

Admission and Hire Prices— From 1st April 2017

Activity	Standard	Concession	Budget	Young Scot
Swim	£5.90	£2.95	50p	£2.50
Swimming Lesson (each)	£9.20	£4.60	50p	£3.85
Fitness Room	£6.60	£3.30	50p	£2.75
Centre Classes	£5.80	£2.90	50p	£2.45
Happy Hour	£1	£1	50p	£1
Badminton/Basketball	£5.30	£2.65	50p	£2.25
Gameshall	£43.90	£21.95	N/A	N/A
Room 21	£15.40	£7.70	N/A	N/A
All Weather Pitch: 1/3rd	£12.50	£6.25	N/A	N/A
All Weather Pitch: 2/3rds	£25.00	£12.50	N/A	N/A
All Weather Pitch: Full	£37.55	£18.80	N/A	N/A
Swimming Pool Hire (per hour)	£76.80	£38.40	N/A	N/A
Multi Purpose Hall/ Small Gym/ Assembly Hall / Dining Hall	£19.80	£9.90	N/A	N/A

Fitness Room Opening Times

Over 16s: Monday & Friday	19.30	Young Guns: Friday	19.00
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.			

Fitness Room Opening Times

Monday & Tuesday Public sessions:	07.00-21.00	Thurs Public sessions: Friday Public sessions:	07.00-21.00 09.00-21.00
Wed - You Time: Public sessions:	09.00-10.00 10.00-21.00	Saturday & Sunday Public sessions:	09.30-13.30
Young Guns sessions for 11-15yr olds are available on Mondays & Fridays at 15.45-17.00. They may also attend outside of these times if accompanied by a parent/guardian.			

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



Tain Royal Academy Community Complex



Summer Timetable

Monday 3rd July— Sunday 13th August 2017

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.

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.

CIRCUITS: If you're looking for a class to challenge you, work your whole body, help you lose weight, tone up, get stronger, faster and fitter – then this is the class for you.

INSTRUCTOR HOLIDAYS

Name	Class	Dates Cancelled
Suzanne	Body Tone/Pilates	24th July—9th August
Juliette	Yoga	4th July & 1st August
Kath	SpinFit& Indoor Cycling	31st July—13th August
Jack	Futsal	4th, 5th, 11th, 12th July
Eilidh	Fatburn Extreme	11th, 25th July , 8th August
Eilidh	Advanced circuits	4th, 18th , 25th July , 1st August

Love to swim

LOVE HIGH LIFE

MAKE A SPLASH WITH ONE-TO-ONE SWIMMING LESSONS!



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highland
na gàidhealtachd

OUR ONE-TO-ONE LOVE TO SWIM LESSONS ARE FOR:

- * Children on waiting lists who want to learn to swim.
- * Adults who've never learned.
- * Swimmers wanting fast-track improvement in technique.
- * Anyone who's not comfortable in the water and needs to build confidence.

With the personal attention of our ASA Level 2 Qualified Instructors, one-to-one lessons will help you achieve your Swimming goals. For those of you who would rather swim with a friend, we also offer one-to-two-lessons.

High Life Members enjoy significantly reduced rates, even more reasons why a High Life Membership offers great benefits to the whole family! See participating Leisure Centres overleaf.

TO FIND OUT MORE, OR TO BOOK A LOVE TO SWIM LESSON, SPEAK TO US TODAY.

highlifehighland.com

  **HLHSOCIAL**



Love to Swim Prices

	Love to Swim 1:1	Love to Swim 1:2
Pay as You Go	£23.80	£18.30 each
All Inclusive & Budget Members	£18.30	£12.80 each

Personal Training Prices

	PT 1 hour	PT 30 mins
1:1 All Inclusive & Budget Members	£23.80	£12.80 each
1:1 Pay as You Go	£35.80	£17.90 each
1:2 All Inclusive & Budget Members	£16.80	£9.20 each
1:2 Pay as You Go	£23.80	£12.80 each

Please call reception on 01862 893767 if you would like more information or to make a booking.

Fitness Classes

<u>Monday</u>	11.00-11.45	OTAGO YT
	18.00-19.00	Indoor Cycling
	18.00-18.30	Metafit
	18.30-19.00	CX Works
<u>Tuesday</u>	09.15-10.15	Spin Fit (Not on 1st, 8th Aug)
	10.30-11.45	Yoga (Not on 4th July)
	10.15-10.45	Fatburn Extreme
	11.15-12.00	Waterworks YT
	16.15-17.00	Teen Fitness
	18.00-19.00	Spin Fit (Not on 1st, 8th Aug)
	18.00-19.00	Futsal
	18.15-19.00	Circuits (On 11th July, 8th Aug only)
	18.15-19.00	Pairs Class (18th July only)
<u>Wednesday</u>	19.15-20.00	Waterworks
	09.30-10.30	Body Tone
	09.30-10.30	Futsal
	11.00-12.00	Pilates Level 1/Beginners YT
	11.30-12.30	OTAGO Portmahomack Carnegie Hall YT
	18.00-19.00	Indoor Cycling (Not on 2nd, 9th Aug)
	19.00-20.00	Pilates Level 1/Beginners
<u>Thursday</u>	09.00-10.00	Indoor Cycling
	18.00-19.00	Spin Fit (Not on 3rd, 10th Aug)
	18.30-19.30	Pilates Level 1/Beginners
<u>Friday</u>	09.30-10.30	Pilates Level 2/Intermediate
	18.00-19.00	Indoor Cycling (Not on 4th, 11th Aug)

Keep a lookout for extra pop up classes throughout the holidays!

Please call reception to book your space.

Summer Activity Programme

W/c 3rd July: Snorkelling (9.00-9.30) Monday, Tuesday & Wednesday
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 Bouncy Castle (10.00-11.00) Tuesday
 Bouncy Castle (18.00-19.00) Thursday

W/c 10th July: Swordfish 3 & 4 (9.00-9.30) Monday – Friday
 Seals (9.30-10.00) Monday – Friday
 Golf (14.00-15.00) Monday – Friday
 Bouncy Castle (10.00-11.00) Tuesday
 Bouncy Castle (18.00-19.00) Thursday

W/c 17th July: Seals (9.30-10.00) Monday – Friday
 Bouncy Castle (10.00-11.00) Tuesday
 Badminton (10.00-12.00) Thursday
 Bouncy Castle (18.00-19.00) Thursday

W/c 24th July: Snorkelling (9.00-9.30) Monday, Tuesday & Wednesday
 Archery (13.00-14.00) Monday – Friday
 Archery (14.00-15.00) Monday – Friday
 Bouncy Castle (10.00-11.00) Tuesday
 Bouncy Castle (18.00-19.00) Thursday
 Hockey (10.00-13.00) Thursday & Friday

W/c 31st July : Swordfish 3 & 4 (9.00-9.30) Monday – Friday
 Seals (9.30-10.00) Monday – Friday
 Bouncy Castle (10.00-11.00) Tuesday
 Athletics Camp (10.00-13.00) Tuesday—Friday
 Bouncy Castle (18.00-19.00) Thursday

W/c 7th Aug: Rookie Lifeguard (9.00-9.30) Monday – Wednesday
 Bouncy Castle (10.00-11.00) Tuesday
 Bouncy Castle (18.00-19.00) Thursday

All activities need to be pre booked to guarantee a space.

Swimming Pool Programme 3rd July—13th August 2017

Mon	07.15-08.45	Early Lane Swim	Thurs	07.15-08.45	Early Lane Swim
	09.00-10.00	Varied Programme		09.00-10.00	Varied Programme
	10.00-11.30	Open Session		10.00-11.30	Family Session~
	11.30-12.30	Over 50s Session		11.30-13.00	Lane Swimming
	12.30-13.30	Lane Swimming /TASC		13.00-14.00	Over 50s Session
	13.30-14.00	Baby Swim		14.00-15.00	Love 2 Swim Lessons
	14.00-15.00	Love 2 Swim Lessons		15.00-16.00	Baby Swim
	15.00-16.00	Open Session		16.00-17.00	Lane Swimming
	16.00-18.00	Lane swimming		17.00-18.00	Open Session
	18.00-19.00	Family Session ~		18.00-19.00	Fun Session
	19.00-20.00	Open Session		19.00-19.45	Happy Time
	20.00-21.15	Lane Swimming		19.45-21.15	Adult Session
Tue	07.15-08.45	Early Lane Swim	Fri	09.00-10.00	Varied Programme
	09.00-10.00	Varied Programme		10.00-11.30	Open Session
	10.00-11.00	Open Session		11.30-12.30	Over 50s Session
	11.15-12.00	Waterworks		12.30-14.00	Lane Swimming
	12.15-14.00	Lane Swimming		14.00-15.00	Love 2 Swim Lessons
	14.00-15.00	Love 2 Swim Lessons		15.00-16.00	Fun Session
	15.00-17.30	Open Session		16.00-18.00	Open Session
	17.30-19.00	Family Session~		18.00-19.00	Family Session ~
	19.15-20.00	Waterworks		19.00-21.15	Open Session / Pool Party
	20.15-21.15	Adult Session			
			Sat	09.30-10.00	Lane Session
Wed	09.00-10.00	Varied Programme		10.00-11.30	Happy Time
	10.00-11.00	Fun Session		11.30-12.15	Fun Session
	11.00-12.30	Over 50s Session		12.15-13.15	Open Swimming
	12.30-14.00	TASC / Lane Swimming			
	14.00-15.00	Love 2 Swim Lessons	Sun	09.30-10.30	Lane Swimming
	15.00-17.00	Staff Training		10.30-11.30	Family Session ~
	17.00-19.00	Open Session		11.30-12.15	Fun Session
	19.00-20.00	Fun Session		12.15-13.15	Open Session
	20.00-21.15	Lane Swimming			

~**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.