

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		

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

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

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.

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 Public sessions	07.00—21.15	Wed - You Time Public sessions	09.00—10.00 10.00-21.15
Fri Public Sessions	09.00-21.15	Saturday & Sunday Public sessions	09.30-13.30

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

Activity Programme and Swimming Timetable

Monday 24th April — Sunday 18th June 2017

FITNESS CLASSES

Monday	09.30-10.30	Body Tone (starts 8th May)
	11.00-12.00	OTAGO YT
	18.00-19.00	Indoor Cycling
	18.00-18.30	Fatburn Extreme
	18.30-19.00	CX Works
	19.15-20.00	Waterworks
Tuesday	09.15-10.15	SpinFit
	10.30-11.45	Yoga
	11.00-11.30	Fatburn Extreme
	14.30-15.15	OTAGO Scotsburn Court YT (starts 2nd May)
	18.00-19.00	Spin Fit
	18.15-19.00	Circuits
Wednesday	09.30-10.30	Body Tone (starts 3rd May)
	11.00-12.00	Pilates Level 1/Beginners YT (starts 3rd May)
	11.30-12.30	OTAGO Portmahomack Carnegie Hall YT
	18.00-19.00	Indoor Cycling
	18.00-18.30	Fatburn Extreme (starts 3rd May)
	18.30-19.00	CX Works (starts 3rd May) (not on 10th May)
	19.00-20.00	Pilates Level 1/Beginners (starts 3rd May)
	19.15-20.00	Waterworks (starts 3rd May)
Thursday	09.00-10.00	Indoor Cycling
	10.30-11.30	Flexifit
	18.00-19.00	Spin Fit
	18.30-19.30	Pilates Level 1/Beginners (starts 4th May)
Friday	09.30-10.30	Pilates Level 2/Intermediate (starts 5th May)
	11.15-12.00	Waterworks YT (Starts 5th May)
	18.00-19.00	Indoor Cycling
Saturday	10.30-11.30	Bouncy Castle

CLOSED Monday 1st May

It is advisable to book all classes in advance to avoid disappointment



Swimming Pool Programme: 24th April – 18th June 2017					
Mon	07.15-08.30	Early Lane Swim	Thurs	07.15-08.30	Early Lane Swim
	09.00-10.00	Open Session		09.00-10.45	Open Session
	10.00-11.00	Over 50's Session		11.00-12.30	Primary Lessons
	11.00-11.30	Parent & Baby Lessons		12.30-13.45	Lane Swimming
	11.30-13.00	Lane Swimming		13.45-14.15	Learn to Swim – Seals
	13.00-15.00	Open Session		14.15-16.00	Open Session
	15.00-16.00	Family Session ~		16.00-18.00	TASC
	16.00-18.00	TASC		18.00-19.00	Learn To Swim
	18.00-19.00	Learn To Swim		19.00-19.45	Happy Time
	19.15-20.00	Waterworks		19.45-20.15	Adult Lessons
	20.00-21.15	Lane Swimming		20.15-21.15	Adult Session
Tue	07.15-08.30	Early Lane Swim	Fri	09.30-11.15	Primary Lessons
	09.00-12.30	Primary Lessons		11.15-12.00	Waterworks
	12.30-13.45	Over 50's Session		12.00-13.00	Lane Swimming
	13.45-15.00	Open Session		13.15-14.15	St Duthus
	15.00-15.45	Family Session ~		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	Open Session		18.00-19.00	Learn To Swim
	20.15-21.15	Adult Session		19.00-21.15	Open / Pool Party
Wed	09.00-10.30	Lane Swimming	Sat	9.00-10.00	Learn To Swim—Seals
	10.30-12.00	Open Session		10.00-11.30	Happy Time
	12.00-12.45	Lane Swimming		11.30-12.15	Fun Session
	13.00-14.00	St. Duthus		12.15-13.15	Lane Swimming
	14.00-15.30	Open Session			
	15.30-17.00	Staff Training	Sun	09.30-10.30	Lane Swimming
	17.00-19.00	Learn To Swim		10.30-11.30	Family Session ~
	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 24th April—Saturday 17th June** an 8 week block.

Primary Lessons: Will run from **Tuesday 9th May - Thursday 8th June** a 5 week block. Outside of these dates Open Sessions will run. **Parent & Baby Lessons:** Will run from **Monday 8th May—Monday 13th June** a 6 week block, outside of these dates a Parent and Baby Swim 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. ~ 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.

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.

ARKE KIT: Core centric training, choose from our Air, Earth, Water or Fire stations and make up your own workout. Situated in our MPH, you can book out the hall or take pieces of equipment to the gym to incorporate into your session. See reception for more details.

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.