

Prices

Activity	Adult £	Concession £	Budget £
Swim	8.00	4.80	0.50
Swimming Lesson (each)	12.50	7.40	0.50
Fitness Room	9.10	5.40	0.50
Gym Induction	12.50	7.40	0.50
Centre Classes	8.00	4.80	0.50
Racquet Sports	7.30	4.30	0.50
Shower	3.70	2.20	0.50
Gameshall	57.10	34.25	N/A
Room Hire	20.10	12.10	N/A
Lane Hire 1hr	25.05 P/L	15.05	
Pool Party — 1hr pool 0.5hr room	109.95		
Pool Party—1hr pool	93.35		

Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	479.90	39.99
Individual	319.20	26.60
Budget	50p per activity (Proof must be shown)	

Personal Training

	1:1 60 minutes	1:1 30 minutes
All Inclusive	32.60	16.30
Non member / PAYG	40.80	20.50

Love 2 swim lessons

	1:1 30 minutes	1:2 30 minutes
All Inclusive	23.50	16.40p/p
Non member / PAYG	£30.60	£23.50p/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 15th April—Sunday 30th June



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



Swimming Pool Opening Times

Mon	07:00 - 08.00	Length Swimming
	08.00-10:00	Open Swimming
	10:00-11:00	Ducklings
	11.00-13.00	Open Swimming
	13.00-14.00	Length Swimming
	15:30-18.00	Swimming Lessons
	18:00-19:00	Length Swimming
	19:00-20:00	Feature session

Tues	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	Length 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

Wed	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
	CLOSURE	Staff training
	15.30-18.00	Swimming Lessons
	18.00-19.00	Additional Needs
	19.00-20.00	Adult Lessons

Thurs	09.15-10.00	Aqua aerobics
	10.00-11.00	Length Swimming
	11.00-12.00	Feature Session
	12.00-13.00	Open Swimming
	13.00-14.00	Length Swimming
	14.00– 15.00	Open Swimming
	15.30-18.00	Swimming Lessons
	18.00-19.00	Feature Session
	19.00-20.00	Length Swimming

Fri	07:00 - 08.00	Length 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	Length Swimming
	15:30-18.00	Swimming Lessons
	18.00-20.00	Open swim/Pool party*

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

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

If sessions aren't full you may be permitted to stay longer—this may not be possible on the week-ends- 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 19:00—20:00 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.

Swimming Lesson block runs from the week beginning 22nd April 2024—week ending 16th June 2024. Open Swimming in place when lessons are not running.

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

Day	Class	Time	Duration	Area
Mon	Functional Training	18.00	1hr	S/C SUITE
	Cardiac Rehab	15:00	1hr	STUDIO
	Zumba	18:15	45min	STUDIO
Tue	Aqua Aerobics	10.00	45 min	POOL
	Functional Training	10.00	1hr	S/C SUITE
	Otago	11:00	1hr	STUDIO
	Body Attack	18:00	45 mins	STUDIO
	Indoor Cycling	19:00	1 hr	STUDIO
Wed	Functional training	09.30	1 hr	S/C SUITE
	Body Balance	10:00	1hr	GAMESHALL
	Indoor Cycling	17:45	30mins	STUDIO
	Body Pump	18:45	1hr	STUDIO
Thurs	Aqua Aerobics	09.15	45 min	POOL
	Pilates	10:00	1hr	STUDIO
	Dynamic Wellbeing	11:15	1hr	STUDIO
	Teen Gym	16:30	1hr	GYM
	Body Attack	18:00	45 mins	STUDIO
	Functional Training	17:30	1hr	S/C SUITE
Fri	Functional Training	09:30	1hr	S/C SUITE
	Teen Gym	13:30	1hr	GYM
	Zumba	17.00	1hr	GYM
	Body Pump	18:00	1hr	STUDIO
Sat	Functional Pairs	9.00	1hr	S/C SUITE