

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 / For latest: 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 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

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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! (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**