

MON	8.00Public Swimming12.00				12.001.0050+ Swimming	1.00Public Swimming3.30		3.30Swimming Lessons5.30		5.306.30Public Swimming	6.307.55Swimming Club		8.009.00Adult Swimming
											Synchro Club		
TUE	8.009.50Public Swimming		10.0011.10School Lessons	11.10Public Swimming3.30				3.30Swimming Lessons5.30		5.30Public Swimming [Happy Hour 6-7]8.00			8.009.00Adult Swimming
WED	8.009.50Public Swimming		10.0011.10School Lessons	11.1012.00Public Swimming	12.001.00Staff Training	1.00Public Swimming3.30		3.30Swimming Lessons5.30		5.306.30Public Swimming	6.307.55Swimming Club		8.009.00Ladies Only
										Public Swimming			
THU	8.00Public Swimming10.20		10.30School Lessons12.15	12.30Public Swimming3.30				3.30Swimming Lessons5.30		5.35Highland Swim Team7.25		7.30Public Swim9.00	
										Public Swimming			
FRI	8.009.50Public Swimming		10.0011.10School Lessons	11.1512.15Public Swimming [Happy hour]	12.151.15Adult Swimming	1.15Public Swimming3.30		3.30Swim Lessons	4.005.00	7.55Swimming Club			8.009.00Public Swimming
SAT	Closures 2 nd June pool 1 to 3pm 9 th June Pool All day-Club competition	9.0010.00Swim Lessons	10.00Public Swimming [Happy hour 11 – 12]1.00				1.002.00Fun Hour	2.003.00Public Swimming	3.00Synchro Club5.30		Join our fantastic value High Life Scheme		
SUN	16 th June 10 – 3pm	9.0010.00Swimming Club	10.0011.00Synchro Club	11.0012.00Synchro	12.001.00Public Swimming	1.002.00Fun Hour	2.00Public Swimming4.00		Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual membership or £30.00 for a family membership				
				Family Friendly									

	Standard	Concession	Budget
Swim	£6.20	£3.10	£0.50
Shower	£2.90	£1.45	£0.50
Swimming lesson	N/A	£4.85	£0.50

Fun Hour – For All Ages. Floats, mats, rubber rings and toys.

Happy Hour - Activity £1 per person during the times stated.

Family Friendly – 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.

Swimming lessons Term – Monday 16th April – Saturday 30th June 2018

Thursdays the Male Changing Rooms will be unavailable to the Public from 11.10 - 11.25 & 12.15 – 12.30pm

Steam room - Not available during club and lesson times

Notes - *(Thursdays 7.30 – 9pm Synchro offered 2 lanes 19th April – 31st May) **Pool Closures – Saturdays 2nd June from 1pm, 9th June All Day, 16th All Day (Lessons will be on 9 to 10)**



Fitness Classes at Nairn Leisure & Auldearn Dunbar Hall

Monday 16/04/2018 to Sunday 1/07/2018

DAY	VENUE	AM		PM	
MONDAY	Nairn Leisure	10.30-11.15 – Indoor Circuits	11.30am to 12.15pm – Outdoor Cycling	6.30pm to 7.15pm – Outdoor Cycling	7.30pm to 8.15pm – Outdoor Circuits
	Auldearn Dunbar Hall			6.00pm to 6.45pm – Kettlebells	7.00pm to 8.00pm - PIYO
TUESDAY	Nairn Leisure	10.30- 11.15 – Outdoor Circuits	11.30am to 12.15pm – Outdoor Cycling	6.30pm to 7.15pm – Outdoor Cycling	7.30pm to 8.15pm – Outdoor Circuits
	Auldearn Dunbar Hall			6.00pm to 6.45pm – Zumba <i>Starts 8th May!!</i>	7.00pm to 8.00pm – PILATES <i>NEW CLASS</i>
WEDNESDAY	Nairn Leisure	10.30-11.15 – Indoor Gym	11.00am to 11.45pm – Jog Scotland	6.30pm to 7.15pm – Outdoor Cycling	7.30pm to 8.15pm – Outdoor Circuits
THURSDAY	Nairn Leisure	10.30- 11.15 – Outdoor Circuits	11.30am to 12.15pm – Outdoor Cycling	6.30pm to 7.15pm – Outdoor Cycling	7.30pm to 8.15pm – Outdoor Circuits
FRIDAY	Nairn Leisure	11.30am to 12.15pm – Outdoor Cycling		6.30pm to 7.15pm – Outdoor Cycling	7.30pm to 8.15pm – Indoor Circuits
SATURDAY	Nairn Leisure	11.00am to 11.45pm – Outdoor Cycling		Outdoor Cycling: Stationary group cycle class. Kettlebells: Dynamic moves to target all muscles of the body..... Over 16's only PIYO: Total-body fitness system combines Pilates and Yoga build strength, Flexibility Pilates: Core strength to improve general fitness and wellbeing Circuits: Whole body workout using different equipment Zumba: Dance fitness class – total body workout Jog Scotland: Walk/jog beginners welcome along Nairn Links	
SUNDAY	Nairn Leisure	11.00am to 11.45pm – Outdoor Cycling			

	Standard	Concession	Budget
Fitness suite	£7.00	£3.50	£0.50
F.S. Induction	£9.70	£4.90	£0.50
Classes	£6.10	£3.10	£0.50

Fitness Suite Opening Hours

Monday - Friday	8.00am - 8.45pm
Sat	9.00am - 5.15pm
Sun	9.00am - 3.45pm

All advertised classes are included in **High Life**

Due to limited spaces please ensure you book the above sessions. For more information or to book your place please contact reception.



Note for PIYO – For hygiene reasons please bring your own Yoga Mat if you have one.