



THE  
**CRAIG MACLEAN**  
LEISURE CENTRE

*High  
Life*

*Star  
Bentley*

**Activity Programme and Timetable**

**10th - 23rd October 2011**

[www.highland.gov.uk](http://www.highland.gov.uk)

**October Holidays**

**Kids Activities**

**Book from 3 October**



<b>Admission and Hire Prices</b>			
<b>Activity</b>	<b>Standard</b>	<b>Concession</b>	<b>Budget</b>
Swim	£4.00	£2.00	£0.50
Swimming Lessons per Lesson	£6.70	£3.35	£0.50
Shower	£1.70	£0.85	£0.50
Pool Fun Session	£4.00	£2.00	£0.50
Gym Session	£4.70	£2.35	£0.50
Gym Induction	£7.00	£3.50	£0.50
Fitness Classes	£4.25	£2.15	£0.50
Active Kids Coaching	£2.25		£0.50
Racquet Sports per Person	£3.85	£1.95	£0.50
Equipment Hire (Shuttle, Racquet, Football)	£1.70	£1.70	£0.50
Climbing Wall Registration	£7.00	£3.50	£0.50
Climbing Wall Admission	£6.00	£3.00	£0.50
Harness Hire	£2.50	£2.50	£2.50
Belay Device Hire	£2.50	£2.50	£2.50
Full Sports Hall /Outdoor Pitch	£33.35	£16.70	
Half Sports Hall / Outdoor Pitch	£16.70	£8.35	
Changing Facility Hire per Room	£11.15	£11.15	

**Children's Parties Available**

See reception for more details

One hour of staffed activity and one hour of self catering

Sports / Games Party	£55.00	Staffed
Bouncy Castle and Soft Play Party	£55.00	Staffed
Pool / Sea scooter or snorkelling	£65.00	Staffed
Trampoline party	£65.00	Staffed
Climbing Wall party	£65.00	Staffed
Additional Staff / Coach	£20.00	Per Hour

**Highlife Membership**

<b>All Inclusive</b>	<b>Annual Payment</b>	<b>Monthly Direct Debit</b>
Family	£283.20	£23.60
Individual	£201.60	£16.80

Direct Debit payments will be payable on a minimum of 12 months basis

If you wish to cancel membership, please collect a cancellation form from us or download from our website.

High Life Members - help us keep your records accurate and tell us about changes to address, phone number, email, even the addition of new family members. Thank you.

- **All Inclusive High Life** members benefit from **FREE** use of the wet leisure facilities at **Macdonald Spey Valley Leisure Arena**
- Pool Opening times: \*Monday to Sunday 8am - 8pm
- Pay as you go: £8.00 adult £4.00 child
- Budget Members: £0.50
- 50p Happy Hour: Thursday 6pm - 7pm / Sunday 5pm - 6pm (available to all users)

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HEALTH AND WELLBEING



Contact us: Craig Maclean Leisure Centre, Cromdale Road, Grantown on Spey, PH26 3HU

Phone us: 01479 870281

Email us: [craigmaclean.leisure@highland.gov.uk](mailto:craigmaclean.leisure@highland.gov.uk)

**By emailing us, we can keep you up to date with new programmes, activities and events.**

## October Holidays Active Kids Coaching - 10 to 14 & 17 to 21 October

Booking for October - December activities from Monday 24 October 2011.

	Activity	Time	Age	What's it all about?
<b>Week 1</b>				
Mon 10th-Fri 14th	Pool Party	10.00am-11.30am	P1-P7 (5yr+)	5-7 year olds must bring armbands
Mon 10th-Fri 14th	Play Time	11.30am-1.00pm	P1 - P7	Bouncy castle, team games
Mon 10th-Fri 14th	Sports Camp	1.30pm - 3.00pm	P1 - P7	Competitions, races, climbing
Mon 10th-Fri 14th	Creative Kids	3.00pm - 4.00pm	P1 - P7	Themed arts and crafts
Tuesday 11th	Sea Scooters	9.00am -10.00am	8 yrs +	Snorkelling / Sea Scooters
Thursday 13th	Sea Scooters	9.00am -10.00am	8 yrs +	Snorkelling / Sea Scooters
<b>Week 2</b>				
Mon 17th-Fri 21st	Intensive Learn to Swim - <b>Beginners</b>	10.00am-11.00am	5 yrs +	Require armbands / floats
Mon 17th-Fri 21st	Intensive Learn to Swim - <b>Intermediate</b>	10.00am-11.00am	5 yrs +	Able to swim one width without aids
Tuesday 18th	Moving Minis	10.00am-11.30am	Birth to 5yrs	Apparatus + fun / bouncy castle
Thursday 20th	Musical Minis	9.30am -10.15am	Birth to 5yrs	Sing and play along songs and stories
	Mucky Minis	10.30am-11.30am	Birth to 5yrs	Gloop, paint and messy fun

Please remember your indoor trainers for all sports hall activities

### Booking Information:

**To Book:** Please complete and return a booking / consent form for each child. Available from reception.

**Pool Party:** Children 5 to 7 years will be supervised in a contained area in the shallow end. They must use their own armbands if required.

**Sea Scooters:** Sea Scooter consent and pre-requisite form required at point of booking.

**Moving Minis: No Need to book.** "Drop-in" activity, parental supervision required.

Please go to reception with your Highlife cards before taking part in any activities

**National Pool Lifeguard Qualification - Course here at CMLC 17th - 21st October.**

If you are 16 years or older, can meet the required attendance criteria and want to become a Lifeguard, then ask at reception for more details. Your last chance until 2012!

### Adult Fitness Classes

Please wear clean, indoor shoes for fitness classes

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am - 9.55am			Fit Plus 50+			
9.50am -10.50am				Dynamic Yoga		
9.50am -10.35am					Fit Plus 50 +	
10.00am - 10.45am						Spinning
5.00pm - 5.45pm	Spinning					
6.00pm - 7.00pm	Circuits	Yoga + Jog	Pump	Cross Training	Boxing circuits	
7.15pm - 8.00pm		Spinning	Spinning	Spinning		
8.00pm - 9.00pm	Zumba Dance			Zumba Dance		

> Zumba Dance - not a centre run activity, £4.00 payable to Zumba instructor on arrival

### General Information - Ask at reception for more details

All abilities welcome to attend fitness classes.

12 - 15 year olds must complete PARQ form and be accompanied by an adult.

### Climbing Wall Opening Times



Tuesday / Wednesday / Thursday	7.00pm - 10.00pm
Friday	6.00pm - 10.00pm
Saturday + Sunday	12.00pm - 3.00pm

Come and learn to climb. "Introduction to climbing" courses available FREE to All Inclusive High Life members, book your place now.

### Gym Opening Times

Monday to Friday	7.30am - 10.00pm
Saturday and Sunday	10.00am - 4.00pm

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An induction **must** be completed before using the gym for the first time

### Swimming Pool Opening Times - 10 to 23 October

Monday	7.30am - 8.30am	Public session	Lane available
	9.00am - 10.00am	Senior Swim	50 yrs +
	1.00pm - 8.00pm	Public session	Lane available
Tuesday	7.30am - 8.30am	Public session	Lane available
	1.00pm - 8.00pm	Public session	Lane available
Wednesday	7.30am - 8.30am	Public session	Lane available
	1.00pm - 8.00pm	Public session	Lane available
Thursday	7.30am - 8.30am	Public session	Lane available
	1.00pm - 8.00pm	Public session	Lane available
Friday	7.30am - 8.30am	Public session	Lane available
	9.00am - 10.00am	Senior swim	50yrs +
	3.00pm - 8.00pm	Public session	Lane available
Saturday	10.00am - 12.00pm	Family session	Family friendly policy
	12.00pm - 4.00pm	Public session	Lane available
Sunday	10.00am - 12.00pm	Family session	Family friendly policy
	12.00pm - 4.00pm	Public session	Lane available

50p Happy Hours for all activities: Saturday and Sunday 3pm - 4pm, Wednesday 8pm - 9pm.

**Swimming lessons available from 6 months to adult. See our Learn to Swim Scheme**