

Nairn Leisure Centre Pool Programme

Monday 14/08/2017 to Sunday 08/10/2017

MON	8.00 09.50		10.00 11.10		11.10 12.00		12.00 1.00		1.00 3.30		3.30 5.30		5.30 6.30		6.30 7.55		8.00 9.00			
	Public Swimming		School Lessons <small>Start 4th Sept 27th Nov</small>		Public Swimming		50+ Swimming		Public Swimming		Swimming Lessons		Public Swimming		Swimming Club		Adult Swimming			
TUE	8.00 9.50		10.00 11.10		11.10 3.30							3.30 5.30		5.30 8.00				8.00 9.00		
		Public Swimming		School Lessons		Public Swimming							Swimming Lessons		Public Swimming [Happy Hour 6-7]				Adult Swimming	
WED	8.00 9.50		10.00 12.00				12.00 1.00		1.00 3.30				3.30 5.30		5.30 6.30		6.30 7.55		8.00 9.00	
	Public Swimming		School Lessons				Staff Training		Public Swimming				Swimming Lessons		Public Swimming		Swimming Club		Ladies Only	
THU	8.00 10.20		10.30 12.15		12.30 3.30							3.30 5.30		5.35 7.25				7.30 9.00		
	Public Swimming		School Lessons		Public Swimming							Swimming Lessons		Highland Swim Team				Synchro		
															Public Swimming				Public Swimming	
FRI	8.00 9.50		10.00 11.10		11.15 12.15		12.15 1.15		1.15 3.30				3.30 4.00		4.00 7.55				8.00 9.00	
	Public Swimming		School Lessons		Public Swimming [Happy hour]		Adult Swimming		Public Swimming				Swim Lessons		Swimming Club				Public Swimming	
SAT		9.00 10.00	10.00 11.00		11.00 12.00		12.00 1.00		1.00 2.00		2.00 3.00		3.00 5.30				<div>Join our fantastic value <i>High Life Scheme</i></div> <div>Pay one low monthly fee and get unlimited use of all Leisure Centre run activities.</div> <div>Excellent value at only £20.00 for individual membership or £30.00 for a family membership</div>			
SUN		9.00 10.00	10.00 11.00		11.00 12.00		12.00 1.00		1.00 2.00		2.00 4.00									
		Swim Lessons		Public Swimming		Public Swimming [Happy hour]		Family Swimming		Fun Hour		Public Swimming								
		Swimming Club		Synchro Club		Synchro Club		Public Swimming		Fun Hour		Public Swimming								
						Family Swimming														

Prices

Activity	Standard	Concession	Budget
Swim	£5.90	£2.95	£0.50
Shower	£2.70	£1.35	£0.50
Swimming lesson	£9.20	£4.60	£0.50

Fun Hour – For All Ages. Floats, mats, rubber rings and toys.

Happy Hour - Activity £1 per person during the times stated.

Family Friendly – 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. **Deep end closed off Sunday.**

Swimming lessons – Monday 14th August to Saturday 7th October 2017

Day	Time	Activity	Class Information
MONDAY	6.00pm - 6.45pm	Kettlebells	Kettlebells are some of the most powerful tools for improving your fitness and physique. They combine strength training, mobility, flexibility, and cardiovascular... Over 16's only
	7.00pm – 8.00pm	PIYO	PIYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
TUESDAY	6.00pm – 6.45pm	Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
	7pm – 7.30pm	Metafit	The 30 minute bodyweight training revolution. A high intensity interval training class with metabolic burn effects lasting 24 hours.
WEDNESDAY	6.30pm - 7.15pm	Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
	7.30pm - 8.30pm	PIYO	PIYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
THURSDAY	6.30pm - 7.15pm	Indoor Cycling	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
THURSDAY	7.30pm - 8.30pm	PIYO	PIYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

Fitness Suite Opening Hours

Monday - Friday	8.00am - 8.45pm
Sat	9.00am - 5.15pm
Sun	9.00am - 3.45pm

All advertised classes are included in **High Life**

Due to limited spaces please ensure you book the above sessions
For more information or to book your place please contact reception



Note for PIYO – For hygiene reasons please bring your own Yoga Mat if you have one.