

Admission and Hire Prices— From 1st April 2017

Activity	Standard	Concession	Budget	Young Scot
Swim	£5.90	£2.95	50p	£2.35
Swimming Lesson (each)	£9.20	£4.60	50p	£3.70
Fitness Room	£6.60	£3.30	50p	£2.65
Fitness Room Induction	£9.20	£4.60	50p	£3.70
Centre Classes	£5.80	£2.90	50p	£2.30
Happy Hour	£1	£1	50p	£1

Please see reception for more information on Highlife Memberships and to collect an application form.

Also see reception for more information on our kids,
Bouncy Castle, Gameshall and Pool Parties.

Happy Easter!!

Fitness Room—Induction Times

Over 16s: Monday & Friday	19.30	Young Guns: Friday	19.00
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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 5 per induction make sure you book your place.

Fitness Room Opening Times

Mon, Tue & Thursday	07.00-21.15	Friday	09.00-21.15
Public sessions		Public sessions	
Wed - You Time	09.00-10.00	Saturday & Sunday	09.30-13.30
Public sessions	10.00-21.15	Public sessions	

Young Guns sessions for 11-15yr olds are available on Mondays & Thursdays at 15.45-17.00. They may also attend outside of these times if accompanied by a parent/guardian.

Tain Royal Academy Community Complex



Activity Programme and Swimming Timetable Monday 10th April — Sunday 23rd April 2017



FITNESS CLASSES

Monday-10th – Thursday 13th April

Monday	11.00-12.00	OTAGO YT
	18.00-18.30	Fatburn Extreme
	18.30-19.00	CX Works
	19.15-20.00	Waterworks
Tuesday	10.00-11.15	Yoga
	11.15-12.00	Waterworks YT
	11.30-12.30	Bouncy Castle
Wednesday	09.30-10.30	Body Tone
	11.00-12.00	Pilates Level 1/Beginners YT
	14.00-15.00	Bouncy Castle
	18.00-18.30	Fatburn Extreme
	18.30-19.00	CX Works
	19.00-20.00	Pilates Level 1/Beginners
Thursday	09.00-10.00	Indoor Cycling
	10.30-11.30	Flexifit
	18.30-19.30	Pilates Level 1/Beginners

Tuesday 18th – Friday 21st April

Tuesday	11.30-12.30	Bouncy Castle
Wednesday	09.30-10.30	Body Tone
	11.00-12.00	Pilates Level 1/Beginners YT
	14.00-15.00	Bouncy Castle
	19.00-20.00	Pilates Level 1/Beginners
Thursday	09.00-10.00	Indoor Cycling
	10.30-11.30	Flexifit
	18.30-19.30	Pilates Level 1/Beginners
Friday	09.30-10.30	Pilates Level 2/Intermediate

Friday 14th April & Monday 17th April —CLOSED

Please book all classes in advance to avoid disappointment.



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

Swimming Pool Programme: 10th April – 23rd April 2017					
Mon	07.15-08.30	Early Lane Swim	Thurs	07.15-08.30	Early Lane Swim
	09.00-10.00	Open Session		09.00-10.30	Open Session
	10.00-11.30	Over 50s Session		10.30-11.30	Over 50s Session
	11.30-12.30	Baby Swim Session		11.30-12.30	Open Session
	12.30-14.00	Lane Swimming		12.30-14.00	Lane Swimming
	14.00-16.00	Open Session		14.00-17.00	Open Session
	16.00-18.00	Lane Swimming		17.00-18.00	Lane Swimming
	18.00-19.00	Open Session		18.00-20.00	Open Session
	19.15-20.00	Waterworks		20.00-21.15	Adult Session
	20.00-21.15	Lane Swimming			
Tue	07.15-08.30	Early Lane Swim	Fri	09.00-10.30	Open Session
	09.00-10.00	Open Session		10.30-12.30	TASC/Lane Swimming
	10.00-11.15	Over 50's Session		12.30-14.00	Baby Swim Session
	11.15-12.00	Waterworks		14.00-16.00	Open Session
	12.00-12.30	Lane Swimming		16.00-18.00	Lane Swimming
	12.30-13.30	Family Session ~		18.00-19.00	Open Session
	13.30-15.30	Open Session		19.00-21.15	Open / Pool Party
	15.30-17.30	Lane Swimming			
	17.30-20.00	Open Session			
	20.00-21.15	Adult Session	Sat	9.15-10.00	Lane Swimming
Wed	09.00-10.30	Over 50's Session		10.00-11.30	Happy Time
	10.30-12.30	TASC/Lane Swimming		11.30-12.30	Open Session
	12.30-14.00	Family Session ~		12.30-13.15	Fun Session
	14.00-15.00	Open Session			
	15.00-17.00	Staff Training	Sun	09.30-10.30	Open Session
	17.00-19.00	Open Session		10.30-11.30	Family Session ~
	19.00-20.00	Happy Hour		11.30-13.15	Open Session
	20.00-21.15	Lane Swimming		12.30-13.15	Fun Session

*** You Time:** Exclusive use of the pool for the You Time participants. Details from Reception.

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 Sessions are only for families that require the 1 adult: 2 under 8's ratio.

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.

Activity Programme

OTAGO: A moderate to challenging body sculpting and stretch class. Gentler adaptations are offered. At the end of the session you will be able to join us for a little chat over a cup of tea!

YOGA: The practice of yoga helps to co-ordinate the breath, mind and body to encourage balance, both internally and externally, and promote feelings of relaxation and ease.

FLEXIFIT: This is a moderate to challenging class combining strength, balance, flexibility and a bit of cardio. It will sculpt and stretch your muscles.

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

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

INDOOR CYCLING: An intense form of aerobic exercise performed on stationary bikes and led by an instructor who sets a constantly varying pace.

CX WORKS: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together.

WATERWORKS: WaterWorks is an effective total body water workout where you are immersed in a fun environment and can choose your intensity level. A WaterWorks class is FUN and WORKS! WaterWorks is a versatile and effective shallow water workout suitable for all types of people.

FATBURN EXTREME: Fatburn Extreme is a new concept in instructor led fitness training and weight loss exercising. The first of its kind, it is a fixed 20 minute, maximal intensity workout with no dictated rest periods. This means participants will work until failure and rest only for recovery, making it specific to the individual regardless of age, gender, or current fitness capabilities.

PUDDLE JUMPERS: Deep in the realm of the Allsorts Garden, there is said to be a Mystical, magical school for children with 'special' abilities and powers...Will you make the grade this term? Come and find out! A holiday adventure programme for 4-12 year olds. With pick up and drop off from Tain and also 2 hour slots available on Monday 10th and Friday 21st April.

Dornoch Academy: 6th & 7th April, 10th –13th April & 18th–21st April 2017
Please see brochure for further details or allsorts-dornoch.org.uk. Bookable at Reception.

We offer Love to Swim private swimming lessons on a 1:1 or a 1:2 basis.

For more information on prices, or to book in with one of the teachers, call us at reception on 01862 893767.