

Admission and Hire Prices— From 1st April 2024

Activity	Standard	Concession	Budget
Swim	£8.00	£4.80	50p
Swimming Lesson (each)	£12.50	£7.40	50p per
Fitness Room	£9.10	£5.40	50p
Fitness Room Induction	£12.50	£7.40	50p
Centre Classes/Activities	£8.00	£4.80	50p
Pool Hire	£100.20	£60.20	
Pool Party	£109.95		
Shower/Changing Room	£3.70	£2.20	50p
Astro Turf—Full pitch (60 mins)	£39.80	£23.90	
Astro Turf— Half pitch (60 mins)	£19.90	£11.95	
		HLH	
Love 2 Swim 1:1 (30 min)	£30.60	£23.50	
		HLH	
Love 2 Swim 1:2 (30 min)	£23.50	£16.40	

High Life Membership

All Inclu- sive	Annual Payment	Monthly Direct Debit
Family	£479.90	£39.99
Individual	£319.20	£26.60
Budget	50p per activity	

Sutherland Swimming Pool Complex



Activity Programme and Swimming Timetable

01 April 2023 — 13 April 2024



FITNESS CLASSES

<u>Monday</u>	18.00-18.45	HIIT Step* (YMCA Hall Golspie)
	18.45-19.30	Zumba* (YMCA Hall Golspie)
<u>Tuesday</u>	13.00—14.00	Aqua Aerobics*
	18.00-19.00	Aqua Aerobics*
<u>Thursday</u>	07.00-07.30	Circuits* (Iairg community centre)
	07.30-08.00	Core in the Morning* (Iairg community Centre)
	20.30-21.15	Zumba* (Iairg Community Centre)
<u>Friday</u>	09.00-10.00	Stretch and Tone* (YMCA Hall Golspie)

* 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.

PLEASE SEE PRICE INCREASE ON BACK OF TIMETABLE

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, Back Road, Golspie, KW10 6RW
Tel: 01408 633437

Last entry—45 minutes before closing for all activities

Mon	07.00-08.00	Lane Swimming	Thur	07.00-08.00	Lane Swimming
	08.00-10.00	Open swimming		08.00-13.00	Open Swimming
	10.00-11.00	Over 50's		13.00-14.00	Fun session
	11.00-12.00	Family Friendly ~		14.00-17.00	Open Swimming
	12.00-16.00	Open Swimming		17.00-18.00	Family Friendly ~
	16.00-17.00	Fun Session ^		18.00-19.00	Open Swimming
	17.00-20.00	Open Swimming		19.00-20.00	Lane Swimming
Tue	07.00-08.00	Lane Swimming	Fri	07.00-08.00	Lane Swimming
	08.00-13.00	Open Swimming		08.00-09.00	Open swimming
	13.00-14.00	Aqua Aerobics		09.00-10.00	Over 50's
	14.00-16.00	Open Swimming		10.00-12.30	Open swimming
	16.00-17.00	Family Friendly ~		12.30-13.30	Lane Swimming
	17.00-18.00	Lane Swimming		13.30-16.00	Open Swimming
	18.00-19.00	Aqua Aerobics		16.00-17.00	Family Friendly ~
	19.00-20.00	Open Swimming		17.00-18.00	Open Swimming
				18.00-19.00	Pool Party/Open Swim #
				19.00-20.00	Open Swimming
Wed	07.00-08.00	Lane Swimming	Sat	09.00-10.00	Open Swimming
	08.00-09.00	Open Swimming		10.00-11.00	Family Friendly ~
	09.00-10.00	Over 50's		11.00-12.00	Fun Session ^
	10.00-13.00	Open Swimming		12.00-13.00	Open Swimming
	13.00-15.00	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.

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
Trim Teens sessions for 11yr—15yr olds are available on Mon 15.45-16.45. They may 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.