

## 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	£1.60	50p
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 £14.10	Non-Member £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 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

## Sutherland Swimming Pool Complex



### Activity Programme and Swimming Timetable

24th October—22nd December 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**.

## 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		09.00-13.00	School Swimming
	11.00-13.45	Open Swimming		13.00-14.45	Open swimming
	14.00-15.00	School Swimming		15.00-17.00	Swimming Lessons *
	15.00-15.45	Open swimming		17.00-18.00	Family Friendly ~
	16.00-18.00	Swimming Lessons *		18.00-19.00	Fun Session ^
	18.00-19.00	Swim club		19.00-20.00	Lane Swimming
	19.00-20.00	Open Swimming			
<b>Tue</b>	07.00-09.00	Lane Swimming	<b>Fri</b>	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
	14.00-15.45	Open Swimming		13.00-14.00	Lane Swimming
	16.00-17.00	Swimming Lessons *		14.00-16.30	Open Swimming
	17.00-18.00	Open Swimming		16.30-17.30	Private Booking
	18.00-19.00	Aqua Aerobics		18.00-19.00	Pool Party/Open Swim #
	19.00-20.00	Canoe Club		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 ~
	10.30-12.15	Open Swimming		11.00-12.00	Fun Session ^
	12.30-14.00	School swimming		12.00-13.00	Open Swimming
	14.00-15.00	Staff Training			
	15.00-17.00	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.

\* **Swimming Lessons**—Runs from Wb 24th Oct—Wb 12th Dec

# **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.

**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
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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.**