



Admission and Hire Prices

Activity	Standard	Concession	Budget
Swim	£5.90	£2.95	£0.50
Steam/Sauna	£6.60	£3.30	£0.50
Swim Lessons (10 week block)	£9.20 (individual)	£46.00	£5.00
Classes/Activities	£5.80	£2.90	£0.50
Fitness Suite	£6.60	£3.30	£0.50
Fitness Induction	£9.20	£4.60	£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.

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

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 October Holiday Timetable:

Monday 9th October—Sunday 22nd October 2017

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



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.

Day	Activity	Time	Information
Monday	Public Swimming	8:15am—11:30am	
	Water Aerobics	11:45am—12:30pm	Sauna/Steam Room Open
	Public Swimming	12:30pm—5:00pm	
	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 until 4.30 for lane swimming
	Staff Training	1:30pm —2:30pm	1st Tuesday of the month the pool will be closed
	T.A.S.C	4:30pm—5:30pm	Swim Club
	Adult Lane Swimming	5:30pm—6:30pm	Two lanes 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	
	T.A.S.C	5:00pm—6:00pm	Swim Club
	Disabled Club Swimming	6:00pm—7:00pm	
	Water Circuits	7:00pm—7:45pm	Sauna/Steam Room Open
	Public Swimming	7:45pm—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 12:15pm to 4:30pm
	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	

Friday	Public Swimming	8:00am—4:30pm	
	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	

Saturday	Family Friendly Session	9:00am—9:45am	No deep end at this time
	Public Swimming	9:45am—3:00pm	
	Lane Swimming	3:00pm—4:00pm	Two lanes reserved for T.A.S.C

Sunday	Public Swimming	10:30am—2:15pm	3:30pm if no private hire
	Private Hire	2:30pm—3:30pm	
	T.A.S.C	3:30pm—4:30pm	

Please note: Our timetable is subject to change