

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
Pool Hire—1hr	100.20		
Pool Party — 1hr pool 0.5hr room	109.95		

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

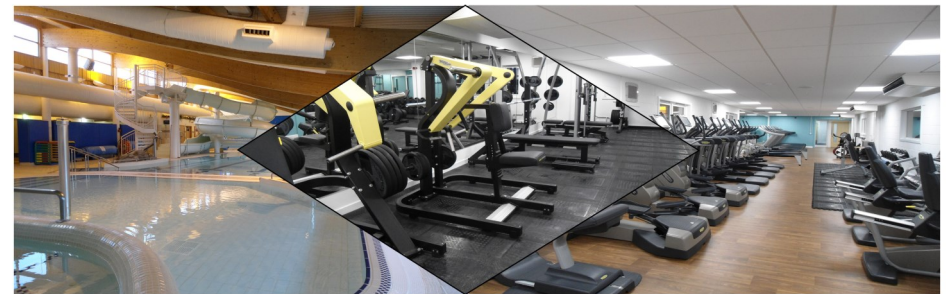
	1:1 30 minutes	1:2 30 minutes
All Inclusive	23.50	16.40p/p
Non member / PAYG	30.60	23.50p/p

*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 Festive Timetable

Monday 23rd December— Friday 3rd January



Opening Times

Monday 23rd December 09:00—13.30

Tuesday 24th December CLOSED

Wednesday 25th December CLOSED

Thursday 26th December CLOSED

Friday 27th December 13.00-18.30

Saturday 28th December 09:00-13:30

Sunday 29th December 09:00-13:30

Monday 30th December 09.00-13.30

Tuesday 31st December CLOSED

Wednesday 1st January CLOSED

Thursday 2nd January CLOSED

Friday 3rd January- normal operating hours

Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB
Phone us: 01349 781561
Website: www.highlifehighland.com



Swimming Pool Timetable

Monday 23rd December	09:00—11.00	Open Swimming
	11.00-12.00	Length Swim
	12.00-13.00	Open swimming
Tuesday 24th December	CLOSED	
Wednesday 25th December	CLOSED	
Thursday 26th December	CLOSED	
Friday 27th December	13.15 -14.00	Aqua Aerobics
	14.00-16.00	Feature Session
	16.00-17.30	Open Session
Saturday 28th December	9.00-10.00	Open Swim
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swim
Sunday 29th December	9.00-10.00	Open swim
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swim
Monday 30th December	09:00—10.00	Open Swimming
	10.00-11.00	Family Friendly
	11.00-12.00	Feature Session
	12.00-13.00	Open Swimming
Tuesday 31st December	CLOSED	
Wednesday 1st January	CLOSED	
Thursday 2nd January	CLOSED	

Adult Fitness Classes (Spaces limited so booking is advisable.)

Day	Class	Time	Duration	Area
Friday 27th December	Aqua Aerobics	13.15-14.00	45 mins	Pool
Friday 27th December	Body Pump	16:30-17:30	1hr	STUDIO
Saturday 28th December	Fat Burn	9.00-9.30	30mins	STUDIO
Saturday 28th December	Functional Training	9.30-10.30	1hr	S/C SUITE
Monday 30th December	Functional Training	9.30-10.30	1hr	S/C SUITE
Monday 30th December	Body Attack	10.00-11.00	45mins	STUDIO

Gym opening times

Monday 23rd December	09:00—13.00
Tuesday 24th December	CLOSED
Wednesday 25th December	CLOSED
Thursday 26th December	CLOSED
Friday 27th December	13.00-18.30
Saturday 28th December	09.00-13.30
Sunday 29th December	09.00-13.30
Monday 30th December	09.00-13.30
Tuesday 31st December	CLOSED
Wednesday 1st January	CLOSED
Thursday 2nd January	CLOSED



Family Friendly's and Feature sessions are recommended to be booked prior to arrival— if attending sauna/steam during these sessions you will need to book a slot for the pool also. All family members must be booked individually.

If sessions aren't fully booked you may be permitted to stay longer— please ask at reception on arrival.