

<b>POOL</b>	
Adult Swim	£3.50
Junior Swim/Concession	£1.80
Sláinte Mhath Member	FREE

Pool hire by arrangement::  
Please contact Sports Centre Management.

<b>SWIMMING LESSONS</b>	
Adult	£60.00
Junior/Concession	£30.00
* Sláinte Mhath Member - First two sessions FREE per year of membership, thereafter 50% discount	

<b>SPA</b>	
Spa	£5.35
Spa Concession	£2.70
* Spa price includes a swim	

<b>SHOWER</b> (does not include towel)	
Shower	£1.05
Sláinte Mhath Member	FREE
Towel Hire	£1.60
Sláinte Mhath Member	£1.00

<b>FITNESS CENTRE</b>	
Gym Induction	£17.00
Gym Induction Concession	£8.50
Gym	£4.50
Concession	£2.25
Sláinte Mhath Member	FREE
Gym/Spa	£6.40
Gym/Spa Concession	£3.70
Sláinte Mhath Member	FREE

<b>DANCE STUDIO</b>	
Adult	£3.50
Junior/Concession	£1.80
Adult Group Hire	£18.20
Junior Group Hire	£9.10

Commercial hire rates are also available.  
Please ask at reception for further details.

<b>CLIMBING WALL</b>	
Climbing wall induction	£8.20
Adult	£4.50
Junior/Concession	£2.25
Sláinte Mhath Member	FREE
Group Instruction 1hr	£38.50
Group Instruction ½ hr (Including cost of instructor)	£19.25

Please note that you are required to undertake an induction unless you comply with specific criteria - please ask at reception for details.

<b>SOFT PLAY</b>	
Per Child	£1.70
Sláinte Mhath Member	FREE

<b>GAMES HALL/SQUASH COURTS</b>	
Adult	£3.50
Junior/Concession	£1.80
Sláinte Mhath Member	FREE

<b>GROUP HIRE</b>	
Whole Hall Adults	£74.50
Whole Hall Juniors/Concession	£37.25
½ Hall Adults	£37.25
½ Hall Juniors/Concession	£18.65

<b>ALL WEATHER PITCH</b>	
Whole Pitch Adults	£59.50
Whole Pitch Juniors/Concession	£29.75
½ Pitch Adults	£29.75
½ Pitch Juniors/Concession	£14.85

Please contact Sports Centre management for information on commercial hire rates.

Bookings can be made direct to the All Weather Pitch Reception. Please phone 01851 701589 after 5.00pm.

<b>RUNNING TRACK</b>	
Adults	£3.50
Junior/Concession	£1.80
Sláinte Mhath Members	FREE

Group hire rates available - please ask Reception for more details.

<b>MOTIV8</b>	
All Sláinte Mhath members - 50% discount.	

<b>SPORT &amp; HEALTH CLASSES</b>	
Adults	£4.80
Concession	£2.40
Sláinte Mhath Member	FREE

Racquet Hire	£1.60
Sláinte Mhath Member	FREE

**ISL INFORMATION**  
**CONCESSION RATES**  
Concession rates are available for all our activities - please ask Reception for prices and eligibility.

**PUBLIC SWIMMING/PUBLIC FUN SESSION**  
Children under the age of 8 MUST be accompanied by an adult at all times.

**FITNESS CENTRE**  
Age limit 16+: an induction is required before you can use the facility. Please contact Reception for more information.

**SPA**  
Age limit 16+.



Open Monday to Saturdays.  
'Out of hours' snacks, hot and cold drinks available.

**MON - FRI** 9.30am - 4.30pm  
**SATURDAY** 9.00am - 4.00pm

Telephone: 01851 822733



**OPENING HOURS**  
**MONDAY - FRIDAY**  
**8.00am - 10.00pm**

**SATURDAY**  
**9.00am - 8.00pm**

We welcome feedback from our customers - please ask to speak to myself or a Duty Officer at any time; or if you would like to complete a Comment Card, there are drop off points located around the building.

Many thanks,

Tony Wade  
Sports Facility Manager  
E-mail: [twade@cne-siar.gov.uk](mailto:twade@cne-siar.gov.uk)

For further information please contact:  
**Ionad Spòrs Leòdhais**  
**Springfield Road**  
**Stornoway**  
**Isle of Lewis**  
**HS1 2PZ**

Telephone: 01851 822800



# SLÀINTE MHATH!

*Unlimited use of all Comhairle sports facilities - only £15 per month for individuals and £20 for families! Ask for more details!*



**Timetable & Price List**  
**Mon 16th April - Fri 29th June**



Ionad Spòrs Leòdhais



**POOL  
PUBLIC SWIMMING**

**MONDAY**

8.00am - 4.00pm  
6.00pm - 8.00pm  
8.00pm - 9.45pm - Ladies Only

**TUESDAY, THURSDAY, FRIDAY**

8.00am - 9.45pm

**WEDNESDAY**

10.00am - 9.45pm

**SATURDAY**

9.00am - 2.45pm  
4.15pm - 7.45pm  
5.00pm - 6.00pm - Men Only (½ pool)

\* Pool is closed for STAFF training from 8am - 10am on Wednesdays. See Notice Board in Pool area for details of lane swimming times.

**FUN SESSIONS**

**SATURDAY**

3.00pm - 4.00pm

**PARENTS AND TODDLER SESSIONS**

**WEDNESDAY**

10.00am - 10.30am  
Tadpoles - Children aged 6 months up to 3 years

1.45pm - 2.30pm  
Ducklings - Children aged 3 years to pre-school

**CHILDREN'S SWIMMING LESSONS**

**TUESDAY, WEDNESDAY, THURSDAY**

4.00pm - 5.30pm

**SATURDAY**

9.15am - 10.45am

\*There will be limited access to the Pool at these times

**CANOE CLUB**

Thursday 7.30pm - 9.45pm

**Last Canoe Club Session 26th April**

**HEALTH SUITE**

**MONDAY**

10.45am - 8.00pm  
8.00pm - 9.45pm - Ladies Only

**TUESDAY - FRIDAY**

10.45am - 9.45pm

**SATURDAY**

10.45am - 5.00pm  
5.00pm - 6.00pm Men Only  
6.00pm - 7.45pm

**FITNESS CENTRE**

**MONDAY - FRIDAY**

8.00am - 10.00pm

**SATURDAY**

9.00am - 8.00pm

**DANCE STUDIO**

**MONDAY - FRIDAY**

8.00am - 10.00pm

**SATURDAY**

9.00am - 8.00pm

**CLIMBING WALL**

**MONDAY - FRIDAY**

8.00am - 10.00pm

**SATURDAY**

9.00am - 8.00pm

**SOFT PLAY**

**MONDAY - FRIDAY**

8.00am - 8.00pm

**SATURDAY**

9.00am - 8.00pm

**SQUASH**

**MONDAY - FRIDAY**

8.00am - 10.00pm

**SATURDAY**

9.00am - 8.00pm

**GAMES HALL**

**MONDAY - FRIDAY**

8.00am - 8.00pm

**SATURDAY**

9.00am - 8.00pm

**ALL WEATHER PITCH**

**MONDAY - THURSDAY**

5.00pm - 10.00pm

**SATURDAY**

10.00am - 5.00pm

**RUNNING TRACK**

**MONDAY - FRIDAY**

8.00am - 10.00pm

**SATURDAY**

10.00am - 5.00pm