#### **Prices**

Activity	Adult £	Concession £	Budget £	Young Scot £
Swim	8.55	5.15	0.50	4.15
Swim Lessons	13.40	7.90	0.50	-
Fitness Room	9.75	5.80	0.50	4.65
Gym Induction / Re - Induction	13.40	7.90	0.50	4.00
Fitness Classes	8.55	5.15	0.50	4.15

#### **Love 2 Swim**

	One to One	One to Two
Members	25.15	17.55 each
Non Members	32.75	25.15 each

# **Personal Training**

	One to One 30mins	One to One 1hr	One to Two 30mins	One to Two 1hr
Members	£17.45	£34.85	£25 £12.50pp	£49.80, £24.90pp
Non Members	£21.90	£43.65	£31.20, £15.60pp	£62.50, £31.25pp

# **Membership Options**

All Inclusive	Annual Payment	Monthly Direct Debit *	
Family	£515.88	£42.99	
Individual	£347.88	£28.99	
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/

**<u>Lane Swim</u>** — 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.

<u>Steam Room</u> - 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.

<u>Family Friendly Session</u> \*- 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

### **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.

#### **Nairn Leisure Swimming Pool**



# 7th April to 20th April 2025 - Subject to change

07:00 - 08:00

08:00 - 15:30

15:30 - 16:30

16:30 - 21:00

07:00 - 08:00

08:00 - 13:15

13:15 - 14:00

14:00 - 15:30

15:30 - 16:30

16.30 - 17:30

17:30 - 20:00

08:00 - 09:00

09:00 - 13:15

13:15 - 14:00

07:45 - 09:00

09.00 - 11:00

11.00 - 11:45

11.45 - 14:00

14:00 - 15:00

15.00 - 16:00

08:30 - 09:15

09:15 - 11.00



**Thursday** 

Friday

Saturday

Sunday

Lane Swim

Public Swim

Fun Hour **NEW** 

Public Swim 6:00 - 8 swim club 1 lane

Lane Swim

Public Swim

Aquadance

Public Swim

Fun Hour **NEW** 

Public Swim

Swim Club Friday 18th April only!

Lane Swim

Public Swim

Aquadance (You time)

Lane Swim

Synchro

Aquacise (you time)

Public Swim

Fun Hour

Public Swim

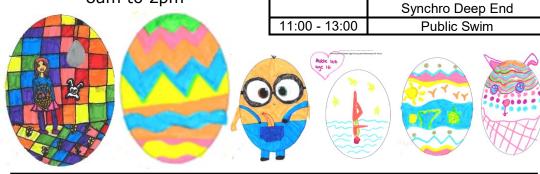
Public Swim

\*\*\* Family Friendly session

2 Lanes available during public swim

Monday				
07:00 - 08:00	Lane Swim			
08:00 - 12:15	Public Swim			
12:15 - 13:00	Aquadance (You time)			
13:00 - 15:30	Public Swim			
15:30 - 16:30	Fun Hour <b>NEW</b>			
16:30 - 18:30	Public Swim			
18:30 - 20:00	Synchro			
20:00 - 21:00	Adult Swimming			
Tuesday				
07:00 - 08:00	Lane Swim			
08:00 - 15:30	Public Swim			
15:30 - 16:30	Fun Hour <b>NEW</b>			
16:30 - 21:00	Public Swim			
	6:30-8.30swim club 1 lane!			
	Wednesday			
07:00 - 08:00	Lane Swim			
08:00 - 12:00	Public Swim			
12:00 - 13:00	Staff Training			
13:00 - 15:30	Public Swim			
15:30 - 16:30	Fun Hour <b>NEW</b>			
16:30 - 17:30	Public Swim			
17:30 - 20:00	Swim Club			
20:00 - 21:00	Adult Swimming			
	8 - 9pm Adult Stroke			
	Development 2 lanes			

We are Open Friday 18th April - 8am to 2pm



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

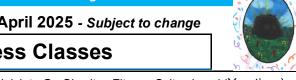
No booking required. Deep end roped off for Synchro Club (Relaxed Adult Child ratio!)

## **Nairn Leisure Swimming Pool**



# 7th April to 20th April 2025 - Subject to change





	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)
Nairn	Tuesday	19:00 - 20:00	Lift & Tone - Resistance area closed
Leisure	Wednesday	11:00 - 12:00	Weigh to Go Circuit s- Fitness Suite closed (You time)
Centre	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

**Indoor Cycling Class** Monday 18:45-19:30

Tuesday 10:00-11:00 **Dynamic Wellbeing** 

Tuesday 18:00-18:50 **Total Toning** 

Tuesday 19:00-19:50 Box-fit

Thursday 10:00-10:45 **Circuits** 

Thursday 11:00-12:00 **Dynamic Wellbeing** 

Friday 18:45-19:30 (No Class 18th) Indoor Cycling Class

Saturday 08:30-09:15 **Indoor Cycling Class** 

**METAFIT (HITT)** Saturday 09:30-10:00



Bank Holiday 18th April 8 - 2pm!

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



