

## Admission and Hire Prices— From 1st April 2022

Activity	Standard	Concession	Budget
Swim	£6.80	£3.40	50P
Swimming Lesson (each)	£10.70	£5.35	50P per lesson
Fitness Room	£7.80	£3.90	50p
Fitness Room Induction	£10.70	£5.35	50p
Centre Classes/Activities	£6.80	£3.40	50p
Pool Hire	£88.90		
Pool Party	£97.90		
Shower/Changing Room	£3.15	£1.57	50p
Astro Turf—Full pitch (60 mins)	£33.80	£16.90	
Astro Turf— Half pitch (60 mins)	£16.90	£8.45	
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	£411.60	£34.30
Individual	£273.60	£22.80
Budget	50p per activity	

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

10 October—22 October 2022



### FITNESS CLASSES

<b><u>Monday</u></b>	<b>17.30-18.00</b>	<b>Low Impact Tabata*</b>
	<b>18.00-18.30</b>	<b>Yoga for All*</b>
<b><u>Tuesday</u></b>	<b>13.00-14.00</b>	<b>Aqua Aerobics*</b>
	<b>18.00-19.00</b>	<b>Aqua Aerobics*</b>

\* 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**.

**Last entry—45 minutes before closing for all activities**

<b>Mon</b>	07.00-10.00	Lane Swimming	<b>Thur</b>	07.00-09.00	Lane Swimming
	10.00-11.00	Over 50's		09.00-17.00	Open Swimming
	11.00-16.00	Open Swimming		17.00-18.00	Family Friendly ~
	16.00-17.00	Fun Session ^		18.00-19.00	Fun Session ^
	17.00-20.00	Open Swimming		19.00-20.00	Lane Swimming
<b>Tue</b>	07.00-09.00	Lane Swimming	<b>Fri</b>	07.00-10.00	Lane Swimming
	09.00-13.00	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 Swimming		13.00-14.00	Fun Session ^
	16.00-17.00	Family Friendly ~		14.00-16.00	Open Swimming
	17.00-18.00	Open swimming		16.00-17.00	Family Friendly ~
	18.00-19.00	Aqua Aerobics		17.00-18.00	Open Swimming
	19.00-20.00	Canoe Club		18.00-19.00	Pool Party/Open Swim #
				19.00-20.00	Open Swimming
<b>Wed</b>	07.00-09.30	Lane Swimming	<b>Sat</b>	09.00-10.00	Open Swimming
	09.30-10.30	Over 50's		10.00-11.00	Family Friendly ~
	10.30-16.00	Open Swimming		11.00-12.00	Fun Session ^
	16.00-17.00	Staff Training		12.00-13.00	Open Swimming
	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.

# **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 to the pool for 50p

**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.

**No 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
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**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.**