

Activity & Hire Prices

| Activity | Adult £ | Concession £ | Budget £ |
|----------------------------------|---------|--------------|----------|
| Swim | 8.00 | 4.80 | 0.50 |
| Swimming Lesson (each) | 12.50 | 7.40 | 0.50 |
| Centre Classes | 8.00 | 4.80 | 0.50 |
| Racquet Sports (per person) | 7.30 | 4.30 | 0.50 |
| Shower | 3.70 | 2.20 | 0.50 |
| Gameshall | 57.10 | 34.25 | N/A |
| Gymnasium hire | 25.75 | 15.45 | N/A |
| Pool Hire (per hour per lane) | 25.05 | 15.05 | N/A |
| Pool Party — 1hr pool 0.5hr room | 109.95 | 109.95 | N/A |
| Full Pitch hire (1 hour) | 49.60 | 29.80 | N/A |
| 1/2 pitch (1 hour) | 24.80 | 14.90 | N/A |
| 1/3 pitch (1 hour) | 16.55 | 9.95 | N/A |

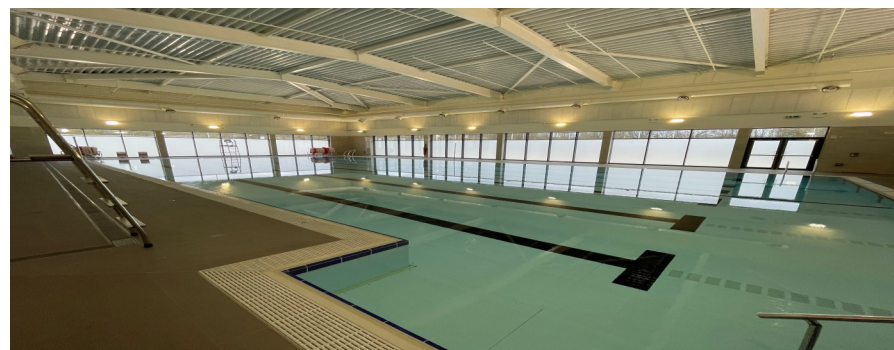
Membership Options

| All Inclusive | Annual Payment £ | Monthly Direct Debit £ * |
|---------------|--|--------------------------|
| Family | 479.88 | 39.99 |
| Individual | 319.20 | 26.60 |
| Budget | 50p per activity (Proof must be shown) | |



Alness Leisure Centre Timetable

Monday 19th August - Sunday 13th October



Opening Hours

Monday, Tuesday and Thursday 06.30-08.00

Monday-Thursday -16:00 — 21.45

Friday-16:00-20.45

Saturday & Sunday -10:00am - 13:30

Contact us: Alness Leisure Centre, Alness Academy, Dalmore Road, IV17 0UY
 Phone us: 01349 885975
 Website: www.highlifehighland.com



Swimming Pool Timetable

| Day | Time | Activity | Day | Time | Activity |
|-------------|-------------|---|--------------|-------------|-------------------------|
| Mon | 06.30-08.00 | Lane Swim | Thurs | 06.30-08.00 | Lane Swim |
| | 16.00-19.00 | Lessons | | 16.00-18.00 | Lessons |
| | 19.00-19.30 | Adult Lessons | | 18.15-19.00 | Fun session |
| | 19.00-20.30 | Lane Swim (19.00-19.30 half-pool lanes) | | 19.15-20.00 | Aqua aerobics |
| | 20.30-21.30 | Adults Only Session | | 20.00-21.30 | Open Swim** |
| | | | | | |
| | | | Fri | 16.00-18.00 | Lessons |
| Tues | 06.30-08.00 | Lane Swim | | 18.00-19.00 | Open Swim / Pool Party* |
| | 16.00-18.00 | Lessons | | 19.00-20.30 | Swim Club |
| | 18.15-18.55 | Family Friendly | | | |
| | 19.00-21.00 | Swim Club | Sat | 10.00-11.00 | Family friendly |
| | 20.00-21.30 | Half Pool Lane Swim | | 11.00-12.00 | Fun session |
| | | | | 12.00-13.00 | Open Swim |
| Wed | 16.00-18.00 | Lessons | | | |
| | 18.15-19.15 | Family Friendly | Sun | 10.00-10.55 | Lane swim |
| | 19.15-20.25 | Open Swim** | | 11.00-12.00 | Family friendly |
| | 20.30-21.30 | Lane Swim | | 12.00-13.00 | Fun Session |
| | | | | | |

*Fridays 18.00-18.50 the pool is available for private party hire, if there is no party bookings then the pool will be available for open public swimming.

** 2 lanes available in the deep side of the pool for lane swimming at these sessions.

Normal admissions policy for child : adult ratios apply for all sessions except family friendly sessions- please ask at reception for further information.

Session Descriptions

The depth of the first 3 lanes of the pool can be altered ranging from 0 to 1.8 metres by altering the moveable floor. The middle 1.5 lanes have a sloping floor that varies according to the depth that the moveable floor is set at and the last 1.5 lanes are fixed at 1.8 metres.

| Session | Description |
|------------------------|---|
| Lane swim | The moveable floor is set at 1.1m. Lane ropes and signage are out for these sessions in all 6 lanes indicating, fast, medium and slow lanes |
| Family Friendly | The moveable floor is set to 0.9m . Family friendly admission policy applies. Floats and toys available to make the session fun. |
| Fun Session | The Moveable floor is set to 0.9 metres. Normal admission policy applies. Floats and toys available |
| Aqua Aerobics | The moveable floor is set to 1.2m. A fun instructor led class done to music. |
| Open Swim/ Adults Swim | The moveable floor is set to 1.1m. Lane ropes are set out in the deep side of the pool for some of these sessions. |