

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	
Love to Swim 1:1 (30 min)	£20.20	£26.25	
Love 2 Swim 1:2 (30 min)	£14.10	£20.20	
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	

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

4th January—1st April 2023



FITNESS CLASSES

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.

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 6RW
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
	11.00-15.45	Open Swimming		13.00-14.45	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/Swimfit^
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		11.00-12.00	Open swimming
	14.00-15.45	Open Swimming		12.00-13.00	Lane Swimming
	16.00-17.00	Swimming Lessons *		13.00-16.30	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
Wed	07.00-09.00	Lane Swimming	Sat	09.00-10.00	Open Swimming
	09.00-10.00	Over 50's		10.00-11.00	Family Friendly ~
	10.00-11.00	Swimming Lessons *		11.00-12.00	Fun Session ^
	11.00-13.15	Open Swimming		12.00-13.00	Open Swimming
	13.15-13.45	Swimming Lessons *			
	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			

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~ 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 16th Jan —Wb 13th Mar (excluding Wb 20th Feb)

^ Swimfit— Coaching classes for developing your technique

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.

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.