

Admission and Hire Prices— From 1st April 2025

Activity	Standard	Concession	Budget	Young Scot
Swim	£8.55	£5.15	50p	£4.15
Swimming Lesson (each)	£13.40	£7.90	50p	£6.30
Fitness Room	£9.75	£5.80	50p	£4.65
Centre Classes	£8.55	£5.15	50p	£4.15
Badminton	£7.80	£4.60	50p	£3.70

All-inclusive High Life memberships are available for **£28.99/month** (individual) or **£42.99/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	Tues 18.15	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 & Thurs	07.00—21.15	Wed	09.00-16.00 18.00-21.15
Tues	07.00-10.00 11.00-19.00 20.00-21.15	Fri	9.00-10.00 11.00-21.15
Saturday	09.15-13.15	Young Guns 11-15 yrs	Not on over the holidays

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 7th April — Saturday 19th April

Mon	09.30-10.30	Body Tone (7th April only)
	10.45-11.45	OTAGO (YouTime) (7th April only)
	18.00-19.00	Indoor Cycling (14th April only)
	18.00-19.00	Boxing Fitness (7th April only)
	19.30-20.30	Circuits (7th April only)
Tues	10.00-10.45	WaterWorks (8th April only)
	10.00-11.15	Yoga
	10.00-11.00	Female Gym Class (8th April only)
	18.00-19.00	Spin Fit (15th April only)
	18.00-19.00	Female Gym Class (8th April only)
Wed	09.30-10.30	Body Tone (9th April only)
	10.30-11.15	WaterWorks (9th April only)
	11.00-12.00	Pilates Level 1/Beg (YT) (9th April only)
	13.00-14.00	OTAGO (YouTime) (9th April only)
	18.00-19.00	Indoor Cycling (16th April only)
	18.30-19.30	Pilates Lvl 1/Beg (YT) (9th April only)
Thurs	10.00-11.00	Spin Fit (17th April only)
	18.00-19.00	Spin Fit (17th April only)
	18.30-19.30	Body Tone (10th April only)
Fri	09.30-10.30	Pilates Level 2/Intermed (11th April only)
	10.00-11.00	Female Gym Class (18th April only)
	11.15-12.15	Dynamic Wellbeing (18th April only)

Good Friday — 18th April

We are open 9.30-14.30

**Swimming Pool Programme
Monday 7th April — Saturday 19th April**

Mon		Thurs	
07.30-08.30	Early Lane Swimming	07.15-08.30	Early Lane Swimming
09.00-12.00	Open Session	09.00-11.00	Open Session
12.30-14.30	Lane Swimming	11.00-12.30	Over 50's Session
14.45-15.30	Fun Session	13.00-14.00	Happy Hour
15.30-18.45	Open Session	14.00-15.00	Family Friendly Session~
19.00-21.00	Lane Swimming / TASC	15.15-17.45	Open Session
Tue		18.00-18.45	Fun Session
07.15-08.30	Early Lane Swimming	19.00-21.00	Lane Swimming
09.00-10.00	Open Session	Fri	11th April only
10.00-10.45	Waterworks	09.15-11.15	Open Session
11.15-12.15	Additional Support Session	11.15-12.00	Adult & Child Session
12.45-14.45	Lane Swimming	12.15-13.45	Over 50's Session
15.00-15.45	Fun Session	14.00-14.45	Fun Session
15.45-18.45	Open Session	15.00-17.30	Lane Swimming
19.30-20.30	Masters	17.45-18.30	Fun Session
20.30-21.00	Lane Swimming	18.30-20.30	Open Session
Wed			
09.30-10.30	Open Session	Sat	
10.30-11.15	Waterworks	09.30-10.45	Lane Swimming
11.15-13.15	Open Session	11.00-12.00	Happy Hour
13.45-15.45	Lane Swimming	12.00-12.45	Fun Session
16.00-18.00	Staff Training	Sun	
18.15-19.00	Fun Session		
19.15-21.00	Lane Swimming / TASC	Closed	

Please be aware that there may be One to One swimming lessons taking place during any of the advertised sessions

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 LV1&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.

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.

Happy Hour: Access to the pool for £1 per person for PAYG members, 50p for Budget members and free for all inclusive members.