

Prices

Activity	Adult £	Concession £	Budget £
Swim	5.90	2.95	0.50
Swimming Lesson (each)	9.20	4.60	0.50
Fitness Room	6.60	3.30	0.50
Gym Induction	9.20	4.60	0.50
Centre Classes	5.80	2.90	0.50
Happy Hour	1.00	1.00	0.50
Racquet Sports (per person)	5.30	2.65	0.50
Equipment Hire	1.70	1.70	0.50
Shower	2.70	1.35	0.50
Crèche (must be booked)	N/A	2.80	0.50
Gameshall	43.90	21.95	N/A
Room Hire	15.40	7.70	N/A
Pool Hire—1hr	76.80		
Pool Party — 1hr pool 0.5hr room	84.50		

Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	360	30
Individual	240	20
Budget	50p per activity (Proof must be shown)	



'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 Swimming Timetable

Monday 24th April — Sunday 2nd July 2017



Swimming Pool Opening Times

Monday:	09.45-21.00	Tuesday:	09:30-21:00
Wednesday:	07.30-21:00	Thursday:	09:15-21:00
Friday:	09.00-20:15	Sat / Sun:	09:00-14:30
May day (Mon 1st May): Closed			

Contact us: Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB
Phone us: 01349 853689
Website: www.highlifehighland.com



Swimming Pool Timetable

Mon	09.45-10.45	Open / Ducklings	Thurs	09.15-09.45	Ducklings / Quick dip
	10.45-12.15	Isobel Rhind Ctr		10.00-11.00	Aqua Aerobics
	12.15-13.00	Feature Session		11.00-12.00	Over 50's
	13.00-14.00	Length Swim		12.00-13.00	Family Friendly
	14.00-16.00	Open Swim		13.00-14.00	Length Swim
	16.00-17.30	Centre Lessons		14.00-15.30	Open Swim
	17.30-18.30	Happy Hour		15.30-19.10	Centre Lessons
	18.30-19.30	Feature Session		19.15-20.00	Open Swim
	19.30-21.00	Open Swim		20.00-21.00	Ladies Only
Tue	09:30-10.30	Over 50's	Fri	09:00-10.00	Open Swim
	10:30-11.30	Happy Hour		10.30-12.00	Park School
	11:30-13.00	Open Swim		12.00-13.00	Open Swim
	13.00-14.00	Length Swim		13.00-14.00	Length Swim
	14.00-15.00	Open Swim		14.00-14.45	Open Swim
	15.00-16.00	Family Friendly		14.45-15.30	Feature Session
	16.00-18.00	Centre Lessons		15.30-18.00	Centre Lessons
	18.00-19.00	Open Swim		18.00-19.00	Open Swim
	19.00-20.00	Feature Swim		19.15-20.15	Private Parties
	20.00-21.00	Adult Swim	Sat	09.00-10.00	Swimming Lessons
Wed	07.30-09.00	Open Swim		10.00-12.00	Family Friendly
	09:30-10:30	SL School		12.00-13.00	Open Swim
	10:45-11.45	Feature Session		13.00-14.30	Feature Session
	11.45-13.00	Open Swim	Sun	09.00-10.00	Swimming Lessons
	13.00-13.45	Length Swim		10.00-12.00	Family Friendly
	14.00-16.00	Closed		12.00-13.00	Open Swim
	16.00-18.00	Centre Lessons		13.00-14.30	Feature Session
	18.00-19.00	Disabled Session			
	19.00-20.00	Open Swim			
	20.00-21.00	Adult Lessons			

Timetable—Notes

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.

Length Swimming: Length swimmers have priority in the main pool. The toddler and baby pool is available for recreational use during these sessions

Happy Hour: This session will be £1 if you arrive within the first 20 minutes of the session.

Quick Dip - A short 30 min session available for open swimming in the main pool only.

School—closed to public

Swimming Lessons - 30 minute classes (12 week block)

Day	Activity	Time (30min classes)	Age group
Mondays starting from 24th April - 26th June (inclusive)	Ducklings	09.45 - 10.45	6mths-3yrs
Daily from week beginning 9th April to week beginning 26th June (inc)	Swimming Lessons	Various	3yrs+
Thursdays starting from 27th April - 29th June (inc)	Ducklings	09.15 - 09.45	6mths-3yrs
Wednesdays starting 26th April to 28th June (inc)	Adult Lessons	20.00 - 21.00	14yrs+

Swimming lessons will not be on Monday 1st May as Leisure Centre is closed.

Sauna / Steam Room & Spa

We have a sauna, steam room & spa available for use. For all, you must be 16yrs+. Please ask at reception for more information.

Children's Pool Parties Available

Our pool is available for children's parties on a Friday night (1hr Pool & ½ hr room). Terms & Conditions apply, please ask at reception for more information.

Accessibility

We have an accessible changing area on poolside complete with a height adjustable changing bed. We also have a pool and spa hoist for anyone who may need assistance entering the pool or spa.