

Prices

Activity	Adult £	Concession £	Budget £	Young Scot £
Swim	8.00	4.80	0.50	3.90
Swim Lessons	12.50	7.40	0.50	-
Fitness Room	9.10	5.40	0.50	4.30
Gym Induction / Re - Induction	12.50	7.40	0.50	5.90
Fitness Classes	8.00	4.80	0.50	3.90

Love 2 Swim

	One to One	One to Two
Members	23.50	16.40 each
Non Members	30.60	23.50 each

Personal Training

	One to One 30mins	One to One 1hr	One to Two 30mins	One to Two 1hr
Members	£16.30	£32.60	£22.40 £11.70pp	£46.60, £23.30pp
Non Members	£20.50	£40.80	£29.20, £14.60pp	£58.40, £29.20pp

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)	



'High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish Charity No. SC042593'.



Contact us: Naim Leisure Centre, Marine Road, Nairn, IV12 4EA

Phone us: 01349 781500

Website: www.highlifehighland.com / For latest: [facebook.com/](https://www.facebook.com/)

Lane Swim — Lane swimming will be 5 lanes with a maximum of 6 swimmers per lane.

Public Swim - Admission policy, Under 8's must be accompanied by an adult. Up to 2 children aged 4 - 7 can be accompanied by 1 adult and children aged 3 and under needs to be 1 adult to 1 child.

Steam Room - No booking required. Admissions available to 16 years or over. 8 - 15 years requires an Adult. Open during Public Swimming and Lane Swimming, Fun Hour & Family Friendly for Families only!. **Steam room is closed during any club sessions, swimming lessons or private hire.**

Fitness Suite - We have a cardio and resistance area, suitable for all abilities. State of the art Technogym equipment / Cable Machine, Free-weight's and Dumbbells.

Admission Policy:

Gym users aged 11 - 15 need adult supervision with a ratio of 1 Adult to 3 children.

All gym users require an induction before using the facility.

Fitness classes -

Fitness classes are now in the Seaman's Hall, in the Fitness Suite, in the pool and Dunbar Golf Club!

Bookings — Bookings via online or by telephone. All-inclusive and budget members can book up to 7 days in advance, Pay as you go members can book up to 3 days in advance, any payments must be paid upon booking.

Family Friendly Session *- 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. (part of the deep end will be roped off). No Booking required!

Accessibility

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

1st July to 11th August 2024 - Subject to change

2 Lanes available during public swim

Monday		Thursday	
07:00 - 08:00	Lane Swim	07:00 - 08:00	Lane Swim
08:00 - 10:00	Public Swim	08:00 - 10:00	Public Swim
10:00 - 11:00	Intensive Lessons	10:00 - 11:00	Intensive Lessons
11:00 - 12:15	Public Swim	11:00 - 15:30	Public Swim
12:15 - 13:00	Aquadance (You time)	15:30 - 16:30	Fun Hour NEW
13:00 - 15:30	Public Swim	16:30 - 21:00	Public Swim
15:30 - 16:30	Fun Hour NEW	6:30 - 8 swim club 1 lane	
16:30 - 18:30	Public Swim	Friday	
18:30 - 20:00	Synchro	07:00 - 08:00	Lane Swim
20:00 - 21:00	Adult Swimming	08:00 - 10:00	Public Swim
Tuesday		10:00 - 11:00	Intensive Lessons
07:00 - 08:00	Lane Swim	11:00 - 13:15	Public Swim
08:00 - 10:00	Public Swim	13:15 - 14:00	Aquadance (You time)
10:00 - 11:00	Intensive Lessons	14:00 - 15:30	Public Swim
11:00 - 12:00	Managers Special £2.50	15:30 - 16:30	Fun Hour NEW
12:00 - 15:30	Public Swim	16.30 - 17:30	Public Swim
15:30 - 16:30	Fun Hour NEW	17:30 - 20:00	Swim Club
16:30 - 21:00	Public Swim	Saturday	
6:30 - 8 swim club 1 lane		07:45 - 09:00	Lane Swim
Wednesday		Swim Club 2 lanes	
07:00 - 08:00	Lane Swim	09:00 - 11:00	Synchro
08:00 - 10:00	Public Swim	11:00 - 14:00	Public Swim
10:00 - 11:00	Intensive Lessons	14:00 - 15:00	Fun Hour
11:00 - 12:00	Public Swim	15:00 - 16:00	Public Swim
12:00 - 13:00	Staff Training	Sunday	
13:00 - 15:30	Public Swim	08:30 - 09:15	Public Swim
15:30 - 16:30	Fun Hour NEW	09:15 - 11:00	*** Family Friendly session / Synchro Deep End
16:30 - 17:30	Public Swim	11:00 - 13:00	Public Swim
17:30 - 20:00	Swim Club		
20:00 - 21:00	Adult Swimming		

Extra Public Swimming (Whole Pool)

Saturdays 9 - 11am 6th, 13th July
 Monday 6.30 - 8pm 8th July
 Mondays 12.15 - 1pm 15th, 22nd
 Wednesday 5.30 - 8pm 10th & 17th July
 Fridays 1.15 - 2pm 19th & 26th July
 Friday 5.30 - 8pm 12th, 19th July
Lane hires cancelled
 Saturdays 7.45 - 9am 6th, 13th, 20th, 27th July
 Tuesday 6.30 - 8pm 9th & 16th July
 Thursday 6.30 - 8pm 11th & 18th July

*****Family Friendly (Sundays)**

No booking required. Deep end roped off for Synchro Club (Relaxed Adult Child ratio)

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Fitness Classes at Nairn Leisure!

Nairn Leisure Centre	Monday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Monday	12:15 - 13:00	Aquadance - In the swimming pool! (You time)
	Monday	19:00 - 20:00	Lift & Tone - Resistance area closed
	Tuesday	19:00 - 20:00	Lift & Tone - Resistance area closed
	Wednesday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Wednesday	19:00 - 20:00	Lift & Tone - Resistance area closed
	Thursday	20:00 - 21:00	Lift & Tone - Resistance area closed
	Friday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Friday	13:00 - 14:00	Teen Gym [Supervised Session]
Friday	13:15 - 14:00	Aquadance - In the swimming pool! (You time)	

Weigh to Go range of cardio and resistance exercises

Lift & Tone Learn how to use weights including Squat Rack

Seaman's Hall (Harbour Street)

Monday	07:00 - 07:45	Indoor Cycle Class
Monday	18:45 - 19:30	Indoor Cycle Class
Tuesday	18:00 - 18:50	Total Toning
Tuesday	19:00 - 19:50	Box Fit
Thursday	10:00 - 10:45	Circuits
Friday	18:45 - 19:30	Indoor Cycle Class
Saturday	08:30 - 09:15	Indoor Cycle Class

Dunbar Golf Club! (You time)

Mondays:12 - 1pm Yoga/ 1 - 2pm Flex & Move 2 -3pm Pilates

Fitness Suite Opening hours (Max 20)

Monday to Thursday - 7am to 9pm **Fridays - 7am to 8pm**

Saturday - 7:45am to 4pm **Sunday - 8:30am to 1pm**

Fitness Suite closed: Monday / Wednesday / Friday 11am - 12pm

Resistance area closed: Monday 7 - 8pm / Tuesday 7 - 8pm / Wednesday 7 - 8pm / Thursday 8 - 9pm