

INFORMATION

All Gym users must complete an induction course before using equipment due to Health & Safety requirements. For more information please enquire at reception.

Sauna/Steam Room

These facilities will be closed during all School, Swimming Tuition and Swim Club Sessions.

Admissions Policy

Children aged 3 & under 1 Adult: 1 Child
Children aged 4-7 years 1 Adult: 2 Children

Toddler Pool- This facility is open during lane swimming sessions.

Circuit Training

Gym Classes with one of our Qualified Instructors.

Monday 8.15pm-9.00pm
Wednesday 9.45am-10.30am
Thursday 8.15pm-9.00pm
Saturday 9.45am-10.30am

Learn To Swim

Our next enrolment for our Learn to Swim Programme will be held on Saturday 5th May, starting from 11.00am. This is for our Child and Adult & Child Classes.

Our timetable is subject to change. All changes will be displayed at reception in advance.

Want to get Fit?

Weekly Weigh In's

Track your weight with us every Friday 12.00-2.00pm, 6.00pm-8.00pm

Last Chance Workout

Thursday 7.00pm-8.00pm
& 8.00pm-9.00pm (Guide Hall, Robert Dick Place, Thurso)

Try Lane Swimming

Friday 6pm - 7pm (Adults Only)
Sunday 2pm -3pm (All ages)

Ladies only swim

Tuesday 8.15pm - 9.00pm
(1 lane for any Ladies to swim lengths)

Water Aerobics

Monday 11.45am -12.30pm
Wednesday 8.00pm -8.45pm

Please ask at Reception for more information.

Gym Opening Times

Monday 9.00am - 8.15pm
Tuesday & Friday 7.30am - 3.45pm
4.30pm - 9.00pm
Wednesday 7.30am-9.45am, 10.30am-9.00pm
Thursday 7.30am - 8.15pm
Saturday 9.00am - 9.45am,
& 10.30am - 4.00pm
Sunday 10.30am - 4.30pm

Gym sessions are 45 minutes in duration, Please book up to 5 days in advance to avoid disappointment.

PRICES

Swim:

Adult - £4.05
Senior Citizen - £2.05
Student - £2.05
Juvenile - £2.05
4 years & under - Free
Child Tuition - £3.10
Aqua Fit - £2.05/£4.05

Gym:

Adult - £4.25
Student - £2.05
Senior Citizen - £2.05
Induction - £5.60

Steam Room or Sauna:

Adult - £4.25
Senior Citizen - £2.05
Student - £2.05

Happy Hour:

All Swim, Gym, Sauna & Steam Sessions **50p each**
Saturday's 1-2 pm
Thursday's 4-5 pm

Highlife Subscription:

Individual - £16.80
Family - £23.60

Please ask at reception for more information, there is also a budget Highlife available.

Highlife

Monday

9.00am-10.45am Schools
11.00am-11.45am Public Swimming
11.45am-12.30pm Water Aerobics
12.30pm-3.00pm Public Swimming
1.30-2.30pm Toddler Class during Public Swim, (deep end half available)
3.00pm-5.00pm Child Swim Lessons
5.00pm-8.00pm Swim Club
8.00-9.00pm Masters

Tuesday

7.30am-9.00am Adults only
9.00am-12.00 Schools
12.15pm-5.00pm Public Swimming*
(1 Lane Swim Club 4-5pm)
5.00pm-6.00pm Swim Club
6.00pm-8.15pm Public Swimming*
8.15pm-9.00pm Ladies Only*

Wednesday

8.00am-9.00am Adults Only
9.00am-11.00am Schools
11.15am-5.00pm Public Swimming
12.00pm-1.00pm Hydrophobic Class
5.00pm-6.00pm Swim Club
6.00pm-7.00pm Disabled Club
7.15pm-8.00pm Adults Only
8.00pm-8.45pm Water Aerobics

** 1 Lane will be available for Lane Swimming on Tuesday's 12.15 -2pm, 3-4pm and 6-7.30pm. Thursday's 12-4pm. Friday's from 12-5pm This is during public swimming.*

Thursday

7.30am-9.00am Adults Only
9.00am-10.00am Public Swimming
9.30-10.00 Baby Class
(Deep end half available)
10.00am-12.00pm Schools
12.15pm-5.00pm Public Swimming*
(1 lane Swim Club 4-5pm)
5.00pm-6.00pm Swim Club
6.00pm-8.00pm Canoe Club
8.00am-9.00pm Masters

Friday

7.30am-9.00am Adults Only
9.00am-11.40am Schools
12.00pm-5.00pm Public Swimming*
5.00pm-6.00pm Swim Club
6.00pm-7.00pm Lane Swim (Adults)
(1 Lane swim club)
8.00pm-9.00pm Private Hire
There will be restricted access to the Main Pool on the last Friday of every month between 7.00pm - 9.00pm due to Staff Lifeguard Training. We are sorry for any inconvenience this may cause.

Saturday

8.45-9.15am Swim Lessons
9.15am-2.00pm Public Swimming
2.00pm-4.30pm Swim Club

Sunday

10.30am-2.00pm Public Swimming
(1.00pm-1.45pm Inflatable Session Last Sunday of the month only, Public swim 10.30-12.45pm)
2.00pm-3.00pm Lane Swim
(All ages, 2 Lanes Swim Club)
3.00pm-5.00pm Swim Club

Thurso Swimming Pool



Information

February 2012

Tel 01847 893260

www.highlifehighland.com

