

Closed on 24th, 25th & 26th December

FRI 27TH	9.15 10.00 10.15 Family Friendly See ratio below Shallow End Only Booking Required		3.00 Open Swim Lane Available	3.00	
SAT 28TH	9.15	Open Swim Lane available	12.00 12.00 Fun Hour	1.00 1.00 Open Swim Lane Available	3.00
SUN 29TH	9.15 10.00 10.15 Family Friendly See ratio below Shallow End Only Booking Required		Open Swim Lane Available	3.00	
MON 30TH	9.15	Open Swim Lane available	3.00		
Closed on 31st December, 1st & 2nd January				ALL-INCLUSIVE access to all High Life leisure centres is just £39.99 per month for the family or £26.60 per month for an individual, payable by monthly direct debit. You can also buy an annual all-inclusive family membership for £479.90 or an individual membership for £319.20	

We hope all our customers have a wonderful Festive Period and a Happy New Year!

Friendly Sessions – Specifically designed for families with ratio 1 adult to 1 under 4 and a second child under 8 (no un-accompanied adults or children) Shallow end only. Booking Required.

Open Swim – Public swimming session, all ages and abilities welcome, Lane available.

Lane Swim – Participants must be able to swim continuously.

Fun Hour – Floats/mats will be available, this session is excellent fun for all. **No lane available during Fun Hour.**

Swimming Pool Admission Policy

	All Sessions Except Family Friendly Sessions	Family Friendly Sessions
Children	Carer to child admission ratio required	Carer to child admission ratio required
Children aged 0, 1, 2, 3 years	One: One	One: Two
Children aged 4, 5, 6, 7 years	One: Two	One: Three
Mixed under and over 4	One: One	One: Two
Children aged 8 years +	May use the facilities unaccompanied, but High Life Highland would highly recommend that all children ages 8,9 or 10yrs are supervised by a carer	
Children with additional needs	High Life Highland recommend that children with additional needs are appropriately supervised	

Deep water access beyond 1.35 metres – Customers must be able to pass the High Life Highland Deep Water Competency Test available at reception or visit

www.highlifehighland.com/lochaber-leisure-centre/timetables/

Please book Family Friendly online – online.highlifehighland.com

*Swimming Pool is cleared at session end time

*Timetable subject to change