

## Admission and Hire Prices— From 1st April 2025

Activity	Standard	Concession	Young Scot
Swim	<b>£8.55</b>	<b>£5.15</b>	<b>£4.15</b>
Swimming Lesson (each)	<b>£13.40</b>	<b>£7.90</b>	<b>£6.30</b>
Fitness Room	<b>£9.75</b>	<b>£5.80</b>	<b>£4.65</b>
Fitness Room Induction	<b>£13.40</b>	<b>£7.90</b>	<b>£6.30</b>
Family Pass (2 Adults & 2 Kids or 1 Adult & 3 Kids)	<b>£21.95</b>		
Centre Classes/Activities	<b>£8.55</b>	<b>£5.15</b>	<b>£4.15</b>
Pool Hire	<b>£107.20</b>		
Pool Party	<b>£117.60</b>		
Shower/Changing Room	<b>£4.00</b>	<b>£2.35</b>	<b>£1.90</b>
Astro Turf—Full pitch (60 mins)	<b>£49.60</b>	<b>£29.80</b>	
Astro Turf— Half pitch (60 mins)	<b>24.80</b>	<b>£14.90</b>	
Love 2 Swim 1:1 (30 min)	<b>£32.75</b>	<b>HLH</b>	
Love 2 Swim 1:2 (30 min)	<b>£25.15</b>	<b>HLH</b>	
1 Month Individual Visitor Pass	£59.15		

### High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	<b>£515.88</b>	<b>£42.99</b>
Individual	<b>£347.88</b>	<b>£28.99</b>

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

5th January— 4th April 2026



### FITNESS CLASSES

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

**\*Places must be booked**

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

**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

## 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		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	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
	08.00-11.45	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		11.00-16.00	Open swimming
	14.00-15.45	Open Swimming		16.00-17.00	Family Friendly ~
	16.00-17.00	Swimming Lessons *		17.00-18.00	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	Canoe Club			
<b>Wed</b>	07.00-08.00	Lane Swimming	<b>Sat</b>	09.00-10.00	Family Friendly ~
	08.00-10.00	Open swimming		10.00-11.00	Open Swimming
	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 ^			
	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 Swimming			

**\*Swimming Lessons**—Runs from Wb 12th January —Wb 23th March 2025

Excluding Wb 16th Feb

**^ School Swimming**—Runs from 7th Jan—12th Feb

**# 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, goggles 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	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 **Thurs 16.30-17.30** 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 dumbbells.

**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.