



Do you want to **improve your health, keep your mind active AND have a good time?** If you do, then why not drop in to Dingwall Leisure Centre & Dingwall School Library for some

### **YOU TIME**

**Spinning/ OTAGO/ Gym/ Knitting/ Archives/ Music sessions/  
Family History/ Talks/ Cake Decorating/ Crafts/  
Language Taster Sessions/ Over 50's Aerobics.**

**YOU TIME** is a 2 year project that is split into 8 week programmes of events and activities designed **with you in mind.**

**YOU TIME** is free for all highlife 'all inclusive members'.

**Try something new, meet new people and have lots of fun.**

To book, please complete the booking form and return to:

**YOU TIME**, Dingwall Leisure Centre, Tulloch Avenue, Dingwall,  
IV15 9LH

For further information about High Life memberships, ask at your High Life Leisure Centre or Highland Library



**YOU**TIME  
MAKE TIME FOR YOU

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Dingwall Leisure Centre		Dingwall Library
<b>Aqua Aerobics</b> <b>1230-1315 hrs</b>	<b>Spinning Class</b> <b>0930-1015 hrs</b>	<b>Library</b> <b>10.00-11.00</b>
Gentle Aerobics class which is held at the shallow end of the swimming pool.  <b>Every Friday</b> <b>15th April—1st July</b>	Come along and try one of the most popular classes in the leisure centre.  <b>Every Tuesday</b> <b>12th April—28th June</b>	<b>Watercolour taster sessions</b> with Aidy Eaton Wednesdays 7 and 14 September  <b>Bach Flower Remedy</b> with Shenagh Leiper Wednesday 21 September  <b>Complementary Therapy</b> with Peta Gwyther Wednesday 29 September
<b>Fit Plus:</b> Gentle mobility exercises . <b>Every Friday,</b> <b>1100-1200hrs</b> <b>15th April—1st July</b>	<b>Otago</b> Is an evidence based, gentle exercise programme aimed at developing strength, balance and flexibility for older adults.  <b>Every Tuesday</b> <b>11:00-11:45am</b> <b>12th April—28th June</b>	<b>Crafts for Christmas</b> with Hilary Peters Tuesdays 1, 8, 15 and 22 November 10.00-12.00  <b>Wreath Making</b> with Susan Dudgeon Wednesday 7 December 10.00-12.00

### Prices List

Class	Adult	Over 60's	Budget	High Life all
Archives activities	£5.50	£2.75	50p	free
Library activities	£5.50	£2.75	50p	free
Aqua Aerobics	£5.50	£2.75	50p	free
Spinning,	£5.50	£2.75	50p	free

**To register please complete a booking form and return it to Dingwall Leisure Centre**