



Nairn Leisure Centre – Summer Holiday Pool Programme

Monday 02/07/2018 to Sunday 19/08/2018

MON	8.00	10.00	10.00	11.00	11.00	12.00	12.00	1.00	2.00	2.00	3.00	3.00	Public Swimming			6.30	6.30	7.55	8.00	9.00			
	Public Swimming		Swimming Lessons		Public Swimming		50+ Swimming		Public Swimming		Fun Hour		Public Swimming			Synchro Club			Adult Swimming				
TUE	8.00	10.00	10.00	11.00	11.00				1.30	1.30	2.30	2.30	3.30	Public Swimming			6.00	6.00	7.00	7.00	8.00	8.00	9.00
	Public Swimming		Swimming Lessons		Public Swimming					Family Swimming		Fun Hour		Public Swimming			Public Swimming (Happy Hour)			Public Swimming		Adult Swimming	
WED	8.00	10.00	10.00	11.00	11.00	12.00	12.00	1.00	2.30		2.30	3.30	3.30	Public Swimming			6.30	6.30	7.55	8.00	9.00		
	Public Swimming		Swimming Lessons		Public Swimming		Staff Training		Public Swimming		Fun Hour		Public Swimming			Public Swimming			Swimming Club		Ladies Only		
THU	8.00	10.00	10.00	11.00	11.00						2.30	2.30	3.30	3.30	Public Swimming		5.30	5.35	7.25	7.30	9.00		
	Public Swimming		Swimming Lessons		Public Swimming						Fun Hour		Public Swimming		Public Swimming			Public Swimming					
FRI	8.00	10.00	10.00	11.00	11.00	12.00	12.00	1.00	2.00	2.00	3.00	3.00	4.00	4.00	Swimming Club			6.55	7.00	9.00			
	Public Swimming		Swimming Lessons		Public Swimming (Happy hour)		Adult Swimming		Public Swim		Fun Hour		Public Swimming		Swimming Club			Public Swimming					
SAT		9.00	Public Swimming (Happy hour11 - 12)						1.00	1.00	2.00	2.00	3.00	3.00	Synchro Club			5.30	Join our fantastic value <i>High Life Scheme</i>				
										Fun Hour		Public Swimming					Pay one low monthly fee and get unlimited use of all Leisure Centre run activities.						
SUN		9.00	10.00	10.00	11.00	11.00	12.00	12.00	1.00	2.00	1.00	2.00	2.00	4.00			Excellent value at only £20 for individual membership or £30 for a family membership						
		Swimming Club	Synchro		Synchro Club		Public Swimming		Fun Hour		Public Swimming												

Programme Guidance Notes

Lane Swimming – Where possible, a lane will be provided during our public swimming times.

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

Family Swims – Designed for families, mats / toys will be out for the kids (part of the deep end will be roped off).

Fun Hour – Floats Mats Rubber Rings & Toys for All Ages.

Intensive Swimming Lessons 2nd – 6th 23rd – 27th July 13th – 17th Aug 10.00 & 10.30 Beginner/Intermediate

Rookie Lifeguard Training Deep End Swimmers only 2nd – 5th July 10 – 10.45

***Public Swimming** - Monday to Friday 10 - 11am outside the above lesson dates

Fitness Suite Opening Hours

Monday - Friday 8.00am - 8.45pm

Sat 9.00am - 5.15pm

Sun 9.00am - 3.45pm

	Standard	Concession	Budget
Swimming	£6.20	£3.10	£0.50

Nairn Leisure Centre | Marine Road, Nairn, IV12 4EA | Tel: 01667 453061 | [facebook.com/NairnLeisureCentre](https://www.facebook.com/NairnLeisureCentre)

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.

Fitness Classes at Nairn Leisure & Auldearn Dunbar Hall

Monday 02/07/2018 to Sunday 19/08/2018

Time	Activity	Class Information			
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	7.00pm to 8.00pm – Pilates <i>NEW CLASS</i>
WEDNESDAY	Nairn Leisure	10.30-11.15 – Indoor Circuits	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, lose weight, increase flexibility starting 8th May Pilates: Core strength to improve general fitness and wellbeing Circuits: Whole body workout using different equipment Zumba: Dance fitness class – total body workout starting 8th May 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.