CELEBRATING 5 YEARS AS A CHARITY

highlife highland
na gàidhealtachd

FAMILY FRIENDLY SESSIONS

Family Friendly Sessions are designed for families, these sessions are excellent fun and toys will be provided. High Life Highland is keen to encourage family groups to access both pools whilst still maintaining a safe environment. Special family sessions are promoted at these pools when the parent/carer to child(ren) supervision ratio is relaxed.

- **In the main pool the deep end of the pool will be roped off and an extra Lifeguard will be on duty.**
- **In the Hydrotherapy Pool bather numbers are reduced.**

The ratios for these sessions is :

AGE OF CHILDREN	CARER TO CHILD ADMISSION RATIO REQUIRED FAMILY FRIENDLY SESSIONS
0,1,2,3 years	One :Two
4,5,6,7 years	One :Three
Mixed under and over 4	One :Two

4th September to 8th October 2017 - The days and times are detailed below

Main Swimming Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.00pm-4.00pm	N/A	N/A	N/A	3.00pm-4.00pm	11.30am-12.30pm	11.30am-12.30pm

Hydrotherapy Pool (Bookings Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
N/A	3.00pm-3.40pm	11.00am-11.40am 4.00pm-4.40pm	3.00pm-3.40pm	N/A	N/A	N/A

High Life Highland Registered office **12–13 Ardross Street, Inverness IV3 5NS**
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High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.