



SLÀINTE MHATH!

*Unlimited use of all CNES sports facilities - only £18.75 per month for individuals and £25 for families!
Ask for more details!*



TIMETABLE & PRICE LIST Monday 15th April - Saturday 29th June 2019



Ionad Spòrs Leòdhais

COMHARLANN IAN EILEAN SIAR
SPORT & HEALTH



POOL	
Adult Swim	£4.40
Junior Swim/Concession	£2.20
Junior Fun Session	£2.80
Slàinte Mhath Member	FREE

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

SWIMMING LESSONS

Adult	£65.00
Junior/Concession	£32.50
* Slàinte Mhath Member - First two sessions FREE per year of membership, thereafter 50% discount	

SPA

Spa	£6.20
Spa Concession	£3.10
* Spa price includes a swim	

SHOWER (does not include towel)

Shower	£1.20
Slàinte Mhath Member	FREE
Towel Hire	£1.80
Slàinte Mhath Member	£1.10

FITNESS CENTRE

Gym programme	£21.00
Gym Induction	£21.00
Gym Induction Concession	£10.50
Gym	£5.40
Gym Concession	£2.70
Slàinte Mhath Member	FREE
Gym/Spa	£7.80
Gym/Spa Concession	£3.90
Slàinte Mhath Member	FREE

DANCE STUDIO

Adult	£4.40
Junior/Concession	£2.20
Adult Group Hire	£20.00
Junior Group Hire	£10.00

CLIMBING WALL

Climbing wall induction - Adult	£10.50
C W Induction Junior/Concession	£5.20
Adult	£5.40
Junior/Concession	£2.70
Slàinte Mhath Member	FREE
Group Instruction 1hr	£42.00
Group Instruction ½ hr	£21.00
(Including cost of instructor)	

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

SOFT PLAY

Per Child	£2.10
Slàinte Mhath Member	FREE

GAMES HALL/SQUASH COURTS

Adult	£4.20
Junior/Concession	£2.10
Slàinte Mhath Member	FREE

Racquet Hire	£1.70
Slàinte Mhath Member	FREE

GROUP HIRE

Whole Hall Adults	£80.00
Whole Hall Juniors/Concession	£40.00
½ Hall Adults	£40.00
½ Hall Juniors/Concession	£20.00

ALL WEATHER PITCH

Whole Pitch Adults	£62.00
Whole Pitch Juniors/Concession	£31.00
½ Pitch Adults	£31.00
½ Pitch Juniors/Concession	£15.50

Bookings can be made direct to the All Weather Pitch Reception. Please phone 01851 822786 after 5.00pm.

RUNNING TRACK

Adults	£4.20
Junior/Concession	£2.10
Slàinte Mhath Members	FREE
Adult Hire	£41.00
Junior Hire	£20.50

SPORT & HEALTH CLASSES

Adults	£5.20
Concession	£2.60
Slàinte 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+.



OPENING HOURS

MONDAY

7.15am - 10.00pm

TUESDAY

7.15am - 10.00pm

WEDNESDAY

8.00am - 10.00pm

THURSDAY

7.15am - 10.00pm

FRIDAY

7.15am - 10.00pm

SATURDAY

8.15am - 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 Facilities Service Manager

For further information please contact:

Ionad Spòrs Leòdhais
Springfield Road
Stornoway
Isle of Lewis
HS1 2PZ

Telephone: 01851 822800
Email: isladminteam@cne-siar.gov.uk

**POOL
PUBLIC SWIMMING**

MONDAY

7:15am - 4:00pm
6:00pm - 8:00pm
8:00pm - 9:45pm (Ladies Only)

TUESDAY

7.15am - 8.00pm
8:00pm - 9:45pm (Adults Only)

WEDNESDAY

10:00am - 9:45pm

THURSDAY

7:15am - 9:45pm

FRIDAY

7:15am - 9:45pm

SATURDAY

8:15am - 1:45pm,
3:15pm - 7:45pm,
5:00pm - 6:00pm - Men Only (½ pool)

See ISL Reception for details of lane swimming times.

FUN SESSION

SATURDAY

2:00pm - 3:00pm

***CHILDREN'S SWIMMING LESSONS**

MONDAY, TUESDAY, WEDNESDAY, THURSDAY

3:50pm - 5:40pm

FRIDAY

3:50pm - 5:00pm

SATURDAY

9:00am - 10:50am

***ADULT SWIMMING LESSONS**

TUESDAY

8:15pm - 9:15pm Drop-in-Sessions

***PARENT & TODDLER LESSONS**

WEDNESDAY

10:15am - 11:15am - Bookings Weekly

1:30pm - 2:30pm - Pre-school Swimming Lessons

THURSDAY

2:00pm - 2:30pm - Pre-school Swimming Lessons

***Prior bookings are required for Swimming Lessons**

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, TUESDAY, THURSDAY, FRIDAY

7:15am - 10:00pm

WEDNESDAY

8:00am - 10:00pm

SATURDAY

8:15am - 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

EXERCISE CLASSES

Please ask at Reception for details of our classes

SOFT PLAY

MONDAY - FRIDAY

8:00am - 10:00pm

SATURDAY

9:00am - 8:00pm

SQUASH

MONDAY - FRIDAY

8:00am - 10:00pm

SATURDAY

9:00am - 8:00pm

GAMES HALL

MONDAY - FRIDAY

8:00am - 10:00pm

SATURDAY

9:00am - 8:00pm

MINI SPORTS (0-5yrs)

MONDAY

10:00am - 11:00am

ALL WEATHER PITCH

MONDAY - THURSDAY

5:00pm - 10:00pm

SATURDAY

12:00pm - 5:00pm

RUNNING TRACK

MONDAY - FRIDAY

8:00am - 10:00pm

SATURDAY

9:00am - 8:00pm