



31st October to 23rd December 2011

Mon	08:00 09:00	09:00 10:00	10:00 11:00	11:00 12:00	12:00 13:00	13:00	15:15	15:30	17:30	17:30 18:25	18:30	20:00	20:00 21:00				
	General Public	General Public Happy Hour	School Lessons	General Public	Fifty Plus	General Public		Swimming Lessons	General Public	Synchro Club N.D.A.S.C	Adults only						
Tues	07:30			11:00	11:00 12:00	12:00		15:15	15:30	17:30	17:30 18:30	18:30 19:30	19:30 20:30				
	General Public				Family Friendly General Public	General Public			Swimming Lessons	General Public	General Public Happy Hour	Aqua Fit					
Wed	08:00		10:00		10:00		12:00	12:00 13:00	13:00	15:15	15:30	17:30	17:30 18:25	18:30	19:55	20:00	21:00
	General Public		School Lessons		Closed Staff Training		General Public		Swimming Lessons	General Public	General Public N.D.A.S.C.		Ladies Only				
Thur	08:00 09:00	09:00 10:30		10:30 12:00		12:00 13:00		13:00	15:15	15:30	17:00	17:00 18:30	18:45 19:45	20:00	21:00		
	General Public	Aqua Aerobics 9 - 10 Post Aqua Natal Class 10 - 10.30		School Lessons		Family Friendly General Public		General Public		Swimming Lessons	General Public		Canoe Club	Laned Swimming			
Fri	08:00		10:00		10:00 11:00		11:00 12:00		12:00 13:00		13:00	15:45	16:00	19:55		20:00	21:00
	General Public		School Lessons		General Public		Fifty Plus		General Public		N.D.A.S.C.						Youth Activities S1-S6
Sat	09:00 10:00		10:00 11:00		11:00 12:00		12:00		13:55	14:00 14:55	15:00 15:55	16:00	18:00	Nairn Leisure Prices			
	Swimming Lessons		General Public		Family Friendly General Public		General Public		Aqua Run	General Public or Private Hire		Synchronised Swimming Club		Adult Swim £4.10 Swim Steam £4.10 Aqua Fit Class £4.10 Junior Prices £2.05 Student £2.05 Over 60 £2.05			
Sun	09:00 09:55		10:00		12:00		12:00 13:00		13:00 13:55	14:00 14:55	15:00 15:55	16:00 17:00					
	N.D.A.S.C		Synchronised Swimming Club		Fun Hour Floats		General Public		Aqua Run	General Public or Private Hire		General Public Happy Hour					

All activities free to all inclusive High-Life members Book Early to avoid Disappointment

Happy Hour - Activity 50p per person during the times stated.

Family Friendly - Enables you to bring up to 2 children under the age of 8 with 1 carer (16+), children must be kept within 2 metres of the adult and at the appropriate depth.

Private Hire - The swimming pool is available for private hire on Saturdays and Sundays from 15.00 - 16.00 and may be closed to the general public during this time. (Please Check pool availability for these hours on the day before coming for a swim).

Aqua Run - Participants must be able to tread water and swim one length of the pool comfortably. You may be asked to demonstrate this before participating.

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593

Nairn Leisure, Marine Road, Nairn IV12 4EA, Tel: 01667 453061

www.nairnleisure.co.uk