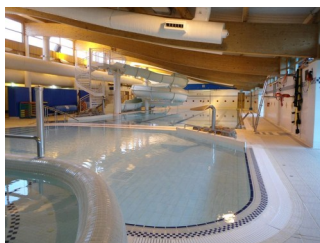


Prices

Activity	Standard	Concession	Budget
Swim	£5.00	£2.50	£0.50
Swimming Lesson (each)	£7.80	£3.90	£0.50
Swim/Steam	£5.60	£2.80	£0.50
Fitness Room	£5.60	£2.80	£0.50
Gym Induction	£7.80	£3.90	£0.50
Centre Classes	£4.90	£2.45	£0.50
Happy Hour	£0.50	£0.50	£0.50
Racquet Sports (per person)	£4.40	£2.20	£0.50
Equipment Hire	£1.70	£1.70	£0.50
Shower	£2.10	£2.10	£0.50
Crèche (must be booked)		£2.20	£0.50
Gameshall	£37.90	£18.95	
Room Hire	£11.20		
Pool Hire—1hr	£66.20		
Bouncer Hire—1hr	£55.10		

Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£324	£27.00
Individual	£228	£19.00
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 9th Feb - Fri 2nd April 2015



Swimming Pool Opening Times

Monday:	9.45am-9pm	Tue & Thur:	10am-9pm
Wednesday:	7.30am-9pm	Friday:	10am-8:15pm
Sat / Sun:	9am-3.30pm		

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



Swimming Lessons - 30 minute classes

Day	Activity	Time (30min classes)	Age group
Monday 5th Jan - 23rd March	Ducklings	09.45—10.45	6mths-3yrs
Daily from week beginning 5th Jan - week beginning 23rd March	Swimming Lessons	Various	3yrs+
Thursday 8th Jan—26th March	Ducklings	09.15 – 09.45	6mths-3yrs

Swimming lessons will not run week beginning 16th Feb 2015

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	£16.50
Non High Life Member	1:1	30 minute class	£21.50
High Life Member	1:2	30 minute class	£11.50
Non High Life Member	1:2	30 minute class	£16:50

Children's Pool Parties Available

Our pool is available for children's parties on a Friday night (1hr Pool & ½ hr crèche). 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.

Swimming Pool Programme

Mon	09.45-10.45	Open	Thurs	10.00-11.00	Aqua Aerobics
	10.45-12.15	Isobel Rhind		11.00-12.00	School (Open from 5/3)
	12.15-13.00	Open Swim		12.00-13.00	Family Friendly
	13.00-14.00	Length Swim		13.00-13.30	Length Swim
	14.00-16.00	Open Swim		13.30-14.30	School (Open from 19/3)
	16.00-17.00	Centre Lessons		14.30-15.30	Open Swim
	17.00-18.00	Open Swim		15.30-19.10	Centre Lessons
	18.00-19.00	Happy Hour		19.15-20.00	Open Swim
	19.00-21.00	Open Swim		20.00-21.00	Ladies Only
Tue	10.00-11.00	Over 50's	Fri	10.00-12.00	Park Primary
	11.00-12.00	Open Swim		12.00-12.45	Open Swim
	12.00-13.00	Happy Hour		12.45-13.45	Length Swim
	13.00-14.00	Length Swim		13.45-14.30	Open Swim
	14.00-15.00	Family Friendly		14.30-15.30	Feature Session
	15.00-16.00	Open Swim		15.30-18.00	Centre Lessons
	16.00-18.00	Centre Lessons		18.00-19.00	Open Swim
	18.00-19.00	Open Swim		19.00-20.15	Private Parties
	19.00-20.00	Feature Session	Sat	09.00-10.00	Centre Lessons
	20.00-21.00	Adult Swim		10.00-12.00	Family Friendly
Wed	07.30-09.15	Open Swim		12.00-13.00	Open Swim
	09:30-10:30	South Lodge		13.00-14.00	Feature Session
	10:45-12.45	Open Swim		14.00-15.30	Open Swim
	12.45-13.30	Length Swim	Sun	09.00-10.00	Centre Lessons
	13.30-16.00	Closed		10.00-11.00	Family Friendly
	16.00-18.00	Centre Lessons		11.00-12.00	Feature Session
	18.00-19.00	Disabled Session		12.00-13.00	Open Swim
	19.00-20.00	Open Swim		13.00-14.00	Feature Session
	20.00-21.00	Adult Lessons		14.00-15.30	Open Swim

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—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