

## 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 HLH	
1 Month Family Visitor Pass	£88.85		
1 Month Individual Visitor Pass	£59.15		

## High Life Membership

All Inclu-	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

28th October—23rd December 2024



## FITNESS CLASSES

<b><u>Monday</u></b>	<b>18.00-18.45</b> <b>18.45-19.30</b>	<b>HIIT Step* (YMCA Hall Golspie)</b> <b>Circuits* (YMCA Hall Golspie)</b>
<b><u>Tuesday</u></b>	<b>13.00—14.00</b> <b>18.00—19.00</b>	<b>Aqua Aerobics*</b> <b>Aqua Aerobics*</b>
<b><u>Wednesday</u></b>	<b>09.30—10.15</b> <b>10.30—11.15</b> <b>11.30—12.30</b>	<b>Boxing fitness* (YMCA Hall Golspie)</b> <b>Sculpt, Stretch &amp; Tone* (YMCA Hall Golspie)</b> <b>Otago* (YMCA Hall Golspie)</b>
<b><u>Friday</u></b>	<b>09.00-10.00</b>	<b>Stretch and Tone* (YMCA Hall Golspie)</b>

(Wednesday's classes are only for the month of November to see how the numbers go)

**\*Places must be booked**

**Fitness Classes will only run dependant on numbers**

Sutherland Swimming Pool Complex, Back Road, Golspie, KW10 6RW  
Tel: 01408 633437

## Last entry—45 minutes before closing for all activities

<b>Mon</b>	07.00-08.00	Lane Swimming	<b>Thu</b>	07.00-08.00	Lane Swimming
	08.00-10.00	Open swimming		08.00-09.00	Open Swimming
	10.00-11.00	Over 50's		09.00-10.45	School Swimming
	11.00-14.30	Open Swimming		11.00-14.45	Open Swimming
	14.30-15.45	Aqua Natal**/Adult Swim		15.00-17.30	Swimming Lessons *
	16.00-18.00	Swimming Lessons *		17.30-18.00	Adult Lessons *
	18.00-19.00	Swim Club		18.00-19.00	Open Swimming
	19.00-20.00	Lane Swimming- <b>only half the pool will be available for first half hour</b>		19.00-20.00	lane swim / Swim Fit +
	19.00-19.30	Adult Lessons *			
<b>Tue</b>	07.00-08.00	Lane Swimming	<b>Fri</b>	07.00-08.00	Lane Swimming
	08.00-11.45	Open Swimming		08.00-10.00	Open swimming
	11.45-13.00	School Swimming		10.00-11.00	Over 50's
	13.00-14.00	Aqua Aerobics		11.00-12.30	Open swimming
	14.00-15.45	Open Swimming		12.30-13.15	Lane swimming
	16.00-17.00	Swimming Lessons *		13.30-14.00	Swimming Lessons *
	17.00-18.00	Open Swimming		14.15-18.00	Open Swimming
	18.00-19.00	Aqua Aerobics		18.00-19.00	Pool Party/Open Swim #
	19.00-20.00	Canoe Club		19.00-20.00	Open Swimming
<b>Wed</b>	07.00-08.00	Lane Swimming	<b>Sat</b>	09.00-10.00	Open Swimming
	08.00-10.00	Open swimming		10.00-11.00	Family Friendly ~
	10.00-11.00	Over 50's		11.00-12.00	Fun Session ^
	11.00-12.45	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			

\* **Swimming Lessons**—Runs from Wb 28th October —Wb 16th December 2024

# **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

**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.

^ **FUN SESSIONS:** Great fun for all the family, We supply the big floats, woggles and lots of other toys, all you have to do is bring the fun!

+ **Swimfit:** – Coaching classes for developing your technique

**AQUA AEROBICS:** A water based exercise class that uses body weight and water as resistance.

\*\* **Aqua Natal:**—Ladies must be cleared by their midwife before booking into this session

**Boxing Fitness**—Boxing fitness combines cardio conditioning with the best boxing skills, including footwork, agility speed and power.

**Sculpt, Stretch & Tone**— This is a moderate intensity class which will focus on body toning followed by a nice long stretch.

**Otago**— Otago is a falls prevention program which consists of chair-based exercises to increase your leg strength. We also perform balance retraining exercises which progress in difficulty.

## Fitness Room Opening Times

Mon Tue Wed Thur Fri	07.00-20.00	Saturday	09.00-13.00
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**Trim Teens Session** for 11–15yr olds are available on a 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.**