

Admission and Hire Prices— From 1st April 2024

Activity	Standard	Concession	Budget	Young Scot
Swim	£8.00	£4.80	50p	£3.90
Swimming Lesson (each)	£12.50	£7.40	50p	£5.90
Fitness Room	£9.10	£5.40	50p	£4.30
Centre Classes	£8.00	£4.80	50p	£3.90
Badminton	£7.30	£4.30	50p	£3.50

All-inclusive High Life memberships are available for **£26.60/month** (individual) or **£39.99/month** (family). Family memberships covers 2 adults (18+) and all under 18's that live at the same address.

Fitness Room—Induction Times

Over 16s & Young Guns 11-15	Tuesday 18.00	Regular gym users — 10 min familiarisation	Anytime—Contact reception to arrange
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An induction must be completed before using the fitness suite for the first time. If the above times are not suitable please contact reception and we can arrange another time. Max numbers are 5 per induction, so please make sure you book your place.

Under 16's must have an adult (18yrs +) attend the induction with them.

TRACC Online



www.highlifehighland.com/tracc

www.facebook.com/traccleisure

Fitness Room Opening Times

Mon, Tue & Thurs	07.00—21.15 Closed: Thurs 18.00-19.00	Wed Fri	09.00-21.15 9.00-10.00 11.00-13.15 15.15-21.15
Saturday	09.15-13.15	Young Guns 11-15 yrs. Tuesdays	15.45-16.45

A Young Guns session is available on Tuesdays (all ages 11-15 years) from 15.45-16.45. They may also attend outside of these times if accompanied by a guardian over the age of 18.

11-13 years may use: CV machines, bodyweight exercises and 1-10 kg chrome dumb bells.

14-15 years may use: CV machines, bodyweight exercises, resistance machines and 1-20kg dumb bells.

Tain Royal Academy Community Complex



FITNESS CLASSES

Monday 15th April— Saturday 29th June

Mon	09.30-10.30 10.45-11.45 18.00-19.00 18.30-19.30 19.30-20.30	Body Tone OTAGO (YouTime) Indoor Cycling Barre Concept (4 week block: 3rd –24th June) Circuits (not on 13th & 20th May)
Tues	09.15-09.45 10.00-10.45 10.00-11.15 11.30-12.30 18.00-19.00 19.30-20.30	Metafit (not on 14th & 21st May) WaterWorks Yoga OTAGO (not on 14th & 21st May) Spin Fit Barbell Workout (not on 14th & 21st May)
Wed	09.30-10.30 10.30-11.15 11.00-12.00 13.00-14.00 18.00-19.00 18.00-19.15 18.30-19.30	Body Tone (not on 29th May) WaterWorks Pilates Level 1/Beg (YouTime) (not on 29th May) OTAGO (YouTime) (not on 29th May) Indoor Cycling Yoga Pilates Level 1/Beg (YouTime) (not on 29th May)
Thurs	17.00-17.45 18.00-19.00 18.00-19.00 18.30-19.30	Waterworks (not on 16th & 23rd May) Female Gym Class (not on 16th & 23rd May) Spin Fit Body Tone
Fri	09.30-10.30 10.00-11.00 11.15-12.15 17.45-18.45	Pilates Level 2/Intermediate Female Gym Class Dynamic Wellbeing Level 1 & 2 (not on 17th May) Indoor Cycling
Sat	10.00-11.15 10.00-11.00 10.00-11.00	Spinlates (1st June) Body Tone (4th May & 29th June) Spin Fit (11th & 25th May, 8th & 22nd June)

Monday 6th May we are open from 10am—2pm due to the bank holiday
Please check for updated programme nearer the time

Contact us: TRACC, Hartfield Road, Tain, Ross-shire IV19 1DX **Tel:** 01862 893767

**Swimming Pool Programme
Monday 15th April – Saturday 29th June**

Mon	*differs 6th May (Bank Hol)	Thurs	
07.15-08.30	Early Lane Swimming	07.15-08.30	Early Lane Swimming
09.00-10.00	Open Session	09.00-12.00	Primary School Lessons
10.15-10.45	Parent & Baby Lessons	12.00-13.00	Over 50's Session
10.45-11.45	Over 50's Session	13.30-14.30	Swimming Lessons
12.00-13.45	Lane Swimming	14.45-17.00	Open Session
14.00-16.00	Open Session	17.00-17.45	Waterworks
16.00-18.00	Swimming Lessons	18.00-20.15	TASC
18.15-20.15	TASC	20.15-21.00	Lane Swimming
20.15-21.00	Lane Swimming		
Tue		Fri	
07.15-08.30	Early Lane Swimming	09.15-10.15	Additional Support Session
09.00-09.45	Open Session	10.30-11.30	Open Session
10.00-10.45	Waterworks	11.45-12.45	Lane Swimming
11.15-12.15	Additional Support Session	13.15-15.15	Closed—Staff Training
12.30-14.00	Lane Swimming	15.30-18.00	Swimming Lessons
14.15-15.45	Open Session	18.00-18.45	Fun Session (not on 26th April)
16.00-18.00	Swimming Lessons	19.00-20.30	Open Session
18.15-19.15	TASC		
19.30-20.30	Masters	Sat	
20.30-21.00	Lane Swimming	09.30-10.15	Fun Session
Wed		10.15-11.15	Happy Hour - £1 entry
09.15-10.15	Open Session	11.15-12.00	Family Friendly Session
10.30-11.15	Waterworks	12.15-13.00	Lane Swimming
11.45-13.15	Lane Swimming	Sun	
13.30-14.30	St Duthus Special School		
15.00-18.00	Open Session	Closed	
18.00-19.00	Swimming Lessons		
19.15-20.45	TASC		

Group Swimming Lessons will run Monday 22nd April to Monday 17th June. Out with these dates Open Sessions will run instead

Activity Programme: Please book for ALL fitness classes!

BODY TONE: Challenge your whole body with this high energy class. Aerobic interval training together with ultimate abs. All fitness levels.

OTAGO: OTAGO is an evidenced based programme aimed at reducing falls. It increases confidence with exercises designed to target strength and balance.

WATERWORKS: WaterWorks is an in-water workout where you can choose your intensity level.

YOGA: The practice of yoga helps co-ordinate the breath, mind and body.

PILATES: Pilates is an exercise system that focuses on stretching the whole body to improve balance, muscle-strength, flexibility and posture. Suitable for all.

FEMALE GYM CLASS: Ladies only class in our fitness suite. Learn how to use gym equipment safely and effectively to achieve your own goals!

INDOOR CYCLING: An intense form of aerobic exercise performed on stationary bikes.

SPIN FIT: 30 minutes of Indoor Cycling and 20 minutes of body conditioning.

CIRCUITS: Circuit Training is a fantastic way to develop cardio fitness, strength, speed and power, through a variety of times different exercises.

DYNAMIC WELLBEING Lv 1 & 2: This class is suitable for participants who have minimal or no difficulties with activities of daily living, have good balance but may need additional support (a chair or wall) when completing specific balance exercises and are independently mobile.

METAFIT: Metafit is a high intensity, bodyweight only class that aims to give maximum results in a minimum timeframe, with classes typically lasting between 20 and 25 minutes depending on the workout.

Swimming Pool Admissions Policy:

Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis.

Children aged 4,5,6 and 7 must be accompanied by an adult on a ratio of 1 Adult: 2 children.

~Family Friendly Sessions: 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. The deep end of the pool will be roped off. **~Family Friendly Sessions are only for families that require the 1 adult: 2 under 8's ratio.**

Open Session: Our open sessions are suitable for anyone over the age of 8 to just turn up, swipe in with your HLH card and enjoy! Under 8's are also always welcome with a parent/guardian within our child: adult ratio (see above).

Lane Swimming: The pool will be divided into lanes for people swimming lengths only.

Additional Support Session: These sessions run with a max of 4 groups. They are designed for those needing to attend with a carer. Please phone ahead to pre book these sessions to prevent missing out on a space.

Fun Session: The floats will be out in this session only, please note that the session will be reduced numbers and will be a first come first served session.