

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: 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

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*

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 NEW
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 NEW
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 NEW
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!*)

Thursday	
07:00 - 08:00	Lane Swim
08:00 - 15:30	Public Swim
15:30 - 16:30	Fun Hour NEW
16:30 - 21:00	Public Swim 6:00 - 8 swim club 1 lane
Friday	
07:00 - 08:00	Lane Swim
08:00 - 13:15	Public Swim
13:15 - 14:00	Aquadance
14:00 - 15:30	Public Swim
15:30 - 16:30	Fun Hour NEW
16:30 - 17:30	Public Swim
17:30 - 20:00	Swim Club
Friday 18th April only!	
08:00 - 09:00	Lane Swim
09:00 - 13:15	Public Swim
13:15 - 14:00	Aquadance (You time)
Saturday	
07:45 - 09:00	Lane Swim
09:00 - 11:00	Synchro
11:00 - 11:45	Aquacise (you time)
11:45 - 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



Nairn Leisure Swimming Pool

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

Fitness Classes

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 Circuit s- 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

Seaman's Hall Classes (Harbour Street)

Monday 18:45-19:30

Indoor Cycling Class

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

Saturday 09:30-10:00

METAFIT (HITT)



Fitness Suite Opening hours (Max 20)

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