



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 + Family Friendly

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 Timetable: Mon 14th August—Fri 6th 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.

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—10:00am	
	School Swimming	10:00am —11:30am	
	Water Aerobics	11:45am —12:30pmm	Re-starts Monday 28th August
	Public Swimming	11:45am — 3:00pm	
	LTS—Child Classes	3:00pm—5:00pm	Restricted access during class
	T.A.S.C	5:00pm—9:10pm	Swim Club
Tuesday	Adults Only Session	7:30am—8:15am	
	Public Swimming	8:15am—9:45am	Deep end closed from 9:15am
	Deep Water Aerobics	9:15am—9:45am	
	School Swimming	10:00am—11:35am	
	Public Swimming	11:35am—4:30pm	One lane available until 4.30pm for lane swimming
	Staff Training	1:30pm —2:30pm	1st Tuesday of the month the pool will be closed
	LTS—Child Classes	3:30pm — 4:30pm	Restricted access, during class
	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—8:00pm	One lane available for public
	Adult Swimming Lessons	8:00pm—8:45pm	Dates To Be Confirmed
	Adults Only Session	8:45pm—9:30pm	
	Wednesday	Adults Only Session	8:00am—8:45am
Public Swimming		8:45am— 10:00am	
School Swimming		10:00am—11:35am	
Adult Water Confidence Class		11:35am—12:30pm	
Public Swimming		12:30pm—5:00pm	
LTS—Child Classes		3:00pm — 5:00pm	Restricted access during class
T.A.S.C		5:00pm—6:00pm	Swim Club
Disabled Club Swimming		6:00pm—7:00pm	
Water Circuits		7:00pm—7:45pm	
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—9:45am		
	School Swimming	10:00am—11:40am		
	Public Swimming	11:40am—3:30pm	One lane available for lane swimming from 11:40am to 3.30pm	
	LTS—Child Class	3:30pm—4:30pm	Restricted access during class	
	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—7:15pm	From 26th Oct—29th March	
	Canoe Club	7:15pm—9:30pm	Starts 26th October	
	Friday	Public Swimming	8:00am—9:45am	
School Swimming		10:00am—11:40am		
Public Swimming		11.40am—4.30pm	Restricted access during class	
LTS—Child Classes		12:30pm—4:30pm	Restricted access during class	
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		LTS—Child Class	9:00am—9:30am	
		Family Friendly Session	9:30am—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—2:15pm	3:30pm if no private hire	
	LTS—Child Class	10:30am—12:00 noon	Restricted access during class	
	Private Hire	2:30pm—3:15pm		
	T.A.S.C	3:30pm—4:30pm		

Please note: Our timetable is subject to change