

Prices

Activity	Adult £	Concession £	Budget £
Swim	6.20	3.10	0.50
Swimming Lesson (each)	N/A	4.90	0.50
Fitness Room	7.00	3.50	0.50
Gym Induction	9.70	4.90	0.50
Fitness Classes	6.10	3.10	0.50
Happy Hour	1.00	1.00	0.50
Shower	2.90	1.45	0.50

Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	360	30
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'.



Nairn Leisure Centre Swimming Timetable

Monday 7th January — Sunday 7th April 2019



Swimming Pool Opening Times

Monday to Thursday	08:00 - 21:00
Friday	08:00 - 20:00
Saturday	09:00 - 17:30
Sunday	09:00 - 16:00

Contact us: Nairn Leisure Centre, Marine Road, Nairn, IV12 4EA
Phone us: 01349 781500
Website: www.highlifehighland.com / For latest: facebook.com/NairnLeisureCentre



Swimming Pool Timetable

Mon	08:00 - 09:50	Public Swim	Thur	08:00 - 09:40	Public Swim
	10:00 - 11:10	School Lessons		09:50 - 10:20	Parent & Toddler
	11:10 - 12:00	Public Swim		10:30 - 12:15	School Lessons
	12:00 - 13:00	50 + Swim		12:30 - 13:00	NEW AQUA HIIT + Public Swimming
	13:00 - 15:30	Public Swim		13:15 - 15:30	Public Swim
	15:30 - 17:30	Swimming lessons		15:30 - 17:30	Swimming lessons
	17:30 - 18:30	Public Swim		17:30 - 19:30	Public Swim half pool 1 lane
	18:30 - 19:55	Swim Club Synchro		17:35 - 19:25	Highland Swim Team
	20:00 - 21:00	Adult Swim		19:30 - 21:00	Kayak Club
	19:30 - 21:00	Open Swim	Fri	07:00 - 09:50	Public Swim
Tue	08:00 - 09:50	Public Swim		10:00 - 11:10	School Lessons
	10:00 - 11:10	School Lessons		11:15 - 12:15	Public Swim (Happy Hour)
	11:10 - 15:30	Public Swim		12:15 - 13:15	Adult Swim
	15:30 - 17:30	Swimming Lessons		13:15 - 15:30	Public Swim
	17:30 - 18:00	Quick Dip		15:30 - 17:00	Swimming Lessons
	18:00 - 19:00	Happy Hour		16:00 - 20:00	Swim Club
	19:15 - 19:45	NEW AQUA HIIT + Public Swimming	Sat	09:00 - 10:00	Swimming Lessons
	20:00 - 21:00	Adult Swimming		10:00 - 11:00	Public Swim
Wed	08:00 - 09:50	Public Swim		11:00 - 12:00	Happy Hour
	10:00 - 12:00	School Lessons		12:00 - 13:00	Public Swim
	12:00 - 13:00	Staff Training		13:00 - 14:00	Fun Hour
	13:15 - 13:45	NEW AQUA HIIT + Public Swimming		14:15 - 14:45	NEW AQUA HIIT—TEEN + Public Swimming
	14:00 - 15:30	Public Swimming		15:00 - 17:30	Synchro
	15:30 - 17:30	Swimming lessons	Sun	09:00 - 10:00	Swim Club
	17:30 - 18:30	Public Swim		10:00 - 12:00	Synchro
	18:30 - 19:55	Swim Club half pool		11:00 - 12:00	Family Friendly
	18:30 - 19:55	Public Swim -Half pool		12:00 - 13:00	Public Swimming
	20:15 - 20:45	NEW AQUA HIIT + Public Swimming		13:00 - 14:00	Fun Hour
				14:00 - 16:00	Public Swimming

Timetable—Notes

Public Swimming – Where possible a lane will be provided.

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. (part of the deep end will be roped off).

Parent and Toddler — A water confidence session for parents and toddlers led by an instructor—bookable at reception.

AQUA HIIT - Is one of our new classes that uses water to transform fitness and bring fun back to exercise. The new wave! - bookable online or at reception 3 days in advance. Please ask a member of staff for more information.

During **Aqua HIIT** a portion of the pool will be available to public swimming (limited pool numbers to 20)

Quick Dip - A short 30 minute session available for public swimming

School and Swimming Lessons - Closed to the public

Wednesdays the pool will be unavailable 12.00-13.00 to allow for Staff Training

Thursdays the Male Changing Rooms will be unavailable to the Public 10.50 - 11.05 & 12.00 – 12.15pm

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.

Steam Room

We have a steam room available for use during public swimming. The steam room will not be available during private bookings or swimming lessons. 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 hoist for anyone who may need assistance entering the pool or spa.