

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: Nairn 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 (aged 18+) 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, Fitness Suite, 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!

Managers Special *- This is on offer to promote quiet times and is subject to change. It is only for the times advertised and you will be asked to pay full price if you wish to stay beyond the hour.

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.

23rd December to 5th January 2025 - Subject to change

2 Lanes available during public swim

Monday 23rd	
07:00 - 08:00	Lane Swim
08:00 - 12:15	Public Swim
12:15 - 13:00	Aquadance (You time)
13:00 - 15:30	Public Swim
15:30 - 16:30	Fun Hour
16:30 - 20:00	Public Swim
20:00 - 21:00	Adult Swimming
24th to 26th Closed	
Friday 27th	
08:00 - 09:00	Public Swim
09:00 - 12:00	Public Swim Swim Club 1 lane 9 - 11
12:00 - 13:00	Fun Hour
13:00 - 14:00	Public Swim
Saturday 28th	
07:45 - 11:00	Lane Swim Swim Club 2 lanes 7.45 - 10
11:00 - 14:00	Public Swim
14:00 - 15:00	Fun Hour
15:00 - 16:00	Public Swim
Sunday 29th	
08:30 - 09:15	Public Swim
09:15 - 11:00	*** Family Friendly
11:00 - 13:00	Public Swim

Monday 30th	
08:00 - 12:00	Public Swim Swim Club 1 lane 9 - 11
12:00 - 13:00	Fun Hour
13:00 - 14:00	Public Swim
31st Dec to 2nd January 2025 Closed	
Friday 3rd	
07:00 - 08:00	Lane Swim
08:00 - 13:15	Public Swim
13:15 - 14:00	Aquadance (You time)
14:00 - 20:00	Public Swim Swim Club 2 lanes 6 - 8
Saturday 4th	
07:45 - 09:00	Lane Swim
09:00 - 11:00	Synchro
11:00 - 11:45	Aquacise (you time)
11.45 - 14:00	Public Swim
14:00 - 15:00	Fun Hour
15:00 - 16:00	Public Swim
Sunday 5th	
08:30 - 09:15	Public Swim
09:15 - 11:00	*** Family Friendly session / Synchro Deep End
11:00 - 13:00	Public Swim



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

No booking required. Deep end roped off for Synchro Club
Adult Child ratio relaxed.

Swimming Lessons

Help yourself to a Swimming Lesson Guide at Reception for details of when lessons are running and what swimmers will learn. Also there are details on Love to Swim for individual or one-to-two if you prefer

23rd December to 5th January 2025 - Subject to change

Fitness Classes at Nairn Leisure Centre!



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	20:00 - 21:00	NEW TIME Lift & Tone - Resistance area closed
	Friday	11:00 - 12:00	Weigh to Go Circuits - Fitness Suite closed (You time)
	Friday	13:15 - 14:00	Aquadance - In the swimming pool! (You time)
	Saturday	11:00 - 11:45	NEW Aquacise - In the swimming pool! (You time)

Seaman's Hall (Harbour Street)

Friday 3rd Jan	18:45 - 19:30	Indoor Cycle Class
Saturday 4th Jan	08:30 - 09:15	Indoor Cycle Class
Saturday 4th Jan	09:30 - 10:00	METAFIT

Christmas Fitness Suite Opening hours (Max 20)

- Monday 23rd - 7am to 9pm
- Friday 27th - 8am to 2pm
- Saturday 28th - 7:45am to 4pm
- Sunday 29th - 8:30am to 1pm
- Monday 30th - 8am to 2pm
- January 2025**
- Friday 3rd - 7am to 8pm
- Saturday 4th - 7:45am to 4pm
- Sunday 5th - 8:30am to 1pm

Fitness Suite closed:
Monday 23rd & Friday 3rd Jan 11am - 12pm

Resistance area closed:
Monday 23rd Dec 8 - 9pm

