	Family Friendly ~
	10.30-14.00	Open Swimming		11.00-12.00	Fun Session ^
	14.00-15.00	Family Friendly ~		12.00-13.00	Open Swimming
	15.00-16.00	Open Swimming			
	16.00-17.00	Staff Training			
	17.00-18.00	Managers special **			
	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.

* **Swimming Lessons**—Runs from Wb 15th Aug—Wb 3rd Oct 25th

Pool Party/ Open Swim—Please phone the pool first (01408 633437) to see if a pool party has booked in

** **Managers Special** - all customers not on a Highlife Membership can gain access for £1

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.

Yoga for All: Develop body awareness, improve posture, strength and flexibility with these classic yoga poses.

Low Impact Tabata: This interval training burns calories and increase your cardio fitness. Great if you are new to exercise or are returning to exercise.

Fitness Room Opening Times

Mon Tue Wed Thur Fri	07.00-20.00	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.