

## 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 & Teen Gym	<b>Tues 18.15</b>	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](http://www.highlifehighland.com/tracc)

[www.facebook.com/traccleisure](http://www.facebook.com/traccleisure)

### Fitness Room Opening Times

<b>Mon &amp; Thurs</b>	07.00-10.40 11.40-21.15	<b>Wed</b>	09.00-12.00 13.00-15.45 17.45-19.00 20.00-21.15
<b>Tues</b>	07.00-10.00 11.00-19.00 20.00-21.15	<b>Fri</b>	09.00-10.00 11.00-21.15
<b>Saturday</b>	09.15-13.15	<b>Teen Gym 11-15 yrs</b>	15.45-16.45
		<b>Tues &amp; Thurs</b>	

Teen Gym sessions are available on Tuesdays and Thursdays (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.

Version: NCJan26V1

# Tain Royal Academy Community Complex



## FITNESS CLASSES

### Monday 5th January — Saturday 14th February

<b>Mon</b>	<b>09.30-10.30</b> <b>10.45-11.45</b> <b>18.00-19.00</b>	<b>Body Conditioning (starts back 12th Jan)</b> <b>OTAGO (starts back 12th Jan)</b> <b>Indoor Cycling (starts back 12th Jan)</b>
<b>Tues</b>	<b>10.00-10.45</b> <b>10.00-11.00</b> <b>10.00-11.15</b> <b>11.30-12.30</b> <b>13.00-14.00</b> <b>18.00-19.00</b> <b>18.15-19.15</b> <b>19.00-20.00</b>	<b>Aqua Fit</b> <b>Female Gym Class</b> <b>Yoga</b> <b>Dynamic Wellbeing Level 1&amp;2</b> <b>OTAGO</b> <b>Cycle Fit (with weights) (starts back 13th Jan)</b> <b>HIIT (starts back 13th Jan)</b> <b>Male Gym Class</b>
<b>Wed</b>	<b>09.30-10.30</b> <b>10.30-11.15</b> <b>11.00-12.00</b> <b>12.00-13.00</b> <b>18.00-19.00</b> <b>18.00-19.15</b> <b>18.30-19.30</b> <b>19.00-20.00</b>	<b>Body Conditioning</b> <b>Aqua Fit</b> <b>Pilates</b> <b>Female Small Group Training (6 week course)</b> <b>Indoor Cycling</b> <b>Yoga</b> <b>Pilates</b> <b>Female Gym Class</b>
<b>Thurs</b>	<b>10.00-11.00</b> <b>11.15-12.15</b> <b>13.00-14.00</b> <b>18.00-19.00</b> <b>18.30-19.30</b> <b>19.30-20.30</b>	<b>Cycle Fit (with weights)</b> <b>Pilates</b> <b>OTAGO</b> <b>Cycle Fit (with weights)</b> <b>Barre</b> <b>Barbell Pump</b>
<b>Fri</b>	<b>09.30-10.30</b> <b>10.00-11.00</b> <b>11.30-12.30</b> <b>17.00-18.00</b>	<b>Pilates (Intermediate)</b> <b>Female Gym Class</b> <b>Dynamic Wellbeing</b> <b>Indoor Cycling</b>
<b>Sat</b>	<b>10.00-11.15</b> <b>10.00-11.00</b> <b>10.00-11.00</b>	<b>Cycle Fit (with Pilates)(7th Feb)</b> <b>Cycle Fit (with weights) (17th, 31st Jan, 14th Feb)</b> <b>Body Conditioning (24th January)</b>

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

Swimming Pool Programme Monday 5th January— Saturday 14th February			
Mon		Thurs	
07.30-08.30	Early Lane Swimming	07.15-08.30	Early Lane Swimming
09.00-11.15	Open Session	09.00-11.00	Open Session
11.30-13.30	Lane Swimming	11.00-13.00	Over 50's Session
14.00-15.30	Open Session	13.30-14.30	Swimming Lessons*
15.30-18.00	Swimming Lessons*	14.30-17.00	Open Session
18.15-20.15	TASC	17.00-17.45	Fun Session
20.15-21.00	Lane Swimming	18.00-20.15	TASC
Tue		20.15-21.00	Lane Swimming
07.15-08.30	Early Lane Swimming	Fri	
09.00-10.00	Open Session	09.15-11.00	Open Session
10.00-10.45	Aqua Fit	11.00-11.45	Adult & Child Session
11.15-12.15	Additional Support Session	11.45-12.45	Over 50's Session
12.45-14.15	Lane Swimming	13.15-15.15	Lane Swimming
14.30-15.30	Open Session	15.30-16.00	Swimming Lessons*
15.30-18.00	Swimming Lessons*	16.30-18.30	Open Session
18.15-19.15	TASC	18.30-19.15	Fun Session
19.30-20.30	Masters	19.30-20.30	Lane Swimming
20.30-21.00	Lane Swimming / Adult Lessons	Sat	
Wed		09.30-10.45	Lane Swimming
09.30-10.30	Open Session	11.00-12.00	Happy Hour—£1 entry
10.30-11.15	Aqua Fit	12.00-12.45	Fun Session
11.15-13.00	Over 50's Session	Sun	
13.30-14.30	St Duthus Special School	Closed	
14.45-15.30	Open Session		
15.45-17.45	Staff Training	*Group Swimming Lessons will run Mon 12th January—Friday 13th February. Out with these dates, the sessions will run as Open Sessions.	
18.00-19.00	Swimming Lessons*		
19.15-20.45	TASC		

**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!
<p><b>BODY CONDITIONING:</b> Aerobic interval training together with ultimate abs. All fitness levels.</p> <p><b>OTAGO:</b> OTAGO is an evidenced based programme aimed at reducing falls. It increases confidence with exercises designed to target strength and balance.</p> <p><b>INDOOR CYCLING:</b> An intense form of aerobic exercise performed on stationary bikes.</p> <p><b>AQUA FIT:</b> Aqua Fit is an in-water workout where you can choose your intensity level.</p> <p><b>FEMALE/MALE GYM CLASS:</b> Ladies/gents only class in our fitness suite. Learn how to use gym equipment safely and effectively to achieve your own goals!</p> <p><b>YOGA:</b> The practice of yoga helps co-ordinate the breath, mind and body.</p> <p><b>DYNAMIC WELLBEING LV1&amp;2:</b> This class is suitable for participants who have minimal or no difficulties with activities of daily living but may need additional support (a chair or wall) when completing specific balance exercises and are independently mobile.</p> <p><b>CYCLE FIT:</b> 30 minutes of Indoor Cycling and 20 minutes of weights/Pilates.</p> <p><b>HIIT:</b> This all-level HIIT class offers options for high energy and low energy, low impact moves where necessary. Beginning with a warm up, then stretching at the end of the class.</p> <p><b>PILATES:</b> Pilates is an exercise system that focuses on stretching the whole body to improve balance, muscle-strength, flexibility and posture. Suitable for all.</p> <p><b>FEMALE GROUP TRAINING:</b> Receive in-depth coaching advice on resistance training in a supportive small group environment.</p> <p><b>BARRE:</b> A ballet inspired class to challenge and tone the whole body.</p> <p><b>BARBELL PUMP:</b> Squat, bench and deadlift your way to a strong, functional physique.</p>

#### **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.