

Admission and Hire Prices

See reception for more details on private hire.

Activity	Standard	Concession	Budget
Swimming	£5.00	£2.50	£0.50
Swimming Lessons (10 week block)		£39.00	£0.50
Water Aerobics	£4.90	£2.45	£0.50
Steam Room	£5.60	£2.80	£0.50
Sauna	£5.60	£2.80	£0.50
Private Hire of Inflatable or Pool	£66.20		

Highlife Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£324.00	£27.00
Individual	£228.00	£19.00

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

Important Information

Sauna and Steam Room

These facilities are closed during school swimming classes ,Swim Club Sessions and Mondays from 2:55pm

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

Elsbeth.manson@highlifehighland.com

our Learn to Swim Co-ordinator

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- 0,1,2,3,4,5,6,7: 1 Adult: 2 Children



From January 2015

Pool Activity Programme

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

50p Happy Hours for each activity:

Tuesday 6:30pm–7:30pm Thursday 3:30pm—4:30pm Saturday 1:00pm–2:00pm



Contact : Thurso Swimming Pool, Millbank Road, Thurso. KW14 8PS.
 Phone : 01847 893260
 Email : Thurso.pool@highlifehighland.com
 Website: www.highlifehighland.com
 Facebook: Search for us —Thurso Swimming Pool

 Find us on Facebook

By joining us on Facebook you can keep up to date with new activities and special offers!

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 — 9:45am	
	School Swimming Classes	10:00am—11:45am	
	Water Aerobics	11:45am—12:30pm	From 3.11.14
	Public Swimming	12:30pm—2:55pm	
	Toddler Swimming Class	1:10pm—2.50pm	Please note the deep end only of the pool is available for public swimming at this time.
	LTS—Child Classes	3:00pm—5:00pm	
	T.A.S.C—Swim Club	5:00pm—9:10pm	
Tuesday	Adult's Only Session	7:30am—8:15am	
	Public Swimming	8:15am—9:45am	
	Deep Water Aerobics	9.15am—9.45am	Deep End Closed
	School Swimming Classes	10:00—11:35am	
	Public Swimming	11:35am—4.30pm	Lifeguard Training from 1.30-2.00pm during public swimming. Staff Training 2.00-3.00pm, 3rd Tuesday of every month. Facility will be closed for this hour.
	T.A.S.C—Swim Club	4:30pm—5:30pm	
	Adult Lane Swim	5:30pm—6:30pm	Two lanes at this time is reserved for T.A.S.C.
	Public Swimming	6:30pm—8:00pm	One lane available for lane swimming.
	Adult Swim Class (beginners & improvers)	8:00pm-8:45pm	Must be booked in advance at reception
	Adults only Session	8:45pm—9:30pm	
Wednesday	Adults Only Session	8:00am—8:45am	
	Public Swimming	8:45am—9:45am	
	School Swimming Lessons	10:00am—11:35am	
	Adult Water Confidence Class	11:35am—12:30pm	
	Public Swimming	12:30pm—5:00pm	2 lanes between 2:00pm-5:00pm for Swim Lessons
	T.A.S.C—Swim Club	5:00pm—6:00pm	
	Disabled Club Swim	6:00pm—7:00pm	
	Water Circuits	7:00pm—7.45pm	
	Public Swimming	7.45pm—8:30pm	Restricted access staff training last Wednesday of the month
	T.A.S.C—masters	8.30pm-9.30pm	

Day	Activity	Time	Information
Thursday	Adults Only Session	7:30am—8:15am	
	Public Swimming	8:15am—9.45am	
	LTS—Adult & Child Class	9:15am—9:35am	Please note the deep end only of the pool is available for public swimming at this time.
	School Swimming Lessons	10:00am—12.00noon	
	Public Swimming	12.00noon—4:30pm	One lane available for lane swimming from 12.00-4:30pm.
	T.A.S.C—Swim Club	4.30pm-5.30pm	
	Adult Lane Swimming	5:30pm—6.30pm	2 lanes reserved for TASC
	Water Aerobics	6.30pm-7.15pm	From 30.10.14
	Canoe Club	7.20pm-9.30pm	From 30.10.14
Friday	Adults Only Session	8:00am—8:45am	
	Public Swimming	8:45am—9:45am	
	School Swimming Lessons	10:00am—11:45am	
	Water Aerobics	11.45am—12.30pm	one lane available for lane swimming 12.30pm—4:30pm
	Public Swimming	12.30pm—4.30pm	
	T.A.S.C—Swim Club	4:30pm—5:30pm	
	Adult Lane Swimming	5:30pm—6:30pm	Two lanes at this time is reserved for T.A.S.C.
	Public Swimming	6:30pm—9:30pm	Deep end of pool closed 6.30pm –7.15pm for water Aerobics.
Saturday	LTS—Child Classes	9:05am—9:35am	
	Family Friendly Session	9:35am—10:15am	No deep end at this time
	Public Swimming	10:15am—3:00pm	
	Lane Swimming	3:00pm—4:00pm	2 lanes reserved for t.a.s.c. masters at this time
Sunday	Public Swimming	10:30am—2:15pm	This will change to 3:30pm end time if no private hire.
	Private Hire Session Only	2:30pm—3:15pm	
	T.A.S.C—Swim Club	3:30pm—4:30pm	
Please note—Our Timetables are subject to change			