

## 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)	

## Adult Fitness Classes'

### Wednesday's 17.45—18.45 Circuits

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



## Alness Leisure Centre Timetable

**Monday 17th February—Sunday 23rd February 2025**



### 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

Mon	06.30-08.00	Lane Swim	Thurs	06.30-08.00	Lane Swim
	16.00-17.00	Open Swim		16.00-17.00	Fun session
	17.00-18.00	Family Session		17.00-18:00	Family Session
	18.00-18.50	Fun Session		18.00-19.00	Lane Swim
	19.00-20.30	Lane Swim		19.15-20.00	Aqua Aerobics / Half Lane Swim (Adults Only)
	20.30-21.30	Adults Only		20.00-21.30	Open Swim
Tues	06.30-08.00	Lane Swim			
	16.00-17.00	Family Session	Fri	16.00-18.00	Open Swim
	17.00-18.00	Fun Session		18.00-19.00	Fun Session / Pool Party
	18.00-19.00	Lane Swim		19.00-20.30	Swim Club
	19.10-20.00	Swim Club			
	20.00-21.30	Swim Club ./ Half Lane Swim	Sat	10.00-11.00	Family friendly
				11.00-12.00	Fun session
Wed	16.00-18.00	Open Swim		12.00-13.00	Open Swim
	18.00-18.45	Family Session			
	19.00-19.450	Aqua Aerobics / Half Lane Swim (Adults Only)	Sun	10.00-10.55	Lane swim
	20.00-21.30	Canoe Polo		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 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.

If sessions aren't fully booked you may be permitted to stay longer- please ask at reception on arrival.

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.

## Kids holiday activities

Date	Activity	Age	Time
Monday 1st July	Rounders Tournament	5-7	4-5pm
Wednesday 3rd July	Rounders Tournament	8-12	4-5pm
Mon 8th– Fri 12th July	Intensive Learn to Swim	Various	4-5pm
Mon15th– Fri 19th July	Love to swim intensive	Various	4-6pm
Monday 15th July	Football Tournament	5-7	4-5pm
Wednesday 17th July	Football Tournament	8-12	4-5pm
Monday 29th July	Badminton Tournament	5-7	4-5pm
Wednesday 31st July	Badminton Tournament	8-12	4-5pm