

## 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 28th October - Sunday 22nd December**



### 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](http://www.highlifehighland.com)



## Swimming Pool Timetable

<b>Mon</b>	06.30-08.00	Lane Swim	<b>Thurs</b>	06.30-08.00	Lane Swim
	16.00 -18.45	Centre Lessons		16.00-18.00	Centre Lessons
	19:00 - 20.30	Lane Swim		18.00-19.00	Fun Session
	20.30-21.30	Adults Only		19.15 -20.00	Aqua Aerobics
				20.00-21.30	Open Swim**
<b>Tues</b>	06.30-08.00	Lane Swim			
	16.00-18.00	Centre Lessons			
	18.00-19.00	Family Friendly	<b>Fri</b>	16.00- 18.00	Centre Lessons
	19.00-21.00	Swim Club		18.00-18.50	Fun Swim / Pool Party*
	20.00-21.30	Half Pool Lane / Swim Club		19.00-20.30	Swim Club
<b>Wed</b>	16.00-18.00	Centre Lessons	<b>Sat</b>	10.00-11.00	Family friendly
	18.00-19.00	Family Friendly		11.00-12.00	Fun session
	19.00-20.00	Open Swim**		12.00-13.00	Open Swim
	20.15-21.30	Canoe Polo Club			
	20.30-21.30	Half Pool Lane Swim	<b>Sun</b>	10.00-10.55	Lane swim
				11.00-12.00	Family friendly
				12.00-13.00	Fun Session

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

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

Canoe Polo Club will be alternating half and full pool bookings every Wednesday evening until the end of 2024.

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 movable 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.