

Admission and Hire Prices— From 1st April 2023

Activity	Standard	Concession	Budget
Swim	£8.00	£4.80	50p
Swimming Lesson (each)	£12.50	£7.40	50p per lesson
Fitness Room	£9.10	£5.40	50p
Fitness Room Induction	£12.50	£7.40	50p
Centre Classes/Activities	£8.00	£4.80	50p
Pool Hire	£100.20	£60.20	
Pool Party	£109.95		
Shower/Changing Room	£3.70	£2.20	50p
Astro Turf—Full pitch (60 mins)	£39.80	£23.90	
Astro Turf— Half pitch (60 mins)	£19.90	£11.95	
Love 2 Swim 1:1 (30 min)	£30.60	£23.50	
		HLH	
Love 2 Swim 1:2 (30 min)	£23.50	£16.40	
1 Month Family Visitor Pass	£88.85		
1 Month Individual Visitor Pass	£59.15		

High Life Membership

All Inclusive	Annual Payment	Monthly Direct Debit
Family	£479.90	£39.99
Individual	£319.20	£26.60
Budget	50p per activity	

For All Inclusive memberships, if you wish to cancel your direct debit please access the highlife highland website

Sutherland Swimming Pool Complex



Activity Programme and Swimming Timetable

1st July—17th August 2024



FITNESS CLASSES

<u>Monday</u>	18.00-18.45 18.45-19.30	HIIT Step* (YMCA Hall Golspie) Zumba* (YMCA Hall Golspie)
<u>Tuesday</u>	13.00—14.00 18.00-19.00	Aqua Aerobics* Aqua Aerobics*
<u>Friday</u>	09.00-10.00	Stretch and Tone* (YMCA Hall Golspie)

***Places must be booked**

Last entry—45 minutes before closing for all activities

Day	Time	Activity	Day	Time	Activity
Mon	07.00-08.00	Lane Swimming	Thur	07.00-08.00	Lane Swimming
	08.00-10.00	Open swimming		08.00-13.00	Open Swimming ***
	10.00-11.00	Over 50's		13.00-14.00	Fun session
	11.00-14.00	Open Swimming ***		14.00-19.00	Open Swimming
	14.00-15.00	Adult Swimming		19.00-20.00	Lane Swimming
	15.00-16.00	Family Friendly ~			
	16.00-20.00	Open Swimming			
Tue	07.00-08.00	Lane Swimming	Fri	07.00-08.00	Lane Swimming
	08.00-13.00	Open Swimming ***		08.00-10.00	Open swimming
	13.00-14.00	Aqua Aerobics		10.00-11.00	Over 50's ***
	14.00-16.00	Open Swimming		11.00-12.30	Open swimming ***
	16.00-17.00	Fun Session		12.30-13.30	Lane Swimming ***
	17.00-18.00	Lane Swimming		13.30-14.30	Family Friendly ~
	18.00-19.00	Aqua Aerobics		14.30-18.00	Open Swimming
	19.00-20.00	Open Swimming		18.00-19.00	Pool Party/Open Swim #
		19.00-20.00	Open Swimming		
Wed	07.00-08.00	Lane Swimming	Sat	09.00-10.00	Open Swimming
	08.00-09.00	Open Swimming		10.00-11.00	Family Friendly ~
	09.00-10.00	Over 50's		11.00-12.00	Fun Session
	10.00-12.45	Open Swimming ***		12.00-13.00	Open Swimming
	13.00-15.00	Staff Training			
	15.00-17.00	Open Swimming			
	17.00-18.00	Managers special **			
	18.00-19.00	Fun Session			
19.00-20.00	Open Swimming				

Admissions Policy—Children aged **0,1,2 or 3** must be accompanied by an adult on a **1 to 1** basis. Children aged **4,5,6 and 7** must be accompanied by an adult on a ratio of **1 Adult: 2 children**.

~ **Family Friendly Sessions** -The admissions policy will be relaxed to allow any two under 8's to be accompanied by a responsible adult on a ratio of 1 adult: 2 children. The deep end of the pool will be roped off. Family Sessions are only for families that require the 1 adult: 2 under 8's ratio.

Pool Party/ Open Swim—Please phone the pool first (01408 633437) to see if a pool party has booked in

** **Managers Special** - all customers not on a Highlife Membership can gain access to the pool for 50p

Activity Programme

***** The pool will be closed on the following days and times when the Summer Activities are on**

Rookie Lifeguard age 8-12 -July 11th & 12th @ **10.00-12.00**

Swordfish 3 age 5-12-July 8th, 9th, 10th, 11th, 12th @ **12.00-12.30**

Swordfish 3 age 5-12-August 5th, 6th, 7th, 8th, 9th @ **12.00-12.30**

Seals age 3 to 4-July 8th, 9th,10th, 11th, 12th @ **12.30-13.00**

Seals age 3 to 4 -August 5th, 6th, 7th, 8th, 9th @ **12.30-13.00**

Private Booking—July 17th, 18, 19th @ **11.00-12.30**

booking.highlifehighland.com to book your summer activities

Fitness Room Opening Times

Mon	Tue	Wed	Thur	Fri	07.00-20.00	Saturday	09.00-13.00
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Trim Teens sessions for 11—15yr olds are available on Mon—15.45-16.45. They may also attend outside of these times if accompanied by a parent/guardian.

An induction must be completed before using the fitness suite for the first time.