

Prices

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



'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/](https://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.

5th January to 22nd March 2026 - *Subject to change*

1 Lane available during public swim

| Monday | | Thursday | |
|---------------|---|---------------|---|
| 07:00 - 08:00 | Lane Swim | 07:00 - 08:00 | Lane Swim |
| 08:00 - 12:15 | Public Swim <i>*9.15 - 9.45 pre school 1 lane</i> | 08:00 - 09:45 | Public Swim |
| 12:15 - 13:00 | Aquadance (You time) | 10:00 - 12:00 | <i>*-*School lessons</i> |
| 13:00 - 15:30 | Public Swim | 12:15 - 15:30 | Public Swim |
| 15:30 - 17:30 | Swimming Lessons | 15:30 - 18:00 | Swimming Lessons |
| 17:30 - 18:30 | Public Swim | 18:00 - 20:00 | Public Swim <i>6 - 8 swim club 1 lane</i> |
| 18:30 - 20:00 | Synchro | 20:00 - 21:00 | Kayak Club <i>15th Jan to 19th March</i> |
| 20:00 - 21:00 | Adult Swimming | | |
| Tuesday | | Friday | |
| 07:00 - 08:00 | Lane Swim | 07:00 - 08:00 | Lane Swim |
| 08:00 - 15:30 | Public Swim <i>*9.15 - 10.15 pre school 1 lane</i> | 08:00 - 09:45 | Public Swim |
| 15:30 - 17:30 | Swimming Lessons | 10:00 - 11:00 | <i>*-*School lessons</i> |
| 17:30 - 21:00 | Public Swim <i>6:30 - 8.30 swim club 1 lane!</i> | 11:15 - 13:15 | Public Swim <i>11.15 - 12.15 pre school 1 lane</i> |
| Wednesday | | 13:15 - 14:00 | Aquadance (You time) |
| 07:00 - 08:00 | Lane Swim | 14:00 - 15:30 | Public Swim |
| 08:00 - 10:45 | Public Swim | 15:30 - 17:30 | Swimming Lessons |
| 11:00 - 12:00 | <i>*-*School lessons</i> | 17:30 - 20:00 | Swim Club |
| 12:00 - 13:00 | Staff Training | | |
| 13:00 - 15:30 | Public Swim | Saturday | |
| 15:30 - 17:30 | Swimming Lessons | 07:45 - 09:00 | Lane Swim <i>Swim Club 2 lanes</i> |
| 17:30 - 20:00 | Swim Club | 09:00 - 11:00 | Synchro |
| 20:00 - 21:00 | Adult Swimming | 11:00 - 11:45 | Aqua Fit |
| | | 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 |

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

*** PRE SCHOOL LESSONS**
From age 4 years
Monday 9.15 - 9.45am
Tuesday 9.15 - 10.15am

Friday 11.15 - 11.45 & 11.45 - 12.15

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

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

No booking required.

5th January to 22nd March 2026 - *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 | Learn to Lift - Resistance area closed |
| | Tuesday | 19:00 - 20:00 | Learn to Lift - Resistance area closed |
| | Wednesday | 11:00 - 12:00 | Weigh to Go Circuits - Fitness Suite closed (You time) |
| | Wednesday | 19:00 - 20:00 | Learn to Lift - Resistance area closed |
| | Thursday | 19:00 - 20:00 | Learn to Lift - 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 | Aqua Fit 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 | Body Conditioning |
| 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 |
| Saturday | 08:30 - 09:00 | Indoor Cycling Class NEW |
| Saturday | 09:15 - 10:00 | Kettlebells NEW ** |

**** We have limited
Kettlebells so bring
your own if you
have one and a
mat.**

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*