

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	
1 Month Individual Visitor Pass	£59.15		

High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£515.88	£42.99
Individual	£347.88	£28.99

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>	13.00—14.00 18.00—19.00	Aqua Aerobics* Aqua Aerobics*
<u>Wednesday</u>	11.00—11.30 11.45—12.45	HIIT* (YMCA Hall Golspie) Stretch and Tone* (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

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

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		08.00-10.30	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- only half the pool will be available for first half hour			
	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		11.00-16.00	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			
Wed	07.00-08.00	Lane Swimming	Sat	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, 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 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 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.