| Swimming Pool Opening Times Sessions that must be book advance are marked with | | | | | |
|---------------------------------------------------------------------------------|------------------------|-------------------|---------------------|--|--|
| | Lane Swimming* | 7:15am - 8:30am | Maximum 16 swimmers | | |
| Monday | Open Swimming | 1:00pm - 4:00pm | Lane Available | | |
| | Open Swimming | 5:00pm—8:30pm | Lane Available | | |
| Tuesday | Lane Swimming* | 7:15am - 8:30am | Maximum 16 swimmers | | |
| | Aqua Aerobics* | 12:00pm - 12:45pm | Maximum 18 spaces | | |
| | Open Swimming | 1:00pm - 4:00pm | Lane Available | | |
| | Open Swimming | 5:00pm - 8:30pm | Lane Available | | |
| Wednesday | Lane Swimming* | 7:15am—8:30am | Maximum 16 swimmers | | |
| | Senior Swim | 8:30am - 9:15am | Maximum 16 swimmers | | |
| | Open Swimming | 1:00pm—4:00pm | Lane Available | | |
| | Open Swimming | 5:00pm - 8:30pm | Lane Available | | |
| Thursday | Lane Swimming* | 7:15am - 8.30am | Maximum 16 swimmers | | |
| | Aqua Aerobics* | 12:00pm -12:45pm | Maximum 18 spaces | | |
| | Open Swimming | 1:00pm-4:00pm | Lane Available | | |
| | Open Swimming | 5:00pm - 8:30pm | Lane Available | | |
| Friday | Lane Swimming* | 7:15am - 8:30am | Maximum 16 Swimmers | | |
| | Open Swimming | 3:00pm—5:00pm | Lane Available | | |
| | Open Swimming | 6:00pm - 8:30pm | Lane Available | | |
| Saturday | Family Splash Session* | 9:00am - 9.45am | Maximum 5 Families | | |
| | Family Splash Session* | 10:00am - 10:45am | Maximum 5 Families | | |
| | Family Open Session | 11:00am - 11:45am | Maximum 20 swimmers | | |
| | Open Swimming | 12:00pm - 12:45pm | Lane Available | | |
| | Family Splash Session* | 9:00am - 9.45am | Maximum 5 Families | | |
| Sunday | Family Splash Session* | 10:00am - 10:45am | Maximum 5 Families | | |
| | Family Open Session | 11:00am - 11:45am | Maximum 20 swimmers | | |
| | Open Swimming | 12:00pm - 12:45pm | Lane Available | | |

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



Craig MacLean Leisure Centre

1st July - 18th Aug 2024

Summer's Here! Check out our Summer Programme





Opening Times

Open Weekdays - 7:15am-10:00pm Saturday & Sunday - 9.00am-1.00pm



Contact us: Craig MacLean Leisure Centre, Cromdale Road,

Grantown on Spey, PH26 3HU

Phone us: 01479 870281

Email us: craigmaclean.leisure@highlifehighland.com

Website: www.highlifehighland.com

Programme may be subject to change. For up to date info like



Schools Out! Summer Programme 2024

SUMMER FUN TIME!!

Throughout the Summer Holidays we have lots of Dry side and Wet side activities for your child to get involved in.

FOR MORE INFORMATION PLEASE ASK AT RECEPTION OR CHECK OUT:

https://highlifehighland.com

TO BOOK YOUR CHILD A SPACE PLEASE VISIT:

https://booking@highlifehighland.com

You will need a valid email address and your child's Pin number and Membership number.

Badminton, Tennis & Pickle Ball Sessions available please ring reception for available slots.

| Climbing wall sessions : | |
|--------------------------|-----------------|
| Thursday | 7.00pm-9.30pm |
| Saturday/Sunday | 10.30am-12.45pm |

Adult Fitness Classes . To book classes: https://summer.highland.gov.uk

| Day | Class | Time | Duration |
|-----------|--------------------------------------|---------|----------|
| Monday | Fit Plus | 7:45am | 45mins |
| | Circuits Spin | 5:15pm | 45mins |
| | Boxing Circuits | 6:00pm | 55mins |
| | Thai Boxing - Grappling | 7:00pm | 55mins |
| | Tai Chi (British Legion) | 9:00am | 55mins |
| - | Aqua Aerobics | 12:00pm | 45mins |
| Tuesday | Circuits | 6:00pm | 55mins |
| | Indoor Cycling | 7:00pm | 30mins |
| Wednesday | Fit Plus | 7:45am | 45mins |
| | Dynamic Wellbeing (Grantown Library) | 10:30am | 60mins |
| | Pump | 6:00pm | 50mins |
| | Yoga | 7:05pm | 60mins |
| | Aqua Aerobics | 12:00pm | 45mins |
| Thursday | Cross-Training | 6:00pm | 55mins |
| | Indoor Cycling | 7:00pm | 30mins |
| Friday | Fit Plus | 7:45am | 45mins |
| | Yoga | 5:45pm | 60mins |
| Saturday | Circuits | 9:30am | 45mins |
| Sunday | Walking Football | 9:05am | 55mins |

| All-Inclusive Membership | | | | | | |
|--------------------------|----------------|-----------------|--|--|--|--|
| Membership | Annual Payment | Monthly Payment | | | | |
| Family | £479.90 | £39.99 | | | | |
| Individual | £319.20 | £26.60 | | | | |

| Pay As You Go | | | | | | |
|--------------------|----------|------------|--------|--|--|--|
| Activity | Standard | Concession | Budget | | | |
| Classes/Activities | £8.00 | £4.80 | £0.50 | | | |
| Fitness Suite | £9.10 | £5.40 | £0.50 | | | |
| Racquet Sports | £7.30 | £4.30 | £0.50 | | | |
| Shower | £3.70 | £2.20 | £0.50 | | | |
| Swim Session | £8.00 | £4.80 | £0.50 | | | |
| Swim Lessons | £12.50 | £7.40 | £0.50 | | | |