

Admission and Hire Prices

Activity	Standard	Concession	Budget
Swim	£5.90	£2.95	£0.50
Swimming Lesson (each)	£9.20	£4.60	£0.50
Swim/Sauna	£6.60	£3.30	£0.50
Fitness Room	£6.60	£3.30	£0.50
Gym Induction	£9.20	£4.60	£0.50
Centre Classes	£5.80	£2.90	£0.50
Happy Hour	£1.00	£1.00	£0.50
Equipment Hire	£2.30	£2.30	£0.50
Shower	£2.70	£2.70	£0.50
Games Hall Hire	£43.90	£21.95	
Badminton/Short Tennis	£5.30	£2.65	£0.50

High Life Membership Options

All Inclusive	Annual Payment	Monthly Direct Debit *
Family	£360	£30.00
Individual	£240	£20.00
Budget	50p per activity (Proof must be shown)	

Highlife membership is not a contract—there is no tie-in period

**If you wish to cancel your membership go on to www.highlifehighland.com
28 days notice is required**

Ask at reception for more details

Lochbroom Leisure Centre, Quay Street, Ullapool, Ross-Shire, IV26 2UE

01854 612884

Activity Programme and Timetable

14th August –8th October 2017

Fitness Room Opening Times

MONDAY	12.00-22.00
TUESDAY	07.15-22.00
WEDNESDAY	12.00-22.00
THURSDAY	12.00-22.00
FRIDAY	12.00-22.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

Games Hall Opening Times

MONDAY	18.00-22.00
TUESDAY	14.00-22.00
WEDNESDAY	18.00-22.00
THURSDAY	18.00-22.00
FRIDAY	16.00-22.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

Fitness Room—Induction Times

WEDNESDAY	14.00-15.00
FRIDAY	19.00-20.00

Please note:

- ⇒ You must have an induction before using our fitness equipment
- ⇒ Inductions can be booked through reception
- ⇒ We will try to accommodate you at other times if these times are not suitable
- ⇒ 12-15 year olds must be accompanied by a responsible adult over 16
- ⇒ Please contact reception or a member of staff if you require any advice or assistance and ask about our new under 16 weightlifting policies.

Pool Opening Times

MONDAY	12.00-19.00
TUESDAY	07.15-20.00
WEDNESDAY	12.00-20.45
THURSDAY	12.00-20.00
FRIDAY	12.00-20.00
SATURDAY	10.00-17.00
SUNDAY	10.00-17.00

Happy Hour

£1 entry to a session in the gym, pool or on the courts:

Tues 8-9am, Sun 10-11am

Fri 7-8pm: gym and pool only

**** Entry £1 if you come within the first 20mins**

Games Hall Timetable

MONDAY	Body Balance	18.00-19.00	Age 16+
TUESDAY	Pre-school bouncy	14.00-15.00	Under 5's
	Gym Club *	15.45-16.30	Beginners*
	Gym Club*	16.30-17.15	Improvers*
	Pump FX*	18.00-19.00	Age 16+*
WEDNESDAY	Spinning*	18.00-18.45	Age 16+*
THURSDAY	CXWorks	18.00-18.30	Age 16+
	Adult Circuits	18.30-19.30	Age 14 +
	Trim Teens in Gym	19.00-20.00	Age 12-15 yrs
	Social Football	20.00-21.30	Age 14+
FRIDAY	Body Balance	12.45-13.30	Age 16+
	Football- Skills	14.00-15.00	P1—P3
	Football– 5 a-side	15.00-15.45	P4—P7
	Teen Bootcamp	16.00-17.00	S1—S6
	Martial Arts	18.00-20.00	£6 Non H/L
Saturday	Family Fun	12.00-13.00	All Ages
	Family Fun	14.00-15.00	All Ages
Sunday	Family Fun	11.00-12.00	All Ages

Pool Admission Policy

Public Swim Sessions: 0-3 Yrs 1 child to 1 adult * 4-7 Yrs 2 children to 1 adult

Family Swim Sessions: 0-7 Yrs 2 children to 1 adult

Children under the age of 3 must wear a swim nappy at all times in the pool.

* Places must be booked for lessons.

* No public are permitted in the pool whilst lessons are taking place.

All Fitness Classes run on our New Traffic Light system, which allows us to see which classes are performing well, so make sure you join in.

Swimming Pool Timetable

Monday	12.00-13.00	Public Swim	Thursday	12.00-13.00	Senior Swim Age 50+
	13.00-14.00	Public/Lane Swim		13.00-14.00	Public/Lane Swim
	14.00-15.30	Public Swim		14.00-15.30	Public Swim
	15.45-16.15	Otters & Swordfish 3*		15.45-16.15	Seals 1 & Swordfish 4*
	16.15-16.45	Seals 2 *		16.15-16.45	Seals 1* & Swordfish 3*
	16.15-16.45	Ducklings *		16.45-18.00	Public Swim
	16.45-17.15	Seals 1 & Swordfish 4*		18.00-19.00	Public/Lane Swim
	17.15-18.00	Public Swim		19.00-20.00	Public Swim
	18.00-19.00	Public/Lane Swim	Friday	12.00-13.00	Senior Swim Age 50+
	19.00-20.00	Swim Club *		13.00-14.00	Public/Lane Swim
Tuesday	07.15-08.00	Public Swim		14.00-15.00	Public Swim
	08.00-09.00	Happy Hour**		15.00-16.00	Family Swim
	09.00-10.00	Public Swim		16.00-17.00	Public swim
	10.00-11.00	Senior Swim Age 50+		17.00-18.00	Aqua Run
	11.00-13.00	Public Swim		18.00-19.00	Public/Lane Swim
	13.00-14.00	Public/Lane Swim		19.00-20.00	Happy Hour**
	14.00-15.00	Public swim	Saturday	10.00-11.00	Public Swim
	15.00-16.00	Family Swim		11.00-11.30	Otters* & Swordfish*
	16.00-18.00	Public Swim		11.30-12.00	Seals & Sharks*
	18.00-19.00	Public/Lane Swim		12.00-15.00	Public Swim
	19.00-20.00	Ladies Swim Age 16+		15.00-16.00	Family Swim
Wednesday	12.00-13.00	Public Swim		16.00-17.00	Public/Lane swim
	13.00-14.00	Public/Lane Swim	Sunday	10.00-11.00	Happy Hour**
	14.00-15.30	Public Swim		11.00-13.00	Public Swim
	15.45-16.15	Otters & Swordfish 3*		13.00-14.00	Aqua Run Inflatable Age 8-14
	16.15-16.45	Ducklings & Seals 2*		14.00-15.00	Public Swim
	16.45-17.15	Seals 1*		15.00-16.00	Family Swim
	16.45-17.30	Sharks 5 & 6*		16.00-17.00	Public/Lane Swim
	17.30-19.00	Public/ Lane Swim			
	19.00-20.00	Public Swim			
	20.00-20.45	Adult Swim/Swim Clinic *6 week bookable class*			

All customers please use lockers on pool-side and remove key.
We cannot be held responsible for items which go missing from an unlocked locker.