

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 (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.

6th January to 26th January 2025 - 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 - 12:15	Public Swim	08:00 - 09:45	Public Swim
12:15 - 13:00	Aquadance (You time)	10:00 - 12:00	*-*School lessons
13:00 - 15:30	Public Swim	12:15 - 15:30	Public Swim
15:30 - 17:30	Swimming Lessons	15:30 - 17:30	Swimming Lessons
17:30 - 18:30	Public Swim	17:30 - 20:00	Public Swim 6 - 8 swim club 1 lane
18:30 - 20:00	Synchro	20:00 - 21:00	Kayak Club starting 16th Jan
20:00 - 21:00	Adult Swimming	Friday	
Tuesday		07:00 - 08:00	Lane Swim
07:00 - 08:00	Lane Swim	08:00 - 09:45	Public Swim
08:00 - 15:30	Public Swim	10:00 - 11:00	*-*School lessons
15:30 - 17:30	Swimming Lessons	11.15 - 13:15	Public Swim
17:30 - 21:00	Public Swim 6:30 - 8 swim club 1 lane!	13:15 - 14:00	Aquadance (You time)
Wednesday		14:00 - 15:30	Public Swim
07:00 - 08:00	Lane Swim	15:30 - 17:30	Swimming Lessons
08:00 - 12:00	Public Swim	17:30 - 20:00	Swim Club
12:00 - 13:00	Staff Training	Saturday	
13:00 - 15:30	Public Swim	07:45 - 09:00	Lane Swim Swim Club 2 lanes
15:30 - 17:30	Swimming Lessons	09:00 - 11:00	Synchro
17:30 - 20:00	Swim Club	11:00 - 11:45	Aquacise (you time) NEW
20:00 - 21:00	Adult Swimming 8 - 9pm Adult Stroke Development 2 lanes	11.45 - 14:00	Public Swim
		14:00 - 15:00	Fun Hour
		15:00 - 16:00	Public Swim
		Sunday	
		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

Extra Public Swimming
Thursday 9th January 8 - 9pm

6th January to 26th 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	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	19:00 - 20:00	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)
Saturday	11:00 - 11:45	NEW Aquacise - In the swimming pool! (You time)	

Seaman's Hall (Harbour Street)

Monday	18:45 - 19:30	Indoor Cycle Class
Tuesday	10:00 - 11:00	Dynamic Wellbeing
Tuesday	18:00 - 18:50	Total Toning
Tuesday	19:00 - 19:50	Box Fit
Thursday	10:00 - 10:45	Circuits
Thursday	11:00 - 12:00	Dynamic Wellbeing
Friday	18:45 - 19:30	Indoor Cycle Class
Saturday	08:30 - 09:15	Indoor Cycle Class
Saturday	09:30 - 10:00	METAFIT

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 8 - 9pm

Tuesday to Thursday 7 - 8pm

***-* Changing Rooms closed 15 minutes before, during and after school lessons**