

Admission and Hire Prices— From 1st April 2024

Activity	Standard	Concession	Budget	Young Scot
Swim	£8.00	£4.80	50p	£3.90
Swimming Lesson (each)	£12.50	£7.40	50p	£5.90
Fitness Room	£9.10	£5.40	50p	£4.30
Centre Classes	£8.00	£4.80	50p	£3.90
Badminton	£7.30	£4.30	50p	£3.50

All-inclusive High Life memberships are available for **£26.60/month** (individual) or **£39.99/month** (family). Family memberships covers 2 adults (18+) and all under 18's that live at the same address.

Fitness Room—Induction Times

Over 16s & Young Guns 11-15	Tuesday 18.00	Regular gym users — 10 min familiarisation	Anytime—Contact reception to arrange
An induction must be completed before using the fitness suite for the first time. If the above times are not suitable please contact reception and we can arrange another time. Max numbers are 5 per induction, so please make sure you book your place.			
Under 16's must have an adult (18yrs +) attend the induction with them.			

TRACC Online



www.highlifehighland.com/tracc

www.facebook.com/traccleisure

Fitness Room Opening Times

Mon, Tue & Thurs	07.00—21.15	Wed	09.00-21.15
	Closed: Tues: 13.00-14.50 Thurs: 14.50-15.40 18.00-19.00	Fri	9.00-10.00 11.00-13.15 15.15-19.00 20.00-21.15
Saturday	09.15-13.15	Young Guns 11-15 yrs. Tuesdays	15.45-16.45

A Young Guns session is available on Tuesdays (all ages 11-15 years) from 15.45-16.45. They may also attend outside of these times if accompanied by a guardian over the age of 18.

11-13 years may use: CV machines, bodyweight exercises and 1-10 kg chrome dumb bells.

14-15 years may use: CV machines, bodyweight exercises, resistance machines and 1-20kg dumb bells.

Version: NCOctV1

Tain Royal Academy Community Complex



FITNESS CLASSES

Monday 28th October — Monday 21st December

Mon	09.30-10.30 10.45-11.45 18.00-19.00 19.30-20.30	Body Tone OTAGO (YouTime) Indoor Cycling Circuits
Tues	10.00-10.45 10.00-11.15 11.30-12.30 13.00-14.00 18.00-19.00 18.15-19.15 19.30-20.30	WaterWorks Yoga (not on 12th Nov) Dynamic Wellbeing Level 1&2 Female Gym Class Spin Fit Body Conditioning (not on 12th Nov) Barbell Workout
Wed	09.30-10.30 10.30-11.15 11.00-12.00 13.00-14.00 18.00-19.00 18.00-19.15 18.30-19.30	Body Tone WaterWorks Pilates Level 1/Beg (YouTime) OTAGO (YouTime) Indoor Cycling Yoga Pilates Level 1/Beg (YouTime)
Thurs	10.00-11.00 17.00-17.45 18.00-19.00 18.00-19.00 18.30-19.30	Spin Fit Waterworks Female Gym Class Spin Fit Body Tone (not on 31st Oct)
Fri	09.30-10.30 10.00-11.00 11.15-12.15 17.45-18.45 19.00-20.00	Pilates Level 2/Intermediate Female Gym Class Dynamic Wellbeing Level 1&2 Indoor Cycling Female Gym Class
Sat	10.00-11.00 10.00-11.00 10.00-11.15 10.00-11.00	Body Tone (16th Nov) Barre Concept (30th Nov) Spinlates (14th Dec) Spin Fit (9th & 23rd Nov, 7th & 21st Dec)

Contact us: TRACC, Hartfield Road, Tain, Ross-shire IV19 1DX **Tel:** 01862 893767

**Swimming Pool Programme
Monday 28th October – Saturday 23rd December**

Mon		Thurs	
07.30-08.30	Early Lane Swimming	07.15-08.30	Early Lane Swimming
09.00-11.00	Open Session	09.00-11.00	Open Session
11.00-12.00	Over 50's Session	11.00-11.45	Parent & Child Session
12.15-13.45	Lane Swimming	11.45-13.00	Over 50's Session
14.00-16.00	Open Session	13.30-14.30	Swimming Lessons
16.00-18.00	Swimming Lessons	14.30-16.00	Open Session
18.15-20.15	TASC	16.00-17.00	Family Friendly Session
20.15-21.00	Lane Swimming	17.00-17.45	Waterworks
Tue		18.00-20.15	TASC
07.15-08.30	Early Lane Swimming	20.15-21.00	Lane Swimming
09.00-10.00	Open Session	Fri	
10.00-10.45	Waterworks	09.30-11.00	Open Session
11.15-12.15	Additional Support Session	11.00-11.45	Parent & Child Session
12.30-14.00	Lane Swimming	12.00-12.45	Lane Swimming
14.15-16.00	Open Session	13.15-15.15	Closed—Staff Training
16.00-18.00	Swimming Lessons	15.30-18.00	Swimming Lessons
18.15-19.15	TASC	18.00-18.45	Fun Session
19.30-20.30	Masters	18.45-20.30	Open Session
20.30-21.00	Lane Swimming / Adult Swimming Lessons		
Wed		Sat	
09.15-10.30	Open Session	09.30-10.45	Lane Swimming
10.30-11.15	Waterworks	11.00-12.00	Happy Hour
11.15-13.15	Over 50's Session	12.00-12.45	Fun Session
13.30-14.30	St Duthus Special School		
15.00-16.45	Open Session	Sun	
18.00-19.00	Swimming Lessons		
19.15-20.45	TASC	Closed	

Group Swimming Lessons will run Monday 28th October to Friday 20th December.

***Please be aware that there may be One to One swimming lessons taking place during any of the advertised sessions ***

Activity Programme: Please book for ALL fitness classes!

BODY TONE: Challenge your whole body with this high energy class. Aerobic interval training together with ultimate abs. All fitness levels.

OTAGO: OTAGO is an evidenced based programme aimed at reducing falls. It increases confidence with exercises designed to target strength and balance.

WATERWORKS: WaterWorks is an in-water workout where you can choose your intensity level.

YOGA: The practice of yoga helps co-ordinate the breath, mind and body.

PILATES: Pilates is an exercise system that focuses on stretching the whole body to improve balance, muscle-strength, flexibility and posture. Suitable for all.

FEMALE GYM CLASS: Ladies only class in our fitness suite. Learn how to use gym equipment safely and effectively to achieve your own goals!

INDOOR CYCLING: An intense form of aerobic exercise performed on stationary bikes.

SPIN FIT: 30 minutes of Indoor Cycling and 20 minutes of body conditioning.

CIRCUITS: Circuit Training is a fantastic way to develop cardio fitness, strength, speed and power, through a variety of times different exercises.

DYNAMIC WELLBEING LV1&2: This class is suitable for participants who have minimal or no difficulties with activities of daily living, have good balance but may need additional support (a chair or wall) when completing specific balance exercises and are independently mobile.

BODY CONDITIONING: Mindful exercise with music to achieve a well-balanced therapeutic full body workout. This class is low impact and steady paced, and targets problem areas like hips and abdomen. It's suitable for all levels ages over 14, male and female, particularly those wanting to improve their form.

BARBELL WORKOUT: Build a strong, functional physique in our Barbell class. Learn advanced techniques like supersets, and new exercises such as the Pendlay Row!

Swimming Pool Admissions Policy:

Children aged 0,1,2 or 3 must be accompanied by an adult on a 1 to 1 basis.

Children aged 4,5,6 and 7 must be accompanied by an adult on a ratio of 1 Adult: 2 children.

~Family Friendly Sessions: 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. The deep end of the pool will be roped off. **~Family Friendly Sessions are only for families that require the 1 adult: 2 under 8's ratio.**

Open Session: Our open sessions are suitable for anyone over the age of 8 to just turn up, swipe in with your HLH card and enjoy! Under 8's are also always welcome with a parent/guardian within our child: adult ratio (see above).

Lane Swimming: The pool will be divided into lanes for people swimming lengths only.

Additional Support Session: These sessions run with a max of 4 groups. They are designed for those needing to attend with a carer. Please phone ahead to pre book these sessions to prevent missing out on a space.

Fun Session: The floats will be out in this session only, please note that the session will be reduced numbers and will be a first come first served session.

Happy Hour: Access to the pool for £1 per person for PAYG members, 50p for Budget members and free for all inclusive members.