

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 (Proof must be shown) | |

Personal Training

| | 1:1 60 minutes | 1:1 30 minutes |
|--------------------------|----------------|----------------|
| All Inclusive | 32.60 | 16.30 |
| Non member / PAYG | 40.80 | 20.50 |

Love 2 swim lessons

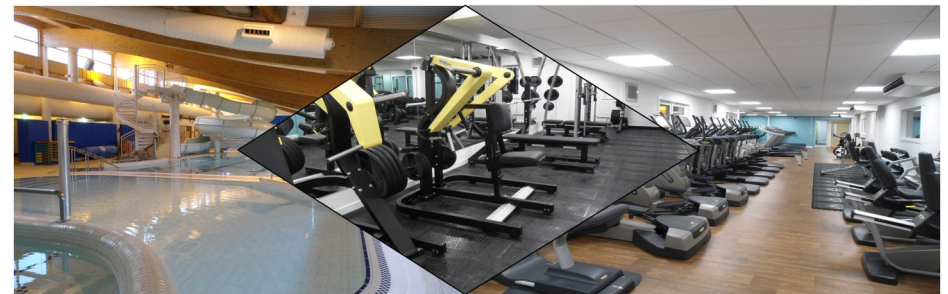
| | 1:1 30 minutes | 1:2 30 minutes |
|--------------------------|----------------|----------------|
| All Inclusive | 23.50 | 16.40p/p |
| Non member / PAYG | £30.60 | £23.50p/p |

*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 28th October—Sunday 22nd December



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

| | | | | | |
|-------------|----------------|------------------|--------------|---------------|-----------------------|
| Mon | 07:00 - 08.00 | Length Swimming | Thurs | 09.15-10.00 | Aqua aerobics |
| | 08.00-10:00 | Open Swimming | | 10.00-11.00 | Length Swimming |
| | 10:00-10:30 | Ducklings | | 11.00-12.00 | Feature Session |
| | 10.30-14.00 | Open Swimming | | 12.00-13.00 | Open Swimming |
| | 15:30-17.30 | Swimming Lessons | | 13.00-14.00 | Parent & Toddler Swim |
| | 18:00-19:00 | Length Swimming | | 14.00- 15.00 | Open Swimming |
| | 19:00-20:00 | Feature session | | 16.00-18.00 | Swimming Lessons |
| | | | | 18.00-19.00 | Feature Session |
| | | | | 19.00-20.00 | Length Swimming |
| | | | | | |
| Tues | 09.00-10.00 | Open Swimming | Fri | 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 |
| | | | | | |
| 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 |
| | 09.00-12.00 | Primary lessons | | 11.00-12.00 | Feature Session |
| | 12.00-13.00 | Open Swimming | | 12.00-13.00 | Open swimming |
| | CLOSURE | Staff training | | | |
| | 15.30-18.00 | Swimming Lessons | Sun | 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. |
| Parent and Tod-dler Swim | A fun session for Parents and toddlers, with toys and nursery rhymes —1:1 ratio applies. For parents, babies and toddlers. |
| 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. |