

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: Naim Leisure Centre, Marine Road, Nairn, IV12 4EA

Phone us: 01349 781500

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

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.

15th April to 28th April 2024 - *Subject to change*

2 Lanes available during public swim

Monday	
07:00 - 08:00	Lane Swim
08:00 - 12:15	Public Swim
12:15 - 13:00	AquaZumba (You time)
13:00 - 16:30	Public Swim
16:30 - 17:30	Fun Hour
17:30 - 18:30	Public Swim
18:30 - 20:00	Synchro
20:00 - 21:00	Adult Swimming
Tuesday	
07:00 - 08:00	Lane Swim
08:00 - 16:30	Public Swim
16:30 - 17:30	Fun Hour
17:30 - 21:00	Public Swim 6:30 - 8 swim club 1 lane!
Wednesday	
07:00 - 08:00	Lane Swim
08:00 - 09:45	Public Swim
10:00 - 11:00	*-*Swimming Lessons
11:15 - 12:00	Public Swim ****
12:00 - 13:00	Staff Training
13:00 - 16:30	Public Swim
16:30 - 17:15	Fun Session!
17:30 - 20:00	Swim Club
20:00 - 21:00	Adult Swimming



***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

Thursday	
07:00 - 08:00	Lane Swim
08:00 - 09:45	Public Swim
10:00 - 12:00	*-*School lessons
12:15 - 16:30	Public Swim
16:30 - 17:30	Fun Hour
17:30 - 21:00	Public Swim 6:30 - 8 swim club 1 lane Private hire 8—9pm 2 lanes
Friday	
07:00 - 08:00	Lane Swim
08:00 - 09:45	Public Swim
10:00 - 11:00	*-*School lessons
11:15 - 13:15	Public Swim
13:15 - 14:00	AquaZumba (You time)
14:00 - 16:30	Public Swim
16:30 - 17:15	Fun Session!
17:30 - 20:00	Swim Club
Saturday	
07:45 - 09:00	Lane Swim Swim Club 2 lanes
09:00 - 11:00	Synchro
11:00 - 14:00	Public Swim
14:00 - 15:00	Fun Hour
15:00 - 16:00	Public Swim
Sunday	
08:30 - 09:15	Public Swim
09:15 - 11:00	*** Family Friendly session / Synchro Deep End
11:00 - 13:00	Public Swim

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

15th April to 28th April 2024 - *Subject to change*

Fitness Classes at Nairn Leisure!

Nairn Leisure Centre	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!

Mondays:12 – 1pm Yoga*/ 1 – 2pm Flex & Move* (You time) 2 –3pm Pilates*

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**