

## Prices

Activity	Adult £	Concession £	Budget £
Swim	7.50	4.50	0.50
Swimming Lesson (each)	11.65	7.00	0.50
Fitness Room	8.50	5.10	0.50
Gym Induction	11.65	7.00	0.50
Centre Classes	7.50	4.50	0.50
Racquet Sports	6.75	4.05	0.50
Shower	3.45	N/A	0.50
Gameshall	53.35	32.00	N/A
Room Hire	18.80	11.30	N/A
Pool Hire—1hr	93.35		
Pool Party — 1hr pool 0.5hr room	102.80		

## Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	448.80	37.40
Individual	298.20	24.85
Budget	50p per activity ( <b>Proof must be shown</b> )	

## Personal Training

	1:1 60 minutes	1:1 30 minutes
<b>All Inclusive</b>	£30.50	£15.25
<b>Non member / PAYG</b>	£38.15	£27.25

## Love 2 swim lessons

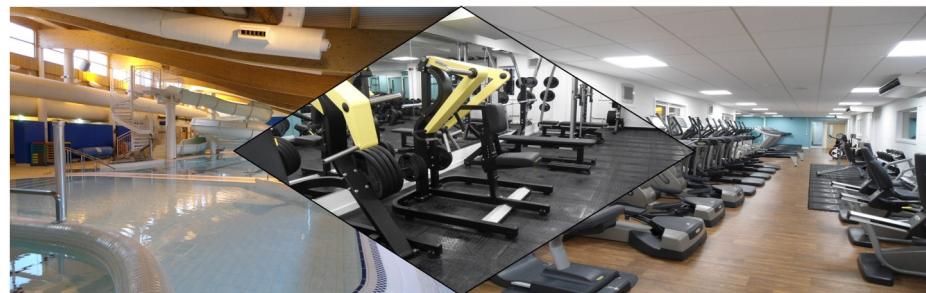
	1:1 30 minutes	1:2 30 minutes
<b>All Inclusive</b>	£22.00	£15.35p/p
<b>Non member / PAYG</b>	£28.60	£22.00p/p

'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



## Invergordon Leisure Centre Timetable

**Monday 23rd October — Saturday 23rd December**



## Opening Hours

Monday – Wednesday- Friday

07:00 — 21:00

Tuesday & Thursday

09:00 — 21:00

Saturday & Sunday

9:00am - 13.30pm

Contact us:

Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB

Phone us:

01349 781561



Visit us on  
Facebook

## Swimming Pool Opening Times

<b>Mon</b>	07:00 - 08.00	Lane Swimming
	08.00-10:00	Open Swimming
	10:00-11:00	Ducklings
	11.00-13.00	Open Swimming
	13.00-14.00	Length Swimming
	14:00-14.30	Quick Dip
	15:30-18.00	Swimming Lessons
	18:00-19:00	Open Swimming
	19:00-20:00	Feature session

<b>Tues</b>	09.00-10.00	Open Swimming
	10.00-11.00	Aqua Aerobics
	11.00-12.00	Open Swimming
	12.00-13.00	Family Friendly
	13:00—14.00	Lane Swimming
	14.00-15.00	Open Swimming
	15.30-18.00	Swimming Lessons
	18.00-19.00	Lane Swimming
	19.00-20.00	Feature Session

<b>Wed</b>	07:00 - 08.00	Lane Swimming
	08.00-09.00	Open Swimming
	09.00-10.00	Over 50's
	10.00-12.00	Primary Lessons
	12.00-13.00	Open Swimming
	<b>CLOSURE</b>	Staff training
	15.30-18.00	Swimming Lessons
	18.00-19.00	Additional Needs
	19.00-20.00	Adult Lessons

<b>Thurs</b>	09.15-10.00	Aqua aerobics
	10.00-11.00	Lane Swimming
	11.00-12.00	Feature Session
	12.00-13.00	Open Swimming
	13.00-14.00	Lane Swimming
	14.00– 15.00	Open Swimming
	15.30-18.00	Swimming Lessons
	18.00-19.00	Length Swimming
	19.00-20.00	Feature session

<b>Fri</b>	07:00 - 08.00	Lane Swimming
	08.00-09:00	Open Swimming
	09:00-11:00	Primary Lessons
	11.00-12.00	Additional Needs
	12.00-13.00	Open Swimming
	13.00-14.00	Lane Swimming
	14:00-14:30	Quick Dip
	15:30-18.00	Swimming Lessons
	18.00-20.00	Open swim/Pool party*

<b>Sat</b>	09:00—10.00	Family Friendly
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open swimming

<b>Sun</b>	09:00—10.00	Family Friendly
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open swimming

Family Friendly's and Feature sessions are recommended to be booked prior to arrival—

if attending sauna/steam during these sessions you will need to book a slot for the pool also. All family members must be booked individually.

If sessions aren't fully booked you may be permitted to stay longer– please ask at reception on arrival.

Normal admissions policy for child : adult ratios apply for all session except family friendly sessions– please ask at reception for further information.

Friday 18.45-19.45 the pool is available for private party hire, if there is no party bookings then the pool will be available for open swimming.

The pool is closed to the public during Primary Lessons, Adult Lessons and Centre Lessons.

## Adult Fitness Classes (Spaces limited so should be booked in advance.)

Day	Class	Time	Duration	Area
<b>Monday</b>	<b>Functional Training</b>	<b>18.00</b>	<b>1hr</b>	<b>S/C SUITE</b>
	<b>Cardiac Rehab</b>	<b>15:00</b>	<b>1hr</b>	<b>STUDIO</b>
	<b>Zumba</b>	<b>18:15</b>	<b>45min</b>	<b>STUDIO</b>
<b>Tue</b>	<b>Aqua Aerobics</b>	<b>10.00</b>	<b>45 min</b>	<b>POOL</b>
	<b>Functional Training</b>	<b>10.00</b>	<b>1hr</b>	<b>S/C SUITE</b>
	<b>Otago</b>	<b>11:00</b>	<b>1hr</b>	<b>STUDIO</b>
	<b>Body Attack</b>	<b>18:00</b>	<b>45 mins</b>	<b>STUDIO</b>
	<b>Indoor Cycling</b>	<b>19:00</b>	<b>1 hr</b>	<b>STUDIO</b>
<b>Wed</b>	<b>Body Balance</b>	<b>10:00</b>	<b>1hr</b>	<b>GAMESHALL</b>
	<b>Indoor Cycling</b>	<b>17:45</b>	<b>30mins</b>	<b>STUDIO</b>
	<b>Body Pump</b>	<b>18:45</b>	<b>1hr</b>	<b>STUDIO</b>
<b>Thurs</b>	<b>Barre</b>	<b>09:00</b>	<b>1hr</b>	<b>STUDIO</b>
	<b>Aqua Aerobics</b>	<b>09.15</b>	<b>45 min</b>	<b>POOL</b>
	<b>Pilates</b>	<b>10:00</b>	<b>1hr</b>	<b>STUDIO</b>
	<b>Dynamic Wellbeing</b>	<b>11:15</b>	<b>1hr</b>	<b>STUDIO</b>
	<b>Teen Gym</b>	<b>16:30</b>	<b>1hr</b>	<b>GYM</b>
	<b>Body Attack</b>	<b>18:00</b>	<b>45 mins</b>	<b>STUDIO</b>
	<b>Zumba</b>	<b>18.15</b>	<b>45 mins</b>	<b>GAMESHALL</b>
	<b>Functional Training</b>	<b>17:45</b>	<b>1hr</b>	<b>S/C SUITE</b>
	<b>Functional training</b>	<b>19.00</b>	<b>1hr</b>	<b>S/C SUITE</b>
<b>Fri</b>	<b>Functional Training</b>	<b>10:00</b>	<b>1hr</b>	<b>S/C SUITE</b>
	<b>Teen Gym</b>	<b>13:30</b>	<b>1hr</b>	<b>GYM</b>
	<b>Body Pump</b>	<b>18:00</b>	<b>1hr</b>	<b>STUDIO</b>
<b>Sat</b>	<b>Functional Pairs</b>	<b>10:00</b>	<b>1hr</b>	<b>S/C SUITE</b>