

## Prices

Activity	Adult £	Concession £	Budget £
Swim	8.55	5.15	0.50
Swimming Lesson (each)	13.40	7.90	0.50
Fitness Room	9.75	5.80	0.50
Gym Induction	13.40	7.90	0.50
Centre Classes	8.55	5.15	0.50
Racquet Sports	7.80	4.60	0.50
Shower	4.00	2.35	0.50
Gameshall	61.05	36.65	N/A
Room Hire	21.50P/H	12.90P/H	N/A
Pool Hire—1hr	107.20		
Pool Party — 1hr pool 0.5hr room	117.60		

## Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	£515.88	£42.99
Individual	£347.88	£28.99
Budget	50p per activity (Proof must be shown)	

## Personal Training

	1:1 60 minutes	1:1 30 minutes
<b>All Inclusive</b>	£34.85	£17.45
<b>Non member / PAYG</b>	£43.65	£21.90

## Love 2 swim lessons

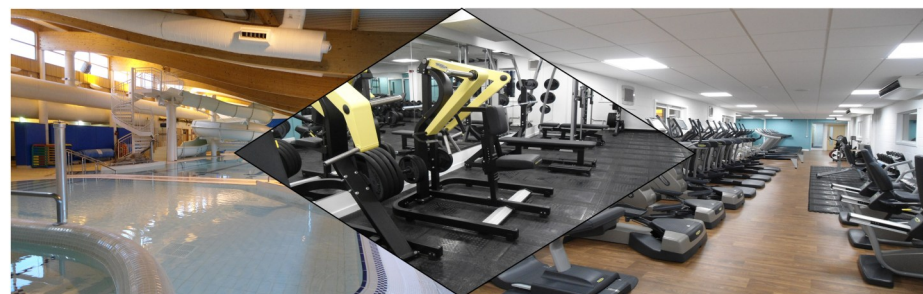
	1:1 30 minutes	1:2 30 minutes
<b>All Inclusive</b>	£25.15	£17.55p/p
<b>Non member / PAYG</b>	£32.75	£25.15p/p

'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 Festive Timetable 2025/26

**Monday 22nd December— Sunday 4th January**



### Opening Times

Monday 22nd December 07:00-21:00

Tuesday 23rd December 09:00-21:00

Wednesday 24th December CLOSED

Thursday 25th December CLOSED

Friday 26th December CLOSED

Saturday 27th December 9:00-13:30

Sunday 28th December 09:00-13:30

Monday 29th December 13:00-20:00

Tuesday 30th December 09:00-15:00

Wednesday 31st December CLOSED

Thursday 1st January CLOSED

Friday 2nd January CLOSED

Saturday 3rd January 09:00-13:30

Sunday 4th January 09:00-13:30

Contact us: Invergordon Leisure Centre,  
Academy Road, Invergordon, IV18 0LB  
Phone us: 01349 781561



## Swimming Pool Timetable

Tuesday 23rd December	09:00-10.00	Open Swimming
	10.00-11.00	Aqua Aerobics
	11.00-12.00	Open Swimming
	12.00-13.00	Feature Session
	13.00-14.00	Length Swimming
	14.00-18.00	Open Swimming
	18.00-19.00	Length Swimming
	19.00-20.00	Feature Session
	20.00-20.30	Quick Dip
Wednesday 24th December	CLOSED	
Thursday 25th December	CLOSED	
Friday 26th December	CLOSED	
Saturday 27th December	9.00-10.00	Open Swimming
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swimming
Sunday 28th December	9.00-10.00	Open Swim
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swim
Monday 29th December	13.00-14.00	Length Swim
	14.00-15.00	Feature Session
	15.00-18.00	Open Swimming
	18.00-19.00	Feature Session
	19.00-20.00	Open Swimming
Tuesday 30th December	09:00—10.00	Open Swimming
	10.00-11.00	Aqua Aerobics
	11.00-12.00	Open Swimming
	12.00-13.00	Feature Session
	13.00-14.30	Length Swimming
Wednesday 31st December	CLOSED	
Thursday 1st January	CLOSED	
Friday 2nd January	CLOSED	

Saturday 3rd January	9.00-10.00	Open Swimming
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swimming
Sunday 4th January	9.00-10.00	Open Swim
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swim

## Adult Fitness Classes (Spaces limited so booking is advisable.)

Day	Class	Time	Duration	Area
Tuesday 23rd De- cember	Functional Training	9.00	1hr	S/C SUITE
	Aqua Aerobics	10.00	45min	POOL
	Body Attack	18.00	45min	STUDIO
	Indoor Cycling	19.00	1hr	STUDIO
Saturday 27th De- cember	Functional Training	9.30	1hr	S/C SUITE
Sunday 28th De- cember	Body Balance	10.00	1hr	STUDIO
Monday 29th De- cember	Functional Training	17.30	1hr	STUDIO
	Fat Burn	17.30	30min	STUDIO
	Zumba	18.15	45min	STUDIO
	Functional Training	9.30	1hr	S/C SUITE
Tuesday 30th De- cember	Aqua Aerobics	10.00	45min	POOL
Saturday 3rd Jan	Functional Training	9.30	1hr	S/C SUITE
Sunday 4th Jan	Body Balance	10.00	1hr	STUDIO