

MON	8.00 - 09.50 Public Swimming	10.00 - 11.10 School Lessons	11.10 - 12.00 Public Swimming	12.00 - 1.00 50+ Swimming	1.00 - 3.30 Public Swimming	3.30 - 5.30 Swimming Lessons	5.30 - 6.30 Public Swimming	6.30 - 7.55 Swimming Club	8.00 - 9.00 Adult Swimming
TUE	8.00 - 9.50 Public Swimming	10.00 - 11.10 School Lessons	11.10 - 3.30 Public Swimming			3.30 - 5.30 Swimming Lessons	5.30 - 8.00 Public Swimming [Happy Hour 6-7]		8.00 - 9.00 Adult Swimming
WED	8.00 - 9.50 Public Swimming	10.00 - 11.10 School Lessons	11.10 - 12.00 Public Swimming	12.00 - 1.00 Staff Training	1.00 - 3.30 Public Swimming	3.30 - 5.30 Swimming Lessons	5.30 - 6.30 Public Swimming	6.30 - 7.55 Swimming Club	8.00 - 9.00 Ladies Only
THU	8.00 - 10.20 Public Swimming	10.30 - 12.15 School Lessons	12.30 - 3.30 Public Swimming			3.30 - 5.30 Swimming Lessons	5.35 - 7.25 Highland Swim Team	7.30 - 9.00 Synchro	Public Swimming
FRI	8.00 - 9.50 Public Swimming	10.00 - 11.10 School Lessons	11.15 - 12.15 Public Swimming [Happy hour]	12.15 - 1.15 Adult Swimming	1.15 - 3.30 Public Swimming	3.30 - 4.00 Swim Lessons	4.00 - 7.55 Swimming Club	8.00 - 9.00 Public Swimming	
SAT	9.00 - 10.00 Swim Lessons	10.00 - 11.00 Public Swimming	11.00 - 12.00 Public Swimming [Happy hour]	12.00 - 1.00 Family Swimming	1.00 - 2.00 Fun Hour	2.00 - 3.00 Public Swimming	3.00 - 5.30 Synchro Club	Join our fantastic value High Life Scheme Pay one low monthly fee and get unlimited use of all Leisure Centre run activities. Excellent value at only £20.00 for individual membership or £30.00 for a family membership	
SUN	9.00 - 10.00 Swimming Club	10.00 - 11.00 Synchro Club	11.00 - 12.00 Synchro Club	12.00 - 1.00 Public Swimming	1.00 - 2.00 Fun Hour	2.00 - 4.00 Public Swimming	4.00 - 5.30 Synchro Club		

Prices

Activity	Standard	Concession	Budget
Swim	£5.90	£2.95	£0.50
Shower	£2.70	£1.35	£0.50
Swimming lesson	£9.20	£4.60	£0.50

Fun Hour – For All Ages. Floats, mats, rubber rings and toys.

Happy Hour - Activity £1 per person during the times stated.

Family Friendly – 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. Deep end closed off Sunday.

Swimming lessons – Monday 14th August to Saturday 7th October 2017

Day	Time	Activity	Class Information
MONDAY	6.30pm – 7.15pm	Outdoor Cycling At Nairn Leisure Centre	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance.
	6.15pm – 6.45pm	Kettlebells At Dunbar Hall, Auldearn	Kettlebells are some of the most powerful tools for improving your fitness and physique. They combine strength training, mobility, flexibility, and cardiovascular... Over 16's only
	7.00pm – 8.00pm	PIYO At Dunbar Hall Auldearn	PIYO is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
TUESDAY	6pm – 6.45pm	Outdoor Cycling At Nairn Leisure Centre	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
WEDNESDAY	6.30pm - 7.00pm	Outdoor Cycling At Nairn Leisure Centre	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance
	6.00pm – 6.20pm	Fat Burn At Dunbar Hall Auldearn	Fatburn Extreme is a 20-minute workout, scientifically proven, to maximise results in minimum time. Boost metabolism, improve speed & power with bodyweight
	6.30pm - 7.30pm	PIYO At Dunbar Hall Auldearn	PIYO is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.
THURSDAY	6.30pm - 7.15pm	Outdoor Cycling At Nairn Leisure Centre	Stationary group cycle class, control your resistance and effort through the ride, experience hills, flats & sprints designed to build strength and endurance

BOOTCAMP POP-UP CLASSES

Register at reception and we will keep you up to date!

Fitness Suite Opening Hours

Monday - Friday	8.00am - 8.45pm
Sat	9.00am - 5.15pm
Sun	9.00am - 3.45pm

Activity	Standard	Concession	Budget
Fitness Suite	£6.60	£3.30	£0.50
Fitness Classes	£5.80	£2.90	£0.50
Induction	£9.20	£4.60	£0.50

All advertised classes are included in **High Life**

Due to limited spaces please ensure you book the above sessions
For more information or to book your place please contact reception



Note for PIYO – For hygiene reasons please bring your own Yoga Mat if you have one.