



## Admission and Hire Prices

| Activity                     | Standard           | Concession | Budget |
|------------------------------|--------------------|------------|--------|
| Shower                       | £2.90              | £1.50      | £0.50  |
| Swim                         | £6.20              | £3.10      | £0.50  |
| Steam/Sauna                  | £6.20              | £3.10      | £0.50  |
| Swim Lessons (10 week block) | £9.70 (individual) | £4.90      | £5.00  |
| Classes/Activities           | £6.10              | £3.10      | £0.50  |
| Fitness Suite                | £7.00              | £3.50      | £0.50  |
| Fitness Induction            | £9.70              | £4.90      | £0.50  |

## Highlife Membership Prices

| All Inclusive | Annual Payment | Monthly Direct Debit |
|---------------|----------------|----------------------|
| Family        | £360.00        | £30.00               |
| Individual    | £240.00        | £20.00               |

### Important Information

#### Sauna and Steam Room

These facilities are closed during school swimming classes & Club Sessions

#### Public swimming sessions

45 minutes—1 hour

**Pool Hire 1 Hour £80.70**

### Admissions Policy

Children aged 3 & under  
1 Adult: 1 Child

Children aged 4–7 years  
1 Adult: 2 Children

**Toddler Pool** - This facility is open during lane swimming sessions.

**Learn To Swim:** Check our noticeboards for more information or contact

[maree.steedman@highlifehighland.com](mailto:maree.steedman@highlifehighland.com)

### Family Friendly Sessions

These sessions are restricted to parents/carers and their children. The deep end half of the Pool is closed off and an extra lifeguard will be on duty. The ratio for these sessions are –

Age of Children- 0 to 7

1 Adult: 2 Children



## Pool Side Summer Timetable:

**Monday 2nd July—Sunday 19th August 2018**

### Opening Hours

Monday: 8:15am — 9:10pm

Tuesday & Thursday: 7:30am — 9:30pm

Wednesday & Friday: 8:00am — 9:30pm

Saturday: 9:00am — 4:00pm

Sunday: 10:30am — 4:30pm

**LAST ENTRY—45 minutes before closing for all activities**

£1 Happy Hours for each activity:

Tuesday 6:30pm–7:30pm, Thursday 2:30pm—3:30pm, Saturday 1:00pm–2:00pm

**Music will be played throughout the building during all public sessions**

Contact: Thurso Leisure Centre, Millbank Road, Thurso, KW14 8PS

Phone: 01847 893260

Visit: [www.highlifehighland.com](http://www.highlifehighland.com)



**High Life Members** - help us keep your records accurate and tell us about changes to address, phone number, email, even the addition of new family members. Thank you.

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.

| Day       | Activity                | Time            | Information  |
|-----------|-------------------------|-----------------|--|
| Monday    | Public Swimming         | 8:15am—5:00pm   | Deep end closed 2.30-3.30pm                                    |
|           | Rookie Lifeguard Course | 10:00am—12noon  | <b>23rd—27th July, Restricted Access</b>                       |
|           | Free Swimming           | 1:00pm—2:00pm   | <b>2nd July 0-17 years</b>                                     |
|           | Family Friendly Session | 2:30—3:30pm     | <b>No deep end at this time</b>                                |
|           | LTS—child classes       | 3:30pm—4:30pm   | <b>30th July-3rd Aug, 6th Aug-10th Aug, 13th Aug-17th Aug</b>  |
|           | T.A.S.C                 | 5:00pm—9:10pm   | Swim Club  |
| Tuesday   | Adults Only Session     | 7:30am—8:15am   |  |
|           | Public Swimming         | 8:15am—4:30pm   | One lane available 9.00am-3.30pm for lane swimming             |
|           | Rookie Lifeguard Course | 10:00am—12noon  | <b>23rd—27th July, Restricted Access</b>                       |
|           | Staff Training          | 1:30pm —2:30pm  | 1st Tuesday of the month the pool will be closed               |
|           | LTS—child classes       | 3:30pm—4:30pm   | <b>30th July-3rd Aug, 6th Aug-10th Aug, 13th Aug-17th Aug</b>  |
|           | T.A.S.C                 | 4:30pm—5:30pm   | Swim Club  |
|           | Adult Lane Swimming     | 5:30pm—6:30pm   | One lane reserved for T.A.S.C                                  |
|           | Public Swimming         | 6:30pm—8:45pm   | One lane available for lane swimming                           |
|           | Adults Only Session     | 8:45pm—9:30pm   |  |
| Wednesday | Adults Only Session     | 8:00am—8:45am   |  |
|           | Public Swimming         | 8:45am— 5:00pm  |  |
|           | Fun Floats              | 10:00am—10:45am | <b>0-17 years. 4th, 11th, 18th, 25th July 8th, 15th August</b> |
|           | Rookie Lifeguard Course | 10:00am—12noon  | <b>23rd—27th July, Restricted Access</b>                       |
|           | Free Swimming           | 1:00—2:00pm     | <b>0-17 years. 11th, 18th, 25th July 1st, 8th, 15th August</b> |
|           | LTS—child classes       | 3:30pm—4:30pm   | <b>30th July-3rd Aug, 6th Aug-10th Aug, 13th Aug-17th Aug</b>  |
|           | T.A.S.C                 | 5:00pm—6:00pm   | Swim Club  |
|           | Public Swimming         | 6:00pm—8:30pm   |  |
|           | T.A.S.C                 | 8:30pm—9:30pm   | Masters  |
|           |                         |                 |  |

| Day      | Activity                | Time           | Information   |
|----------|-------------------------|----------------|---|
| Thursday | Adults Only Session     | 7:30am—8:15am  |   |
|          | Public Swimming         | 8:15am—4:30pm  | One lane available for lane swimming from 9.00am to 3.30pm    |
|          | Rookie Lifeguard Course | 10:00am—12noon | <b>23rd—27th July, Restricted Access</b>                      |
|          | LTS—child classes       | 3:30pm—4:30pm  | <b>30th July-3rd Aug, 6th Aug-</b>                            |
|          | T.A.S.C                 | 4:30pm—5:30pm  |   |
|          | Adult Lane Swimming     | 5:30pm—6:30pm  | Two lanes reserved for T.A.S.C                                |
|          | Public Swimming         | 6:30pm—9:30pm  | <b>5th, 26th July P/Hire 7.15-9.30pm. No public on these</b>  |
|          |                         |                |   |
| Friday   | Public Swimming         | 8:00am—4:30pm  |   |
|          | Rookie Lifeguard Course | 10:00am—12noon | <b>23rd—27th July, Restricted Access</b>                      |
|          | LTS—child classes       | 3:30pm—4:30pm  | <b>30th July-3rd Aug, 6th Aug-10th Aug, 13th Aug-17th Aug</b> |
|          | T.A.S.C                 | 4:30pm—5:30pm  |   |
|          | Adult Lane Swimming     | 5:30pm—6:30pm  | One lane reserved for T.A.S.C                                 |
|          | Public Swimming         | 6:30pm—9:30pm  |   |
|          |                         |                |   |
|          |                         |                |   |
| Saturday | Family Friendly Session | 9:00am—10:15am | No deep end at this time                                      |
|          | Public Swimming         | 10:15am—3:00pm |   |
|          | Lane Swimming           | 3:00pm—4:00pm  | Two lanes reserved for T.A.S.C                                |
| Sunday   | Public Swimming         | 10:30am—2:30pm | 3:30pm if no private hire                                     |
|          | Private Hire            | 2:30pm—3:30pm  |   |
|          | T.A.S.C                 | 3:30pm—4:30pm  |   |

**T.A.S.C WILL BE HAVING A 2 WEEK BREAK FROM 30th JULY—12TH AUGUST. THERE WILL BE PUBLIC SWIMMING ON THESE DATES/TIMES.**

**Please note: Our timetable is subject to change**