

## 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](http://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, 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.



22nd December to 4th January 2026 - Subject to change

Monday 22nd		Monday 29th	
07:00 - 08:00	Lane Swim	08:00 - 12:15	Public Swim
08:00 - 12:15	Public Swim		<b>Swim Club 1 lane 9 - 11</b>
12:15 - 13:00	Aquadance (You time)	12:15 - 13:00	Aquadance (You time)
13:00 - 18:30	Public Swim	13:00 - 14:00	Public Swim
18:30 - 20:00	Synchro	<b>Tuesday 30th</b>	
20:00 - 21:00	Adult Swimming	08:00 - 14:00	Public Swim
<b>Tuesday 23rd</b>			<b>11:30 - 1pm private hire 1 lane</b>
07:00 - 08:00	Lane Swim		<b>Swim Club 1 lane 9 - 11</b>
08:00 - 21:00	Public Swim	<b>31st Dec to 2nd January 2026</b>	
	<b>11:30-1pm private hire 1 lane</b>	<b>Closed</b>	
	<b>6:30 - 8.30 swim club 1 lane!</b>	<b>Saturday 3rd January 2026</b>	
<b>24th to 26th Closed</b>		07:45 - 11:00	Lane Swim
<b>Saturday 27th</b>			<b>Swim Club 2 lanes 7.45 - 9.45</b>
07:45 - 11:00	Lane Swim	11:00 - 11:45	Aquacise (you time)
	<b>Swim Club 2 lanes 7.45 - 10</b>	11:45 - 14:00	Public Swim
11:00 - 14:00	Public Swim	14:00 - 15:00	Fun Hour
14:00 - 15:00	Fun Hour	15:00 - 16:00	Public Swim
15:00 - 16:00	Public Swim	<b>Sunday 4th</b>	
<b>Sunday</b>	<b>Sunday 28th</b>	08:30 - 09:15	Public Swim
08:30 - 09:15	Public Swim	09:15 - 11:00	*** Family Friendly session
09:15 - 11:00	*** Family Friendly	11:00 - 13:00	Public Swim
11:00 - 13:00	Public Swim		

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

No booking required. Deep end roped off for Synchro Club  
Adult Child ratio relaxed.

22nd December to 4th January 2026 - Subject to change

**Fitness Classes at Nairn Leisure Centre!**

<b>Nairn Leisure Centre</b>	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
	Saturday	11:00 - 11:45	Aquacise - <b>3rd January only (You time)</b>

**Seaman's Hall (Harbour Street)**

<b>Monday</b>	<b>18:30-19:15</b>	<b>Indoor Cycling Class 22nd Dec Only</b>
<b>Tuesday</b>	<b>10:00-11:00</b>	<b>Dynamic Wellbeing 23rd Dec Only</b>
<b>Tuesday</b>	<b>18:15-19:05</b>	<b>Total Toning 23rd Dec Only</b>
<b>Tuesday</b>	<b>19:15-20:15</b>	<b>Dance Fit 23rd Dec Only</b>

**Classes at Dunbar Golf Club 29th Dec Only**

<b>Monday</b>	<b>10:00 - 11:00</b>	<b>Pilates</b>
<b>Monday</b>	<b>11:00 - 12:00</b>	<b>Yoga</b>
<b>Monday</b>	<b>12:00 - 13:00</b>	<b>Pilates</b>

**Christmas Fitness Suite Opening hours (Max 20)**

**Monday 22nd - 7am to 9pm**  
**Tuesday 23rd - 7am to 9pm**

**Saturday 27th - 7:45am to 4pm****Sunday 28th - 8:30am to 1pm****Monday 29th - 8am to 2pm****Tuesday 30th - 8am to 2pm****January 2025****Saturday 3rd - 7:45am to 4pm****Sunday 4th - 8:30am to 1pm****Fitness Suite closed:****Monday 22nd & 29th 11am - 12pm****Resistance area closed:****Monday 22nd Dec 8 - 9pm****Tuesday 23rd Dec 7 - 8pm**