

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

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.

Tain Royal Academy Community Complex



Activity Programme and Swimming Timetable

Monday 14th August — Sunday 8th October 2017

FITNESS CLASSES

Monday	09.30-10.30	Body Tone (starts 28th August)
	10.45-11.30	Adult Baby Conditioning
	11.00-12.00	OTAGO YT
	18.00-19.00	Indoor Cycling
	18.00-18.30	HIIT
	18.30-19.00	CX Works
Tuesday	09.15-10.15	SpinFit
	10.30-11.45	Yoga
	11.00-11.45	Waterworks YT
	18.00-19.00	Spin Fit
	18.15-19.00	Fit 360
Wednesday	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	Teen Bootcamp (starts 23rd August)
	18.00-19.00	Indoor Cycling
	18.00-18.30	Fatburn Extreme
	18.15-19.00	Family Bootcamp (starts 23rd August)
	19.00-20.00	Pilates Level 1/Beginners
	19.15-20.00	Waterworks
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
	18.30-19.00	Snorkelling (starts 24th August for 4 weeks)
	17.45-20.00	Futsal
Friday	09.30-10.30	Pilates Level 2/Intermediate
	18.00-19.00	Indoor Cycling (not on 25th August)
Saturday	10.30-11.00	Fatburn Extreme (fortnightly from 26th August)
Sunday	09.30-10.30	Bouncy Castle (Starts 3rd September)

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

Swimming Pool Programme: 14th August — 8th October 2017					
Mon	07.15-08.30	Early Lane Swim	Thurs	07.15-08.30	Early Lane Swim
	09.00-10.00	Open Session		10.00-10.30	Open Session
	10.00-11.30	Over 50's Session		10.30-12.30	Primary Lessons
	12.45-13.45	Lane Swimming		12.30-13.45	Lane Swimming
	13.45-15.00	Open Session		13.45-14.15	Learn to Swim – Seals
	15.00-16.00	Family Session ~		14.15-16.00	Open 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/Snorkelling
	19.00-20.00	Open Session		19.00-19.45	Happy Time
	20.00-21.15	Lane Swimming		19.45-20.15	Adult Lessons
				20.15-21.15	Adult Session
Tue	07.15-08.30	Early Lane Swim			
	09.00-11.00	Primary Lessons	Fri	09.30-11.30	Primary Lessons
	11.00-11.45	Waterworks		11.30-13.00	Lane Swimming
	11.45-13.00	Over 50's Session		13.15-14.15	St Duthus
	13.00-14.30	Open 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	10.00-10.30	Parent & Baby Lessons	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 21st August—Saturday 7th October** a 7 week block.

Primary Lessons: Will run from **Tuesday 5th September - Friday 6th October** a 5 week block. Outside of these dates Open Sessions will run. **Parent & Baby Lessons:** Will run from **Wednesday 6th September—Wednesday 27th September** a 4 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.

****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
<p>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!</p> <p>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.</p> <p>FLEXIFIT: This is a moderate to challenging class combining strength, balance, flexibility and a bit of cardio. It will sculpt and stretch your muscles.</p> <p>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.</p> <p>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.</p> <p>INDOOR CYCLING: An intense form of aerobic exercise performed on stationary bikes and led by an instructor who sets a constantly varying pace.</p> <p>SPIN FIT: 30 minutes of Indoor Cycling and 20 minutes of body conditioning.</p> <p>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.</p> <p>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.</p> <p>Fit360: This class is made completely different each week to work your whole body, help you lose weight, tone up, get stronger and fitter. EVERYONE is welcome as moves can be adapted to go up one stage or down one stage.</p> <p>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.</p> <p>HIIT: Class consists of a mix of Metafit, Fatburn and High Intensity Interval Training.</p>

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.