

## Prices

Activity	Adult £	Concession £	Budget £	Young Scot £
Swim	8.00	4.80	0.50	3.90
Swim Lessons	12.50	7.40	0.50	-
Fitness Room	9.10	5.40	0.50	4.30
Gym Induction / Re - Induction	12.50	7.40	0.50	5.90
Fitness Classes	8.00	4.80	0.50	3.90

## Love 2 Swim

	One to One	One to Two
Members	23.50	16.40 each
Non Members	30.60	23.50 each

## Personal Training

	One to One 30mins	One to One 1hr	One to Two 30mins	One to Two 1hr
Members	£16.30	£32.60	£22.40 £11.70pp	£46.60, £23.30pp
Non Members	£20.50	£40.80	£29.20, £14.60pp	£58.40, £29.20pp

## Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£479.90	£39.99
Individual	£319.20	£26.60
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'.



Contact us: Nairn Leisure Centre, Marine Road, Nairn, IV12 4EA

Phone us: 01349 781500

Website: [www.highlifehighland.com](http://www.highlifehighland.com) / For latest: [facebook.com/](https://facebook.com/)

**Lane Swim** — Lane swimming will be 5 lanes with a maximum of 6 swimmers per lane.

**Public Swim** - Admission policy, Under 8's must be accompanied by an adult. Up to 2 children aged 4 - 7 can be accompanied by 1 adult and children aged 3 and under needs to be 1 adult to 1 child.

**Steam Room** - No booking required. Admissions available to 16 years or over. 8 - 15 years requires an Adult. Open during Public Swimming and Lane Swimming, Fun Hour & Family Friendly for Families only!. **Steam room is closed during any club sessions, swimming lessons or private hire.**

**Fitness Suite** - We have a cardio and resistance area, suitable for all abilities. State of the art Technogym equipment / Cable Machine, Free-weight's and Dumbbells.

**Admission Policy:**  
Gym users aged 11 - 15 need adult supervision with a ratio of 1 Adult to 3 children. All gym users require an induction before using the facility.

**Fitness classes** -

Fitness classes are now in the Seaman's Hall **NEW**, in the Fitness Suite, in the pool and Dunbar Golf Club!

**Bookings** — Bookings via online or by telephone. All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, any payments must be paid upon booking.

**Family Friendly Session** \*- 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). No Booking required!

## 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.

29th April to 23rd June 2024 - Subject to change

2 Lanes available during public swim

Monday 6th May April only!		Thursday	
08:00 - 09:00	Lane Swim	07:00 - 08:00	Lane Swim
09:00 - 12:00	Public Swim	08:00 - 09:45	Public Swim
12:00 - 13:00	Fun Session	10:00 - 12:00	*-*School lessons
13:00 - 14:00	Public Swim	12:15 - 15:30	Public Swim
Monday		15:30 - 17:30	Swimming Lessons
07:00 - 08:00	Lane Swim	17:30 - 21:00	Public Swim
08:00 - 12:15	Public Swim	6:30 - 8 swim club 1 lane Private hire 8—9pm 2 lanes	
12:15 - 13:00	AquaZumba (You time)	Friday	
13:00 - 15:30	Public Swim	07:00 - 08:00	Lane Swim
15:30 - 17:30	Swimming Lessons	08:00 - 09:45	Public Swim
17:30 - 18:30	Public Swim	10:00 - 11:00	*-*School lessons
18:30 - 20:00	Synchro	11.15 - 13:15	Public Swim
20:00 - 21:00	Adult Swimming	13:15 - 14:00	AquaZumba (You time)
Tuesday		14:00 - 15:30	Public Swim
07:00 - 08:00	Lane Swim	15:30 - 17:30	Swimming Lessons
08:00 - 15:30	Public Swim	17:30 - 20:00	Swim Club
15:30 - 17:30	Swimming Lessons	Saturday	
17:30 - 21:00	Public Swim	07:45 - 09:00	Lane Swim
6:30 - 8 swim club 1 lane!		Swim Club 2 lanes	
Wednesday		09:00 - 11:00	Synchro
07:00 - 08:00	Lane Swim	11:00 - 12:00	Public Swim
08:00 - 09:45	Public Swim	Managers Special £2.50 for all	
10:00 - 11:00	*-*Swimming Lessons	12:00 - 14:00	Public Swim
11:15 - 12:00	Public Swim ****	14:00 - 15:00	Fun Hour
12:00 - 13:00	Staff Training	15:00 - 16:00	Public Swim
13:00 - 15:30	Public Swim	Sunday	
15:30 - 17:30	Swimming Lessons	08:30 - 09:15	Public Swim
17:30 - 20:00	Swim Club	09:15 - 11:00	*** Family Friendly session / Synchro Deep End
20:00 - 21:00	Adult Swimming	11:00 - 13:00	Public Swim

\*\*\*\* Millbank school 26th June 11 - 12



**\*\*\*Family Friendly (Sundays!)**

No booking required. Deep end roped off for Synchro Club (Relaxed Adult Child ratio!)

**Swimming Lessons**

Help yourself to a Swimming Lesson Guide at Reception for details of when lessons are running and what swimmers will learn. Also there are details on Love to Swim for individual or one-to-two if you prefer

29th April to 23rd June 2024 - Subject to change

**Fitness Classes at Nairn Leisure!**

<b>Nairn Leisure Centre</b>	Monday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Monday	12:15 - 13:00	AquaZumba - In the swimming pool! (You time)
	Tuesday	19:00 - 20:00	Lift & Tone - Resistance area closed
	Wednesday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Wednesday	19:00 - 20:00	Lift & Tone - Resistance area closed
	Thursday	20:00 - 21:00	Lift & Tone - Resistance area closed
	Friday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Friday	13:00 - 14:00	Teen Gym [Supervised Session]
	Friday	13:15 - 14:00	AquaZumba - In the swimming pool! (You time)

**Weigh to Go** range of cardio and resistance exercises

**Lift & Tone** Learn how to use weights including Squat Rack

**Seaman's Hall (Harbour Street)**

Monday	07:00 - 07:45	Indoor Cycle Class
Monday	18:45 - 19:30	Indoor Cycle Class
Tuesday	18:00 - 18:50	Total Toning
Tuesday	19:00 - 19:50	Box Fit
Thursday	10:00 - 10:45	Circuits
Friday	18:45 - 19:30	Indoor Cycle Class
Saturday	10:00 - 10:45	Indoor Cycle Class

**Dunbar Golf Club! (You time)**

**Mondays:12 - 1pm Yoga/ 1 - 2pm Flex & Move 2 -3pm Pilates**

**6th May Bank Holiday opening hours 8am to 2pm (no Weigh to Go Class)**

**Fitness Suite Opening hours (Max 20)**

**Monday to Thursday - 7am to 9pm Fridays - 7am to 8pm**

**Saturday - 7:45am to 4pm Sunday - 8:30am to 1pm**

**Fitness Suite closed: Monday / Wednesday / Friday 11am - 12pm**

**Resistance area closed: Tuesday 7- 8pm / Wednesday 7- 8pm /**

**Thursday 8 - 9pm**

**\*-\* Changing Rooms closed 15 minutes before, during and after school lessons**