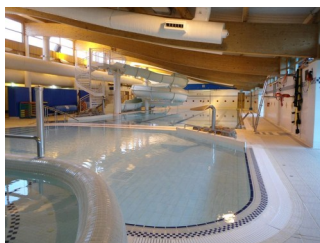


Prices

| Activity | Adult £ | Concession £ | Budget £ |
|----------------------------------|---------|--------------|----------|
| Swim | 5.60 | 2.80 | 0.50 |
| Swimming Lesson (each) | 8.70 | 4.35 | 0.50 |
| Fitness Room | 6.20 | 3.10 | 0.50 |
| Gym Induction | 8.70 | 4.35 | 0.50 |
| Centre Classes | 5.50 | 2.75 | 0.50 |
| Happy Hour | 0.50 | 0.50 | 0.50 |
| Racquet Sports (per person) | 5.00 | 2.50 | 0.50 |
| Equipment Hire | 1.70 | 1.70 | 0.50 |
| Shower | 2.50 | 1.25 | 0.50 |
| Crèche (must be booked) | | 2.60 | 0.50 |
| Gameshall | 41.80 | 20.90 | |
| Room Hire | 14.60 | 7.30 | |
| Pool Hire—1hr | 73.10 | | |
| Pool Party — 1hr pool 0.5hr room | 80.40 | | |

Membership Options

| All Inclusive | Annual Payment | Monthly Direct Debit * |
|---------------|--|------------------------|
| Family | £348 | £29 |
| Individual | £240 | £20 |
| Budget | 50p per activity (Proof must be shown) | |



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 Swimming Timetable

Monday 15th August - Friday 7th October 2016



Swimming Pool Opening Times

| | | | |
|-------------------|------------|-------------------|------------|
| Monday: | 9.45am-9pm | Tuesday: | 10am-9pm |
| Wednesday: | 7.30am-9pm | Thursday: | 9.15am-9pm |
| Friday: | 9am-8:15pm | Sat / Sun: | 9am-2.30pm |

Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB
Phone us: 01349 853689
Website: www.highlifehighland.com



Swimming Lessons - 30 minute classes (6 week block)

| Day | Activity | Time (30min classes) | Age group |
|---|------------------|-------------------------|------------|
| Mondays starting from 22nd Aug to 26th Sept | Ducklings | 09.45 - 10.45 | 6mths-3yrs |
| Daily from week beginning 22nd August to week beginning 26th Sept | Swimming Lessons | Various | 3yrs+ |
| Thursdays starting from 25th Aug to 29th Sept | Ducklings | 09.15 - 09.45 | 6mths-3yrs |
| Wednesdays starting 24th Aug to 28th Sept | Adult Lessons | 20.00 - 21.00 | 14yrs+ |

Where lessons are not on, the pool will be open to the public for swimming.

Sauna / Steam Room & Spa

We have a sauna, steam room & spa available for use. For all, you must be 16yrs+. Please ask at reception for more information.

Love 2 Swim

One-to-one & one-to-two swimming lessons for all ages and abilities are available here. Please ask at reception for more information.

Prices (per person/per class):

| | | | |
|----------------------|-----|-----------------|--------|
| High Life Member | 1:1 | 30 minute class | £17.40 |
| Non High Life Member | 1:1 | 30 minute class | £22.60 |
| High Life Member | 1:2 | 30 minute class | £12.10 |
| Non High Life Member | 1:2 | 30 minute class | £17.40 |

*Prices subject to change

Children's Pool Parties Available

Our pool is available for children's parties on a Friday night (1hr Pool & ½ hr room). Restrictions apply, please ask at reception for more information.

Accessibility

We have an accessible changing area on poolside complete with a height adjustable changing bed. We also have a pool and spa hoist for anyone who may need assistance entering the pool or spa.

| Mon | 09.30-10.45 | School / Ducklings | Thurs | 09.15-09.45 | Ducklings / Quick dip |
|-----|-------------|--------------------|-------|-------------|-----------------------|
| | 10.45-12.15 | Isobel Rhind Ctr | | 10.00-11.00 | Aqua Aerobics |
| | 12.15-13.00 | Feature Session | | 11.00-12.00 | Over 50's |
| | 13.00-14.00 | Length Swim | | 12.00-13.00 | Family Friendly |
| | 14.00-16.00 | Open Swim | | 13.00-14.00 | Length Swim |
| | 16.00-17.30 | Centre Lessons | | 14.00-15.30 | Open Swim |
| | 17.30-18.30 | Happy Hour | | 15.30-19.10 | Centre Lessons |
| | 18.30-19.30 | Feature Session | | 19.15-20.00 | Open Swim |
| | 19.30-21.00 | Open Swim | | 20.00-21.00 | Ladies Only |
| Tue | 10.00-11.00 | Over 50's** | Fri | 09:00-10.00 | Open Swim |
| | 11.00-12.00 | Happy Hour | | 10.30-12.00 | Park School |
| | 12.00-13.00 | Open Swim | | 12.00-13.00 | Open Swim |
| | 13.00-14.00 | Length Swim | | 13.00-14.00 | Length Swim |
| | 14.00-15.00 | Open Swim | | 14.00-14.45 | Open Swim |
| | 15.00-16.00 | Family Friendly | | 14.45-15.30 | Feature Session |
| | 16.00-18.00 | Centre Lessons | | 15.30-18.00 | Centre Lessons |
| | 18.00-19.00 | Open Swim | | 18.00-19.00 | Open Swim |
| | 19.00-20.00 | Feature Swim | | 19.15-20.15 | Private Parties |
| | 20.00-21.00 | Adult Swim | Sat | 09.00-10.00 | Swimming Lessons |
| Wed | 07.30-09.15 | Open Swim | | 10.00-12.00 | Family Friendly |
| | 09.30-10.30 | South Lodge | | 12.00-13.00 | Open Swim |
| | 10.45-12.00 | Open Swim | | 13.00-14.30 | Feature Session |
| | 12.00-13.00 | Family Friendly | Sun | 09.00-10.00 | Swimming Lessons |
| | 13.00-13.45 | Length Swim | | 10.00-12.00 | Family Friendly |
| | 13.45-16.00 | Closed | | 12.00-13.00 | Open Swim |
| | 16.00-18.00 | Centre Lessons | | 13.00-14.30 | Feature Session |
| | 18.00-19.00 | Disabled Session | | | |
| | 19.00-20.00 | Open Swim | | | |
| | 20.00-21.00 | Adult Lessons | | | |

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 pool will be roped off.

Length Swimming: Length swimmers have priority in the main pool. The toddler and baby pool is available for recreational use during these sessions

Happy Hour: This session will be 50p if you arrive within the first 20 minutes of the session.

Quick Dip - A short 30 min session available for open swimming in the main pool only.

**Small pools not available during this session from 30th Aug-4th Oct (inclusive)