

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
Games Hall	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

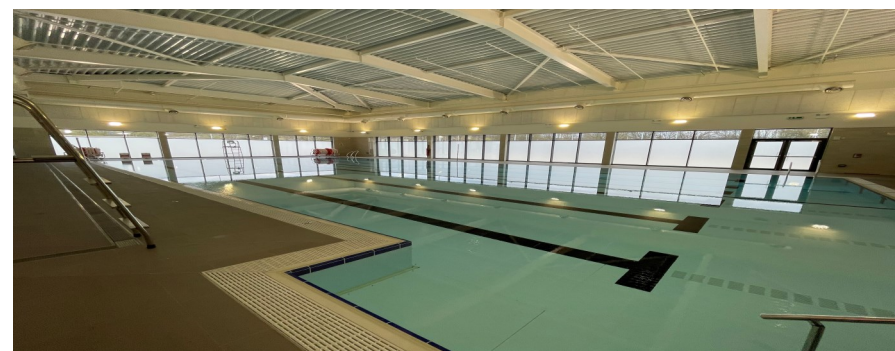
Membership Options

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 13th January - Sunday 23rd March



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 -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/ Adult Only Lane Swim	
				20.00 -21.30	Open Swim*	
Tues	06.30-08.00	Lane Swim	Fri	16.00 -18.00	Centre Lessons	
	16.00 -18.00	Centre Lessons		18.00 -18.55	Open Swim/Pool Party*	
	18.00 -18.55	Family Friendly		19.00 -21.00	Swim Club	
	19.00 -21.00	Swim Club				
	20.00 -21.30	Half Pool Lane Swim / Swim Club		Sat	10.00 -11.00	Family Friendly
					11.00 -11.55	Fun Session
Wed	16.00 -18.00	Centre Lessons		12.00 -13.00	Open Swim**	
	18.00 -18.55	Family Friendly				
	19.00 - 19.45	Aqua Aerobics/ Adult Only Lane Swim	Sun	10.00- 10.55	Lane Swim	
	20.00 -21.30	Canoe Polo Club		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 open 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 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.

Adult Fitness Classes

Tuesday	19.00 - 20.00	Zumba
Wednesday	17.45 - 18.45	Circuits

Session	Description
Zumba	Interval style dance fitness , that contains low-intensity and high intensity moves. Fun for all Age 16 +
Circuits	Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.