

## 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
Centre Classes	£5.80	£2.90	50p	£2.30
Happy Hour	£1	£1	50p	£1
Badminton	£5.30	£2.65	50p	£2.10
All Weather Pitch 1/3	£12.50	£6.25		

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

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

## Fitness Room—Induction Times

Over 16s: Monday and Friday	19.30	Young Guns 11-15: 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 numbers are 5 per induction, so please make sure you book your place. Under 16's must have an adult attend the induction with them.

**Personal Training** sessions available in 30 or 60 minute slots, can be 1:1 or a group. Tailored programmes designed to meet your own specific needs.

For more information or to book call reception on 01862 893767.

## Fitness Room Opening Times

Mon, Tue & Thurs	07.00—21.15	Wed & Fri	09.00-21.15
Public sessions		Public sessions	
Saturday & Sunday	09.30-13.30	Mon, Tues & Thurs	15.45-17.00
Public sessions		Young Guns 11-15 yr olds	

Young Guns sessions for 11-15yr olds are available on Monday, Tuesday and Thursday. 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 8th January — Sunday 18th February 2018

#### FITNESS CLASSES

<b>Monday</b>	09.30-10.30	Body Tone
	11.00-12.00	OTAGO
	18.00-19.00	Indoor Cycling
	18.30-19.00	HIIT—NEW INSTRUCTOR
	19.15-20.00	Zumba—NEW CLASS
<b>Tuesday</b>	09.15-10.15	Spin Fit
	10.30-11.45	Yoga
	11.15-12.00	Waterworks YT
	18.00-19.00	Spin Fit
	19.15-20.00	Yoga and Meditation—NEW CLASS
<b>Wednesday</b>	09.30-10.30	Body Tone
	11.00-12.00	Pilates Level 1/Beginners YT
	11.30-12.30	OTAGO Portmahomack Carnegie Hall YT
	17.15-18.00	Mega Bootcamp (starts back 31st January)
	18.00-19.00	Indoor Cycling
	18.15-20.15	Golf
	18.30-19.00	Cx Works
	19.00-20.00	Pilates Level 1/Beginners
	19.15-20.00	Waterworks
<b>Thursday</b>	09.15-10.15	Spin Fit
	10.30-11.30	Supple & Strong
	18.00-19.00	Spin Fit
	18.15-20.15	Golf
	18.30-19.30	Pilates Level 1/Beginners
<b>Friday</b>	09.30-10.30	Pilates Level 2/Intermediate
	17.45-18.45	Indoor Cycling
<b>Saturday</b>	10.30-11.00	Fatburn Extreme (fortnightly from 13th Jan)
	10.30-11.30	Body Tone or Pilates (fortnightly from 20th Jan)

It is advisable to book all classes in advance to avoid disappointment  
Please remember to cancel your space if you can't attend

## Swimming Pool Programme: 8th January – 18th February 2018

<b>Mon</b>	07.15-08.30	Early Lane Swim	<b>Thurs</b>	07.15-08.30	Early Lane Swim
	10.00-11.00	Open Session		09.00-09.30	Open Session
	11.00-12.15	Over 50's Session		11.45-12.15	Lane Swimming
	13.30-14.30	Open Session		13.45-14.15	Learn to Swim – Seals
	16.00-18.00	TASC		14.15-16.00	Open Session
	18.00-19.00	Learn To Swim		16.00-18.00	TASC
	19.00-20.00	Open Session		18.00-19.00	Learn To Swim
	20.00-21.15	Lane Swimming		19.00-19.45	Happy Time
				19.45-20.15	Adult Lessons
<b>Tue</b>	07.15-08.30	Early Lane Swim		20.15-21.15	Adult Session
	09.00-09.30	Open Session			
	11.00-12.00	Waterworks	<b>Fri</b>	09.00-11.00	Over 50's Session
	12.00-13.30	Lane Swimming		11.00-13.00	Open Session
	13.30-15.00	Open Session		13.15-14.15	St Duthus
	15.00-16.00	<b>Family Friendly Session ~</b>		14.15-15.00	Lane Swimming
	16.00-18.00	TASC		15.00-16.00	Open Session
	18.00-19.30	Learn To Swim		16.00-18.00	TASC
	19.30-20.15	Fun Session		18.00-19.00	Learn To Swim
	20.15-21.15	Adult Session		19.00-21.15	Open / Pool Party
<b>Wed</b>	09.00-10.00	Lane Swimming	<b>Sat</b>	09.30-10.00	Learn To Swim—Seals
	10.00-11.30	Open Session**		10.00-11.30	Happy Time
	13.00-14.00	St. Duthus		11.30-12.15	Fun Session
	14.00-15.00	Lane Swimming		12.15-13.15	Lane Swimming
	15.00-15.45	Open Session			
	15.45-17.00	Staff Training	<b>Sun</b>	09.30-10.30	Lane Swimming
	17.00-19.00	Learn To Swim		10.30-11.30	<b>Family Friendly Session ~</b>
	19.15-20.00	Waterworks		11.30-12.15	Fun Session
	20.00-21.15	Lane Swimming		12.15-13.15	Open Session

**Learn To Swim Lessons:** Will run from **Monday 15th January –Saturday 17th March** a 9 week block. Outside of these dates Open Sessions will run.

**~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. ~ Relaxed Ratio 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.

**\*\*During this session there may be Academy pupils in the pool with an instructor to complete parts of training for their lifeguarding qualification.**

## Activity Programme

**OTAGO:** A strength and balance exercise programme to reduce falls in frailer older people. 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.

**SUPPLE & STRONG:** An exercise to music class that will improve your balance, posture, flexibility and strength. It is suitable for all levels as options and alternative exercises are given.

**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.

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

**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.

**ZUMBA:** Zumba freestyle with Sheree . It's an Australian award winning class—exercise, dance and sweat your way to burning up to 900 calories per class. If you love music and movement this class is the class for you.

**HIIT:** High intensity interval training focusing on the movement of the body and burning as many calories as possible in short bursts of time. Also targeting weight loss, core and glutes. High intensity for all exercise levels wanting to shake up their routines.

**YOGA AND MEDITATION:** Bend and stretch your body whilst connecting the mental and physical parts of your being. Focused on flexibility, mind, strength and toning. This class is suitable for all ages and fitness levels and comes with progressions for the more experienced and regressions for the injured or tired. Yoga helps to focus on body alignment and awareness and also to reduce stress and anxiety. 30 min yoga and 15min relaxation/stretch meditation.