

Admission and Hire Prices— From 1st April 2025

Activity	Standard	Concession	Young scot
Swim	£8.55	£5.15	£4.15
Swimming Lesson (each)	£13.40	£7.90	£6.30
Fitness Room	£9.75	£5.80	£4.65
Fitness Room Induction	£13.40	£7.90	£6.30
Family Pass (2 Adults & 2 Kids or 1 Adult & 3 Kids)	£21.95		
Centre Classes/Activities	£8.55	£5.15	£4.15
Pool Hire	£107.20		
Pool Party	£117.60		
Shower/Changing Room	£4.00	£2.35	£1.90
Astro Turf—Full pitch (60 mins)	£49.60	£29.80	
Astro Turf— Half pitch (60 mins)	24.80	£14.90	
		HLH	
Love 2 Swim 1:1 (30 min)	£32.75	£25.15	
		HLH	
Love 2 Swim 1:2 (30 min)	£25.15	£17.55	

High Life Membership

All Inclu-sive	Annual Payment	Monthly Direct Debit
Family	£515.88	£42.99
Individual	£347.88	£28.99
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

21st April—5th July 2025



FITNESS CLASSES

<u>Monday</u>	18.00-18.45 18.45-19.30	HIIT Step* (YMCA Hall Golspie) Circuits* (YMCA Hall Golspie)
<u>Tuesday</u>	13.00—14.00 18.00—19.00	Aqua Aerobics* Aqua Aerobics*
<u>Wednesday</u>	09.30-10.15 10.30—11.15 11.30—12.00	Otago* (YMCA Hall Golspie) Sculpt, Stretch & Tone* (YMCA Hall Golspie) Metafit* (YMCA Hall Golspie)
<u>Thursday</u>	18.00-19.00 19.15-20.00	Female gym Class* Indoor cycling*(Games Hall)
<u>Friday</u>	09.00-10.00	Stretch and Tone* (YMCA Hall Golspie)

*Places must be booked

Fitness Classes will only run dependant on numbers

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	Thu	07.00-08.00	Lane Swimming
	08.00-10.00	Open swimming		08.00-09.00	Open Swimming
	10.00-11.00	Over 50's		09.00-12.30	School Swimming
	11.00-14.30	Open Swimming		12.30-14.45	Open Swimming
	14.30-15.45	Aqua Natal**/Adult		15.00-17.30	Swimming Lessons *
	16.00-18.00	Swimming Lessons *		17.30-18.00	Adult Lessons *
	18.00-19.00	Swim Club		18.00-19.00	Open Swimming
	19.00-20.00	Lane Swimming- only half the pool will be available for first half hour		19.00-20.00	Lane swim
	19.00-19.30	Adult Lessons *			
Tue	07.00-08.00	Lane Swimming	Fri	07.00-08.00	Lane Swimming
	08.00-11.45	Open Swimming		08.00-10.00	Open swimming
	11.45-13.00	School Swimming		10.00-11.00	Over 50's
	13.00-14.00	Aqua Aerobics		11.00-13.15	Open swimming
	14.00-15.45	Open Swimming		13.30-14.00	Swimming Lessons *
	16.00-17.00	Swimming Lessons *		14.15-18.00	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	07.00-08.00	Lane Swimming	Sat	09.00-10.00	Open Swimming
	08.00-10.00	Open swimming		10.00-11.00	Family Friendly ~
	10.00-11.00	Over 50's		11.00-12.00	Fun Session ^
	11.00-12.45	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	Lane Swim			

Swimming Lessons—Runs from Wb 28th April —Wb 16th June 2025

No Lessons on the 5th May these will run on the 23rd June

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

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.

AQUA AEROBICS: A water based exercise class that uses body weight and water as resistance.

^ 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!

Female Gym Class: (18.00-19.00) Gym Class to learn how to use weights, cardio equipment and resistance machines in a fun, supportive environment!

MetaFit: (YMCA HALL- 11.30-12.00) Metafit is a 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout and is designed to boost your fitness while rocketing your energy levels.

INDOOR CYCLING: (GAMES HALL- 19.15-20.00) An intense form of aerobic exercise performed on stationary bikes.

Sculpt, Stretch & Tone: (YMCA HALL) This is a moderate intensity class which will focus on body toning followed by a nice long stretch.

Otago: (YMCA HALL—09.30-10.15) Otago is a falls prevention program which consists of chair-based exercises to increase your leg strength. We also perform balance retraining exercises which progress in difficulty.

Fitness Room Opening Times

Mon Tue Wed Thur Fri	07.00-20.00	Saturday	09.00-13.00
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Trim Teens Session for **11—15yr** olds are available on a **Mon 15.45-16.45** They may also attend outside of these times if accompanied by a parent/guardian

11-13 years may use: CV machines, bodyweight exercises and **1-10 kg** chrome dumb bells.

14-15 years may use: CV machines, bodyweight exercises, resistance machines and **1-20kg** dumb bells.

An induction must be completed before using the fitness suite for the first time.