

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

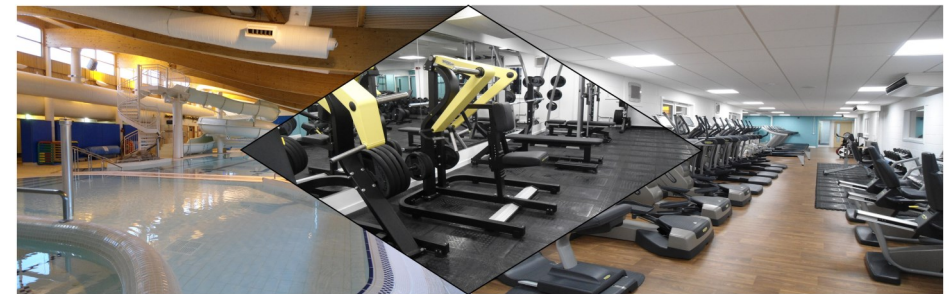
	1:1 30 minutes	1:2 30 minutes
All Inclusive	23.50	16.40p/p
Non member / PAYG	£30.60	£23.50p/p

*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

Saturday 4th January - Sunday 6th April 2025



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	Feature Session		14.00- 15.00	Open Swimming
	19:00-20:30	Length Swim		16.00-18.00	Swimming Lessons
				18.00-19.00	Feature Session
				19.00-20.30	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		17:30-18:45	Open swim
	20:00-20:30	Quick Dip		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
	19.00-20.30	Adult Lessons / Adult Session		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.