

All Inclusive Access

Membership	Annual Payment	Monthly Direct Debit
Family	£324.00	£27.00
Individual	£228.00	£19.00



Pay as you Go

Activity	Standard	Concession	Budget
Racquet Sports per Person	£4.40	£2.20	£0.50
Equipment Hire (Shuttle, Racquet, Football)	£1.80	£0.90	£0.50
Fitness Class	£4.90	£2.45	£0.50
Fitness suite Induction	£7.80	£3.90	£0.50
Fitness suite Session	£5.60	£2.80	£0.50
Active Kids Coaching	£2.45	£2.45	£0.50
Changing & Shower only	£2.10	£1.05	£0.50
Swim Lesson (Aviemore Highland Resort)	£7.80	£3.90	£0.50

Venue Hire

Area	Standard	Concession
Full Hall	£32.00	£16.00
Half Hall	£17.00	£8.50
Studio	£17.00	£8.50
Meeting Room	£13.20	£6.60
3G synthetic pitch (per hour)	£25.05	£12.50
Team Changing Facility (per Room)	£12.50	£12.50

Party Packages

All parties are coached for one hour, you are then free to enjoy the party room for the second hour to continue with your own music, games & food.

Sports specific party	£75.00	Choose your favourite coached sports or activity or ask for a mash up
Bouncy Castle and Soft Play Party	£67.75	Bounce and play away
Additional Staff / Coach	£25.00	Extra coaches can be supplied to allow bigger party numbers

Events & Notices

Programme may be subject to change.
Find us on Facebook for the latest updates

facebook

19 Feb 2015 - Scottish Blood Transfusion Service, Donor Session 5.00pm

Leisure opening hours

Mon, Tue, Thu, Fri	8.00am - 10:00pm
Wed	7.30am - 10:00pm
Sat and Sun	8.00am - 2.00pm

Library opening hours

Mon	10.00am - 5.00pm
Tue	1.00pm - 5.00pm & 6.00pm - 8.00pm
Wed & Fri	10.00am - 1.00pm & 2.00pm - 5.00pm

Library members will have access to issue, discharge and computer services during leisure opening hours

High Life Highland is a company limited by guarantee registered Scottish Charity No. SC042593.



Activity Programme and Information

Aviemore Community Centre 05 January - 05 April 2015

GET THE HABIT OF A LIFETIME!



Commit to Change

February 2015

Achieve a healthier lifestyle

Lose weight and body fat

Improve confidence

Work out in a fun and supportive environment

Contact us:
Phone us:
Email us:
Website:

Aviemore Community Centre, Muirton, Aviemore, PH22 1SF
01479 813140
Aviemore.leisure@highlifehighland.com
www.highlifehighland.com



Pre-school Activities

Bookings for children's activities will begin from Monday 05 January 2015. Consent form and booking application required for block booking. Activities commence Monday 12 January 2015. Break from 16 - 20 Feb

Weekly booking – children must be accompanied on a max ratio of 1 adult to 2 children

Day	Activity	Time	Age group	Description
Monday	Mini Mayhem	10.00am -10.30am	3 - 5 years	Games, races and lots of fun
	Book Bug Story Time	11.20am -11.50am	Accompanied Under 5's	Story time, songs and rhymes in the library
Tuesday	Mini Yoga	9.30am - 10.15am	3 - 5 years	
Wednesday	Moving Mini's	10.00am-10.45am	Accompanied Under 5's	Active Play
	Melody Mini's	11.00am-11.45am	Accompanied Under 5's	Sing and play along songs and stories.
Thursday	Book Bug Rhyme Time 	11.00am -11.30am	Accompanied Under 5's	Story time, songs and rhymes in the library
	Mini Kickers	1.00pm - 1.30pm	3 - 5 years	Soccer skills and drills
	Mini Kickers	1.30pm - 2.00pm	3 - 5 years	Soccer skills and drills

Primary Activities

Block booked activities. Booking application and consent required

Day	Activity	Time	Age	What's it all about?
Monday	Outdoor Football	3.15pm - 3.45pm	P1 - P3	Soccer skills, drills & games on 3G pitch
	Outdoor Football	3.45pm - 4.30pm	P4 - P7	Soccer skills, drills & games on 3G pitch
Tuesday	Learn to swim	3.30pm - 5.00 pm	P1 - P7	Levels 1-5 delivered at Macdonald Resort
Wednesday	Street Fit	3.15pm-4.00pm	P1 - P3	Exclusive choreography for kids
	Street Fit	4.00pm - 4.45pm	P1 - P3	Exclusive choreography for kids
	Street Fit	4.45pm - 5.30pm	P4 - P7	Exclusive choreography for kids
Thursday	Learn to swim	3.30pm - 5.00 pm	P1 - P7	Levels 1-5 delivered at Macdonald Resort
Friday	Fit Kids	3.15pm - 3.45pm	P1 - P3	Obstacle races, relays and fun games
	Fit Kids	3.45pm - 4.30pm	P4 - P7	Obstacle races, relays and fun games

Secondary Activities

Block booked activities. Booking application and consent required

Tuesday	Teen Gym	5.15pm - 6.00pm	12 yrs - S6	Cardio fitness fun with friends in the gym
Thursday	Teen Gym	5.15pm - 6.00pm	12 yrs - S6	Cardio fitness fun with friends in the gym



Active School Activities

Block booked activities. Booking application and consent required

Day	Activity	Time	Age	Cost	Additional info
Monday	Sports Club	2.45pm - 3.30pm	P1 - P3	£1.00	Book at reception, pay weekly £1.00 to coach,
Wednesday	Wake Up Club	8.30am - 9.00am	P2 - P4	Free	Book at reception
Friday	Wake Up Club	8.30am - 9.00am	P5 - P7	Free	Book at reception
Saturday	Gymnastics	8.15am - 9.15am	P1 - P4	£2.00 All Inc. £2.45 PAYG	Block payable on week 1
	Gymnastics	9.15am - 10.15am	P5 - P7	£2.00 All Inc. £2.45 PAYG	Block payable on week 1

Adult Fitness Classes

* pre booking recommended, bookable up to 7 days in advance

Day	Class	Start Time	Duration	Instructor
Monday	Cross Training	12.00pm	45 mins	Ally
	Indoor Cycling *	1.00pm	30 mins	Ally
	Otago 	1.45pm	45 mins	Ally
	Meta Fit	6.00pm	30 mins	Steve
	Abs Attack	6.30pm	30 mins	Steve
	Indoor Cycling *	7.15pm	30 mins	Steve
	Yoga	8.00pm	55 mins	Sara
Tuesday	Fit Plus	10.30am	55 mins	Steve
	Metafit	12.00pm	30 mins	Steve
	Seasonal Yoga	12.45pm	55 mins	Dominique
	Street Fit	6.00pm	45 mins	Justine
	 Commit to Change ARKE Circuits	7.00pm	45mins	Cammy
	Indoor Cycling *	8.00pm	45 mins	Cammy
Wednesday	Indoor Cycling*	7.35am	30 mins	Ally
	Metafit	12.30pm	30 mins	Ally
	Kick Start	6.30pm	40 mins	Steve
	Circuits	7.10pm	55 mins	Steve
	Indoor Cycling *	8.15pm	30 mins	Steve
Thursday	Fit Plus	10.30am	55 mins	Steve
	Metafit	12.00pm	30 mins	Steve
	Insanity	6.00pm	30 mins	Sharon
	Insanity Abs	6.30pm	20 mins	Sharon
	Body Conditioning	7.00pm	45 mins	Cammy
	Indoor Cycling	8.00pm	45 mins	Cammy
Friday	Otago 	10.45am	45 mins	Steve
	Indoor Cycling *	12.00pm	30 mins	Steve
	Abs Attack	12.30pm	30 mins	Steve
	Cross Training	6.00pm	45 mins	Ally
	Indoor Cycling *	7.00pm	30 mins	Ally
	Muay Thai	7.00pm	55 mins	Neil
Saturday	ARKE Circuits	10.30am	45 mins	Sharon

Pay as You go Activities

These activities are Pay As You Go and not inclusive of High Life Membership

Day	Class @ Macdonald Highland Resort	Start Time	Duration	Instructor
Monday	 Aquacise	10.00am	45 mins	Ros