

**Activity Programme and Timetable**

**11th April – 3rd July 2016**

**Admission and Hire Prices**

Activity	Standard	Concession	Budget
Swim	£5.60	£2.80	£0.50
Swimming Lesson (each)	£8.70	£4.35	£0.50
Swim/Sauna	£6.20	£3.10	£0.50
Fitness Room	£6.20	£3.10	£0.50
Gym Induction	£8.70	£4.35	£0.50
Centre Classes	£5.50	£2.75	£0.50
Happy Hour	£0.50	£0.50	£0.50
Equipment Hire	£2.20	£2.20	£0.50
Shower	£2.50	£2.50	£0.50
Games Hall Hire	£41.80	£20.90	
Badminton/Short Tennis	£5.00	£2.50	£0.50

**High Life Membership Options**

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£360	£29.00
Individual	£240	£20.00
Budget	50p per activity (Proof must be shown)	

Highlife membership is not a contract—there is no tie-in period.

28 days written notice to your facility required, if you wish to cancel membership.

Ask at reception for more details

**Fitness Room Opening Times**

MONDAY	12.00-22.00
TUESDAY	07.15-22.00
WEDNESDAY	12.00-22.00
THURSDAY	12.00-22.00
FRIDAY	12.00-22.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

**Games Hall Opening Times**

MONDAY	17.00-22.00
TUESDAY	14.00-22.00
WEDNESDAY	17.00-22.00
THURSDAY	17.00-22.00
FRIDAY	16.00-22.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

**Fitness Room Inductions**

WEDNESDAY	14.00
FRIDAY	19.00

**Fitness Room Activities**

TRIM TEENS (12-15 YRS ONLY)	
THURSDAY	19.00-20.00

**Pool Opening Times**

MONDAY	12.00-19.00
TUESDAY	07.15-20.00
WEDNESDAY	12.00-20.45
THURSDAY	12.00-20.00
FRIDAY	12.00-20.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

Please note:

- ⇒ You must have an induction before using our fitness equipment
- ⇒ Inductions can be booked through reception
- ⇒ We will try to accommodate you at other times if these times are not suitable
- ⇒ Please contact reception or a member of staff if you require any advice or assistance

**Happy Hour**

50p entry to a session in the gym, pool or on the courts:

Tues 8-9am, Sun 10-11am

Fri 7-8pm: gym and pool only

\*\* Entry 50p if you come within the first 20mins

Games Hall Timetable			
MONDAY	Body Balance	18.00-19.00	Age 16+
TUESDAY	Pre-school bouncy	14.00-15.00	Under 5's
	Gym Club *	15.45-16.30	Beginners*
	Gym Club*	16.30-17.15	Improvers*
	Body Pump*	18.00-19.00	Age 16+*
	Adult Badminton	20.00-22.00	Age 14+
WEDNESDAY	Spinning*	18.00-18.45	Age 16+*
	Boxercise*	19.00- 19.45	Age 16+
THURSDAY	Active Schools Shinty	17.00-18.00	P4—P7
	Cxworx	18.00-18.30	Age 16+
	Metafit	18.30-19.00	Age 14+
	Trim Teens in Gym	19.00-20.00	Age 12-15 yrs.
	Social Football	20.00-21.30	Age 14+
FRIDAY	Body Balance	12.45-13.30	Age 16+
	Football	16.00-17.00	P1—P3
	Football	17.00-18.00	P4—P7
	Martial Arts	18.00-20.00	£6 Non H/L
Saturday	Family Fun	12.00-13.00	All Ages
	Family Fun	14.00-15.00	All Ages
Sunday	Family Fun	11.00-12.00	All Ages

### Pool Admission Policy

**Public Swim Sessions: 0-3 Yrs 1 child to 1 adult \* 4-7 Yrs 2 children to 1 adult**

**Family Swim Sessions: 0-7 Yrs 2 children to 1 adult**

**Children under the age of 3 must wear a swim nappy at all times in the pool.**

\* Places must be booked for lessons.

\* No public are permitted in the pool whilst lessons are taking place.

Swimming Pool Timetable					
<b>Monday</b>	12.00-13.00	Public Swim	<b>Thursday</b>	12.00-13.00	Senior Swim Age 50+
	13.00-14.00	Public/Lane Swim		13.00-14.00	Public/Lane Swim
	14.00-15.30	Public Swim		14.00-15.30	Public Swim
	15.30-16.00	Seals 1 & Swordfish 3*		15.30-16.00	Otters & Seals 2*
	16.00-16.30	Seals 2 *		16.00-16.30	Swordfish 3* & Sword-
	16.00-16.30	Ducklings*		16.30-17.30	Life Saving Club* Age 10-15
	16.30-17.00	Otters & Swordfish 3*		17.30-18.00	Public Swim
	17.00-18.00	Public Swim		18.00-19.00	Public/Lane Swim
	18.00-19.00	Public/Lane Swim		19.00-20.00	Public Swim
	19.00-20.00	Swim Club *	<b>Friday</b>	12.00-13.00	Senior Swim Age 50+
<b>Tuesday</b>	07.15-08.00	Public Swim		13.00-14.00	Public/Lane Swim
	08.00-09.00	Happy Hour**		14.00-15.00	Public Swim
	09.00-10.00	Public Swim		15.00-16.00	Family Swim
	10.00-11.00	Senior Swim Age 50+		16.00-18.00	Public Swim
	11.00-13.00	Public Swim		18.00-19.00	Public/Lane Swim
	13.00-14.00	Public/Lane Swim		19.00-20.00	Happy Hour**
	14.00-15.00	Public swim	<b>Saturday</b>	10.00-11.00	Public Swim
	15.00-16.00	Family Swim		11.00-11.30	Seals* & Swordfish*
	16.00-18.00	Public Swim		11.30-12.00	Seals & Sharks*
	18.00-19.00	Public/Lane Swim		12.00-15.00	Public Swim
	19.00-20.00	Ladies Swim Age 16+		15.00-16.00	Family Swim
<b>Wednesday</b>	12.00-13.00	Public Swim		16.00-17.00	Public/Lane swim
	13.00-14.00	Public/Lane Swim	<b>Sunday</b>	10.00-11.00	Happy Hour**
	14.00-15.30	Public Swim		11.00-13.00	Public Swim
	15.30-16.00	Otters & Swordfish 4*		13.00-14.00	Aqua Run Inflatable Age 8-14
	16.00-16.30	Ducklings & Seals 2*		14.00-15.00	Public Swim
	16.30-17.00	Seals 1*		15.00-16.00	Family Swim
	16.30-17.15	Sharks 5 & 6*		16.00-17.00	Public/Lane Swim
	17.15-18.00	Public Swim			
	18.00-19.00	Public/Lane swim			
	19.00-20.00	Public Swim			
	20.00-20.45	Adult Swim/Swim Clinic			

All customers please use lockers on pool-side and remove key.  
We cannot be held responsible for items which go missing from an unlocked locker.