

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/

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, Aquadance & Family Friendly. **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 (aged 18+) 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 in the Seaman's Hall, Fitness Suite, pool!

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!

Changing Rooms - We have separate Male, Female & Accessible changing rooms. Children under 8 can go into either changing room under supervision. We ask that customers should be mindful of young children being present and to respectfully use the changing room cubicles,

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 October to 21st December 2025 - *Subject to change*

1 Lane available during public swim

Monday	
07:00 - 08:00	Lane Swim
08:00 - 09:45	Public Swim
	*9.15 - 9.45 pre school 1 lane
10:00 - 11:00	*-School lessons
11:15 - 12:15	Public Swim
12:15 - 13:00	Aquadance (You time)
13:00 - 15:30	Public Swim
15:30 - 17:30	Swimming Lessons
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 - 15:30	Public Swim
	*9.15 - 9.45 pre school 1 lane
15:30 - 17:30	Swimming Lessons
17:30 - 21:00	Public Swim
	6:30 - 8.30 swim club 1 lane!
Wednesday	
07:00 - 08:00	Lane Swim
08:00 - 09:45	Public Swim
10:00 - 12:00	*-School lessons
12:00 - 13:00	Staff Training
13:00 - 15:30	Public Swim
	2-3.30pm NPLQ training 2 lanes
15:30 - 17:30	Swimming Lessons
17:30 - 20:00	Swim Club
20:00 - 21:00	Adult Swimming

*- Changing Rooms closed

15 minutes before,during
and after school lessons

*** PRE SCHOOL LESSONS NEW**
From age 4 years
Monday,Tuesday 9.15 - 9.45am
Friday 11.15 - 11.45 & 11.45 - 12.15

Extra public swimming Mondays 9.45 - 11.15 from 1st December

Swimming Lessons

Swimming Lesson Guide can be seen in the social area on the notice board, it shows 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 - 15:30	Public Swim
15:30 - 18:00	Swimming Lessons
18:00 - 21:00	Public Swim
	6 - 8 swim club 1 lane
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
	11.15 -12.15 pre school 1 lane
13:15 - 14:00	Aquadance (You time)
14:00 - 15:30	Public Swim
15:30 - 17:30	Swimming Lessons
17:30 - 20:00	Swim Club
Saturday	
07:45 - 09:00	Lane Swim
	Swim Club 2 lanes
09:00 - 11:00	Synchro
11:00 - 11:45	Aquacise
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

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

No booking required.
Deep end roped off for Synchro29th October to 21st December 2025 - *Subject to change*

Fitness Classes at Nairn Leisure Centre!

Nairn Leisure Centre	Monday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Monday	12:15 - 13:00	Aquadance - In the swimming pool! (You time)
	Monday	20:00 - 21:00	Lift & Tone - Resistance area closed
	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	19:00 - 20:00	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	Aquadance - In the swimming pool! (You time)
	Saturday	11:00 - 11:45	Aquacise - In the swimming pool! (You time)

Classes at Dunbar Golf Club

Monday	10:00 - 11:00	Pilates
Monday	11:00 - 12:00	Yoga
Monday	12:00 - 13:00	Pilates

Seaman's Hall Classes (Harbour Street)

Monday	18:30-19:15	Indoor Cycling Class
Tuesday	10:00-11:00	Dynamic Wellbeing
Tuesday	18:15-19:05	Total Toning
Tuesday	19:15-20:15	Dance Fit
Thursday	10:00-10:45	Circuits
Thursday	11:00-12:00	Dynamic Wellbeing
Friday	18:00-18:45	Indoor Cycling Class

Walking Football (Over 18's) at Nairn Academy Astro-Pitch
Wednesdays 6 - 7pm

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: Monday 8 - 9pm****Tuesday / Wednesday / Thursday 7- 8pm**

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