

## 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	
Love 2 Swim 1:1 (30 min)	£32.75	HLH	
Love 2 Swim 1:2 (30 min)	£25.15	HLH	

## High Life Membership

All Inclu-	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



27th October —23rd December 2025

## FITNESS CLASSES

<b>Tuesday</b>	13.00—14.00 18.00—19.00	Aqua Aerobics* Aqua Aerobics*
<b>Wednesday</b>	11.00-11.30 11.45-12.45	HIIT* (YMCA Hall Golspie) Stretch and Tone* (YMCA Hall Golspie)
<b>Thursday</b>	18.00-19.00 19.15-20.00	Female gym Class* Indoor cycling*(Games Hall)
<b>Friday</b>	09.00-10.00 10.30-11.30	Stretch and Tone* (YMCA Hall Golspie) Chair based Exercises* (YMCA Hall Golspie)

Fitness classes starting start back week beginning 3rd November 2025

**Fitness Classes will only run dependant on numbers**

**\*Places must be booked**

**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.

Sutherland Swimming Pool Complex, Back Road, Golspie, KW10 6RW  
Tel: 01408 633437

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

<b>Mon</b>	07.00-08.00	Lane Swimming	<b>Thu</b>	07.00-08.00	Lane Swimming
	08.00-10.00	Open swimming		08.00-10.30	Open Swimming
	10.00-11.00	Over 50's		10.45-11.45	School Swimming
	11.00-14.30	Open Swimming		12.00-14.45	Open Swimming
	14.30-15.45	Aqua Natal**/Adult Swim		15.00-17.30	Swimming Lessons *
	16.00-18.00	Swimming Lessons *		17.30-19.00	Open Swimming
	18.00-19.00	Swim Club		19.00-20.00	lane swim / Swim Fit +
	19.00-20.00	Lane Swimming- <b>only half the pool will be available for first half hour</b>			
	19.00-19.30	Adult Lessons *			
<b>Tue</b>	07.00-08.00	Lane Swimming	<b>Fri</b>	07.00-08.00	Lane Swimming
	08.00-13.00	Open Swimming		08.00-10.00	Open swimming
	13.00-14.00	Aqua Aerobics		10.00-11.00	Over 50's
	14.00-15.45	Open Swimming		11.00-16.00	Open swimming
	16.00-17.00	Swimming Lessons *		16.00-17.00	Family Friendly ~
	17.00-18.00	Open Swimming		17.00-18.00	Open Swimming
	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>	07.00-08.00	Lane Swimming	<b>Sat</b>	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 ^
	11.00-11.30	Quick Swim		12.00-13.00	Open Swimming
	11.45-12.30	School Swimming (runs from 29th Oct-27th Nov)			
	13.00-15.00	Staff Training (building will be closed)			
	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 27th Oct —Wb 15th Dec 2025

**# Pool Party/ Open Swim**—Please phone the pool first (01408 633437) to see if a pool party has booked in

## Activity Programme

**\*\* Managers Special** - all customers not on a Highlife Membership can gain access to the pool for 50p

**+ Swimfit**— Coaching classes for developing your technique

**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!

**Chair bases Exercises: (YMCA HALL—10.30-11.30)** This 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.

**HIIT: (YMCA HALL- 11.00-11.30)** HIIT 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.

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

**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!

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

## Fitness Room Opening Times

Mon Tue Thur Fri	07.00-20.00	Saturday	09.00-13.00
------------------	-------------	----------	-------------

**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.