

## Prices

Activity	Adult £	Concession £	Budget £
Swim	8.00	4.80	0.50
Swimming Lesson (each)	12.50	7.40	0.50
Fitness Room	9.10	5.40	0.50
Gym Induction	12.50	7.40	0.50
Centre Classes	8.00	4.80	0.50
Racquet Sports	7.30	4.30	0.50
Shower	3.70	2.20	0.50
Gameshall	57.10	34.25	N/A
Room Hire	20.10	12.10	N/A
Lane Hire 1hr	25.05 P/L	15.05	
Pool Party — 1hr pool 0.5hr room	109.95		
Pool Party—1hr pool	100.20		

## Membership Options

All Inclusive	Annual Payment £	Monthly Direct Debit £ *
Family	479.90	39.99
Individual	319.20	26.60
Budget	50p per activity ( <b>Proof must be shown</b> )	

## Personal Training

	1:1 60 minutes	1:1 30 minutes
<b>All Inclusive</b>	32.60	16.30
<b>Non member / PAYG</b>	40.80	20.50

## Love 2 swim lessons

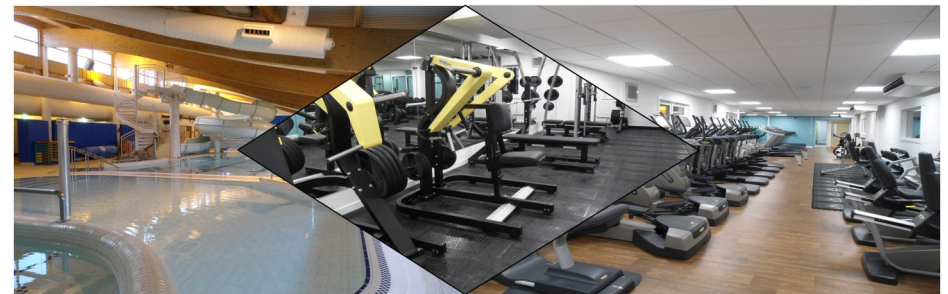
	1:1 30 minutes	1:2 30 minutes
<b>All Inclusive</b>	23.50	16.40p/p
<b>Non member / PAYG</b>	£30.60	£23.50p/p

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



## Invergordon Leisure Centre Poolside Timetable

**Monday 19th August– Sunday 13th October**



### Opening Hours

Monday – Wednesday- Friday

07:00 – 21:00

Tuesday & Thursday

09:00 – 21:00

Saturday & Sunday

9:00am - 13.30pm

Contact us:

Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB

Phone us:

01349 781561



## Swimming Pool Opening Times

Day	Time	Activity	Day	Time	Activity	
<b>Mon</b>	07:00 - 08.00	Length Swimming	<b>Thurs</b>	09.15-10.00	Aqua aerobics	
	08.00-10:00	Open Swimming		10.00-11.00	Length Swimming	
	10:00-11:00	Ducklings		11.00-12.00	Feature Session	
	11.00-13.00	Open Swimming		12.00-13.00	Open Swimming	
	13.00-14.00	Length Swimming		13.00-14.00	Length Swimming	
	15:30-17.30	Swimming Lessons		14.00– 15.00	Open Swimming	
	18:00-19:00	Length Swimming		16.00-18.00	Swimming Lessons	
	19:00-20:00	Feature session		18.00-19.00	Feature Session	
				19.00-20.00	Length Swimming	
<b>Tues</b>	09.00-10.00	Open Swimming	<b>Fri</b>	07:00 - 08.00	Length Swimming	
	10.00-11.00	Aqua Aerobics		08.00-09:00	Open Swimming	
	11.00-12.00	Open Swimming		09:00-10:00	Over 50's	
	12.00-13.00	Family Friendly		10:00-11:00	Open Swimming	
	13:00—14.00	Length Swimming		11.00-12.00	Additional Needs	
	14.00-15.00	Open Swimming		12.00-13.00	Open Swimming	
	15.30-18.00	Swimming Lessons		13.00-14.00	Length Swimming	
	18.00-19.00	Length Swimming		15:30-17.30	Swimming Lessons	
	19.00-20.00	Feature Session		18.00-18.45	Open swim	
				18.45-20.00	Open Swim/Pool Party	
<b>Wed</b>	07:00 - 08.00	Lane Swimming	<b>Sat</b>	09:00—10.00	Open swimming	
	08.00-09.00	Open Swimming		10.00-11.00	Family Friendly	
	09.00-12.00	Primary lessons		11.00-12.00	Feature Session	
	12.00-13.00	Open Swimming		12.00-13.00	Open swimming	
	<b>CLOSURE</b>	Staff training				
	15.30-18.00	Swimming Lessons		<b>Sun</b>	09:00—10.00	Open Swimming
	18.00-19.00	Additional Needs			10.00-11.00	Family Friendly
19.00-20.00	Adult Lessons	11.00-12.00	Feature Session			
			12.00-13.00	Open swimming		

## Session Descriptions

Session	Description
Length swim-ming	This sessions is designed for swimmers that are able to swim lengths up and down the pool. The baby and toddler pool is unavailable for use at these sessions.
Family Friendly	Family friendly admission policy of 1 adult to 2 children aged 0-7 applies to this sessions. The deep end of the pool is roped off and is unable to be used. If there is no families using the pool that are out with the normal admissions ratios then the session will become a feature session and the deep end may be used at the discretion of the supervisor. The flume and water features will come on at regular intervals.
Feature Session	Normal admission policy applies. The flume and water features will come on at regular intervals.
Aqua Aerobics	A fun instructor led class done to music. Pre booking is advised.
Open Swim/ over 50's	All areas of the pool are available to use during these sessions however there is no flume or water features.
Additional needs	These sessions are open to all individuals with any type of additional need and their carers. The flume and water features can be put on throughout the session.
Lessons	All pools are closed to the public during adult, primary and centre swimming lessons. The sauna, steam room and spa is available to use during adult lessons.
Ducklings	Bookable per block, ducklings is an instructor led parent and baby/ toddler session for ages 6 months– 3 years. A good way to meet other parents and babies and build very basic water confidence. The pool is closed to the public during these sessions.
Pool parties	The pool is available for private hire on a Friday from 7-8pm by individuals and groups. If the pool is not booked then it will be open to the public for an open swim.
Sauna, steam room and spa	The sauna, steam room and spa is open during all sessions except from pool parties, ducklings, primary lessons and centre lessons.