

Prices

Activity	Adult £	Concession £	Budget £
Swim	6.50	3.25	0.50
Swimming Lesson (each)	10.20	5.10	0.50
Fitness Room	7.40	3.70	0.50
Gym Induction	10.20	5.10	0.50
Fitness Classes	6.40	3.20	0.50
Happy Hour	1.00	1.00	0.50
Shower	3.00	1.50	0.50

Course—Bookable at reception

Lifeguard course (without first aid) - Weekdays	268.20
Lifeguard Course (without first aid) - Weekends	335.20
Induction to Child Protection	20.00
Full First Aid Course - Weekdays	134.20
Full First Aid Course - Weekends	201.20

Love 2 Swim

	One to One	One to Two
Members	19.20	13.40 each
Non Members	25.00	19.20 each

Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	372	31
Individual	247.20	20.60
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 14th October — Sunday 27th October 2019



Swimming Pool Opening Times

Monday to Thursday	07:00 - 21:00
Friday	07:00 - 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	07:00 - 08:00	Lane Swim	Thur	07:00 - 8:00	Lane Swim
	08:00 - 10:00	Public Swim		08.00 - 10.00	Public Swim
	11:00 - 12:00	Family Friendly		11:00 - 14:00	Public Swim
	12:00 - 13:00	50 + Swim		14:00 - 15:00	Fun Hour
	13:00 - 14:00	Public Swim		15:00-16:00	Family Friendly
	14:00 - 15:00	Fun Hour		16:00 - 17:00	Public Swim
	15:00 - 18:30	Public Swim		17.00—19.30	Public Swim (Half pool with 1 lane)
	20:00 - 21:00	Adult Swim		19:30 - 21:00	Public Swim
Tue	07:00 - 08:00	Lane Swim	Fri	07:00 - 8:00	Lane Swim
	08.00 - 10:00	Public Swim		08.00 - 10.00	Public Swim
	11:00-12:00	Family Friendly		11:15 - 12:15	Public Swim (Happy Hour)
	12:00-14:00	Public swim		12:15 - 13:15	Adult Swim
	14:00 - 15:00	Fun Hour		13:15 - 16:00	Public Swim
	15:00 - 18:00	Public Swim			
	18:00 - 19:00	Happy Hour	Sat	9.00 - 11:00	Public Swim
	19:15 - 19:45	AQUA HIIT + Public Swim		11:00 - 12:00	Happy Hour
	20:00 - 21:00	Adult Swim + Staff training (last Tues)		12:00 - 13:00	Public Swim
Wed	07:00 - 08:00	Lane Swim		13:00 - 14:00	Fun Hour
	08:00 - 10:00	Public Swim		14:00- 15:00	Public Swim
	11:00 - 14:00	Public Swim	Sun	11:00 - 12:00	Family Friendly
	14:00 - 15:00	Fun Hour		12:00 - 13:00	Public Swim
	15:00 - 18:30	Public Swim		13:00 - 14:00	Fun Hour
	18:30 - 19:55	Public Swim (Half pool)		14:00 - 16:00	Public Swim
	20:15 - 20:45 20:15 - 21:00	AQUA HIIT + Public Swim			

Timetable—Notes

Monday 14th October — Sunday 27th October

Public Swim— Where possible a lane/s 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 - uses water to transform fitness and bring fun back to exercise. The new wave! - bookable online or at reception. Please ask a member of staff for more information.

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

Lane Swim—Lane swimmers will be able to swim in the 5 lanes that will be provided.

Fast and Slow lanes available.

Private Hire for Aqua Boards

Option 1 – booking a class within our operating times 7am to 9.00pm (as per timetable) at the cost of £100 for a half hour session.

Option 2 – booking a class outside our opening times at a cost of £171 this is for a whole hour but will be inclusive of set up and take down time.

All bookings subject to availability

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

School and Swim Lessons - Pool and Steam room closed to the public

Tuesday 8pm-9pm—one or 2 lanes will be used once a month for staff training purposes & 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 swim 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.