

## 'Pay as you go' and 'budget' membership prices

| Sports Hall (per hour) | Standard | Concession | Budget |
|------------------------|----------|------------|--------|
| Full hall              | £21.00   | £10.50     | -      |
| 2 Court                | £16.00   | £8.00      | -      |
| 1 Court                | £10.50   | £5.25      | -      |

|                             |       |       |     |
|-----------------------------|-------|-------|-----|
| Racquet Sports (per Person) | £1.80 | £0.90 | 50p |
|-----------------------------|-------|-------|-----|

|                     |       |       |     |
|---------------------|-------|-------|-----|
| Gym Induction       | £6.40 | £3.20 | 50p |
| Gym Session         | £3.80 | £1.90 | 50p |
| Fitness Class       | £3.80 | £1.90 | 50p |
| Active kids session |       | £2.65 | 50p |

|                             |                 |       |
|-----------------------------|-----------------|-------|
| Hire of football or racquet | All memberships | £1.00 |
| Hire of shuttle cock        | All memberships | 50p   |

|                        |            |       |
|------------------------|------------|-------|
| Changing & Shower only | Standard   | £1.50 |
|                        | Concession | 75p   |

### Community Function Bookable

Saturday Evening 7pm - 1am (£140.00)

Terms & Conditions Apply - See booking form for further info

### Events

- Blood Donors 25<sup>th</sup> February
- Body Currents 28<sup>th</sup> February
- Body Currents 24<sup>th</sup> March

### Cancellations

- Spinning 9<sup>th</sup> January
- Spinning 30<sup>th</sup> January
- Kickboxing 25<sup>th</sup> February

## Badenoch Learning and Leisure Centre

Spey Street, Kingussie, PH21 1EH  
(01540) 662 485 [www.highland.gov.uk](http://www.highland.gov.uk)

### Opening Hours

Monday, Wednesday, Friday 7.30am - 10.00pm

Tuesday & Thursday 7.00am - 10.00pm

Saturday & Sunday 10.00am - 4.00pm

### Monthly Membership

Individual all inclusive Highlife £15.40

Family all inclusive Highlife £21.60



### Annual Membership

Individual highlife all inclusive £184.80

Family highlife all inclusive £259.20

### Pay as you go and budget membership

See back page



11<sup>th</sup> January - 26<sup>th</sup> March

Programme may be subject to change

All Activities listed here are free to All Inclusive Members

## Pre-School Activities

|     |                |                 |
|-----|----------------|-----------------|
| Mon | Musical Mini's | 1.30pm - 2.30pm |
|-----|----------------|-----------------|

## Active Kids Coaching

|     |         |            |                 |
|-----|---------|------------|-----------------|
| Wed | P1 - P3 | Football   | 3.45pm - 4.15pm |
| Wed | P4 - P7 | Football   | 4.15pm - 5.00pm |
| Fri | P1 - P3 | Trampoline | 3.30pm - 4.30pm |
| Fri | P4 - P7 | Trampoline | 4.30pm - 5.30pm |

Activities must be booked in advance limited places

Minimum number required for activities to run

Consent Forms must be completed and submitted prior to participat



## Teen Activities

|     |                          |                      |                 |
|-----|--------------------------|----------------------|-----------------|
| Mon | 12 - 17 years            | Teen Spin            | 4.00pm - 4.45pm |
| Mon | 17+                      | Car Club             | 7.00pm - 9.30pm |
| Tue | S1 - S4                  | Youth Room Drop in   | 7.30pm-8.30pm   |
| Tue | S4 - S6 <sup>th</sup> yr | Youth Room Drop in   | 8.30pm - 9.30pm |
| Wed | S1 - S6                  | Kingussie Youth Club | 7.00pm - 9.00pm |
| Thu | 12-15 yrs                | Teen Gym             | 4.00pm-5.00pm   |
| Thu | S1 - S3                  | Youth Room Drop in   | 7.30pm-8.30pm   |
| Thu | S4 - S6                  | Youth Room Drop in   | 8.30pm - 9.30pm |
| Fri | 12 - 17 years            | Bookable             | 7.30pm - 9.30pm |

High school children aged between 12-15 years can participate in any of the adult classes as long as they are accompanied by an adult and consent form is complete.

Off peak times are available for children aged 12-15 years to use the gym when accompanied by an adult - an induction must be completed first! Off peak times are 8pm-10pm Mon to Fri & weekends 10am - 4pm.

Full Hall available free to All Inclusive Teens Sat/Sun (1.00pm-2.00pm)



## Adult Fitness Classes

|      |                            |                  |
|------|----------------------------|------------------|
| Mon  | Aerobics                   | 10.00am-11.00am  |
| Tues | Body Blast                 | 6.30pm - 7.30pm  |
| Tues | Boxing / Circuits          | 7.30pm - 8.30pm  |
| Wed  | Piyo (Pilates/Yoga Fusion) | 12.15pm - 1.00pm |
| Wed  | Circuit Training           | 6.30pm - 7.30pm  |
| Thu  | Body Conditioning          | 1.00pm - 1.45pm  |
| Thu  | Kick Boxing / Circuits     | 7.30pm - 8.30pm  |

## Adult Spin Classes



|     |                   |
|-----|-------------------|
| Mon | 5.30pm - 6.15pm   |
| Tue | 7.00am - 7.45am   |
| Thu | 7.00am - 7.45am   |
| Thu | 6.15pm - 7.00pm   |
| Fri | 6.30pm - 7.15pm   |
| Sat | 10.15am - 11.00pm |



## Senior Classes

|     |                   |                       |             |
|-----|-------------------|-----------------------|-------------|
| Tue | 11.00am - 11.45am | Senior & Beginner Gym | All welcome |
| Wed | 1.15pm - 2.00pm   | Senior Spin           | 60yrs +     |

## Children's Birthday Parties

|                             |        |            |                         |
|-----------------------------|--------|------------|-------------------------|
| Sports/Activity party       | £40.00 | Unstaffed  | £55 Staffed             |
| Bouncy Castle party         | £50.00 | Staffed    |                         |
| Bouncy Castle and soft play | £55.50 | Staffed    |                         |
| Trampoline                  | £55.50 | Staffed    | parent required to spot |
| Additional Member of staff  | £15.00 | For 1 hour |                         |

Parties are Bookable on Saturday & Sunday

From 11.00am - 1.00pm or 2.00pm - 4.00pm

Sports Hall for 1 hour & Youth Room for 1 Hour

Self Catering and Self Decorating

## Swimming - Aviemore Highland Resort

Free to All Inclusive Highlife Members