

Nairn Leisure Centre Pool Programme

Monday 23/10/2017 to Sunday 17/12/2017

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>Finish 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		Public Swimming			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				Public Swimming		Public Swimming		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		Synchro Club							
		Swimming Club	Synchro Club		Synchro Club		Public Swimming		Fun Hour		Public Swimming									

	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 not available on Sunday's session.

Swimming lessons – Monday 23rd Oct – Saturday 23rd Dec 2017 (Lessons continue into next timetable!)

On Thursdays the Male Changing Rooms will be unavailable to the Public from 11.10 - 11.25 and 12.15 – 12.30pm

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	Metafit is 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
	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

	Standard	Concession	Budget
Fitness suite	£6.60	£3.30	£0.50
F.S. Induction	£9.20	£4.60	£0.50
Classes	£5.80	£2.90	£0.50

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.