

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	Tues 18.00 Weds 19.00 (fortnightly)	Regular gym users — 10 min familiarisation	Anytime—Contact reception to arrange
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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

Monday	07.00—21.15	Thursday	07.00-14.50 14.50-18.00 19.00-21.15
Tuesday	07.00-10.00 11.00-14.00 14.50-19.00 20.00-21.15	Fri	9.00-10.00 11.00-13.15 15.15-19.00 20.00-21.15
Wednesday	Closed 12.00-13.00		
Saturday	09.15-13.15	Young Guns 11-15 yrs Tues & Thurs	15.45-16.45

Young Guns sessions are available on Tuesdays and Thursdays (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: NCDecV1

Tain Royal Academy Community Complex



FITNESS CLASSES

Monday 6th January — Saturday 15th February

Mon	09.30-10.30 10.45-11.45 18.00-19.00 18.00-19.00 19.30-20.30	Body Tone OTAGO (YouTime) Indoor Cycling Boxing Fitness Circuits
Tues	09.15-09.45 10.00-10.45 10.00-11.15 10.00-11.00 18.00-19.00 18.00-19.00 18.15-19.15	Metafit WaterWorks Yoga Female Gym Class (not on 28th Jan) Spin Fit Female Gym Class (not on 28th Jan) Body Conditioning (starts 14th Jan)
Wed	09.30-10.30 10.30-11.15 11.00-12.00 12.00-13.00 13.00-14.00 18.00-19.00 18.00-19.15 18.30-19.30	Body Tone WaterWorks Pilates Level 1/Beg (YouTime) Female Gym Class 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
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 10.00-11.15 10.00-11.00	Body Tone (25th Jan) Spinlates (8th Feb) Spin Fit (18th Jan, 1st & 15th Feb)

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

Swimming Pool Programme Monday 6th January – Saturday 15th February			
Mon		Thurs	
07.30-08.30	Early Lane Swimming	07.15-08.30	Early Lane Swimming
09.00-10.00	Over 50's Session	09.00-10.30	Over 50's Session
10.00-11.45	Open Session	10.30-11.30	Open Session
12.00-14.00	Lane Swimming	11.45-13.00	Lane Swimming
14.15-16.00	Open Session	13.30-14.30	Swimming Lessons
16.00-18.00	Swimming Lessons	14.30-17.00	Open Session
18.15-20.15	TASC	17.00-17.45	Waterworks
20.15-21.00	Lane Swimming	18.00-20.15	TASC
Tue		20.15-21.00	Lane Swimming
07.15-08.30	Early Lane Swimming	Fri	
09.00-10.00	Open Session	09.30-11.00	Open Session
10.00-10.45	Waterworks	11.00-11.30	Parent & Child Session
11.15-12.15	Additional Support Session	11.45-12.45	Lane Swimming
12.30-14.00	Lane Swimming	13.15-15.15	Closed—Staff Training
14.15-16.00	Open Session	15.30-18.00	Swimming Lessons
16.00-18.00	Swimming Lessons	18.00-18.45	Fun Session
18.15-19.15	TASC	18.45-20.30	Open Session
19.30-20.30	Masters		
20.30-21.00	Lane Swimming / Adult Swimming Lessons	Sat	
Wed		09.30-10.45	Lane Swimming
09.15-10.30	Open Session	11.00-12.00	Happy Hour
10.30-11.15	Waterworks	12.00-12.45	Fun Session
11.15-13.15	Open Session		
13.30-14.30	St Duthus Special School		
15.00-17.00	Open Session	Sun	
17.00-18.00	Family Friendly Session		
18.00-19.00	Swimming Lessons	Closed	
19.15-20.45	TASC		

Group Swimming Lessons will run Monday 13th January to Friday 21st March. No lesson Mon 17th Feb—Fri 21st Feb.

***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.

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.