



YOU TIME

MAKE TIME FOR YOU

Prices For All Activities

Class	Adult	Over 60's	Budget	High life all inclusive
Archives activities	£5.50	£2.75	50p	free
Library activities	£5.50	£2.75	50p	free
Swimming sessions	£5.60	£2.80	50p	free
Gym sessions	£6.20	£3.10	50p	free
OTAGO and MOT'S	£5.50	£2.75	50p	free

To register, please complete a booking form, available from TRACC or Tain Library, and return to TRACC reception. For more information on Leisure Activities contact TRACC 01862 893767. For more information concerning the Library Activities, please contact 01862 892391.

The next YOU TIME session will run from 11th April–

1st July 2016



April 2016–
June 2016

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Improve your health, keep your mind active AND have a good time!
Leasaich do shlàinte, cùm d' inntinn beothail AGUS gabh tlachd às!

Leisure centres, libraries and archives offer a programme of physical and social activities and events designed with you in mind.

highlifehighland.com/you time



To book, contact TRACC on Tel 01862 893767 or Tain Library on Tel 01862 892391.



Tain Library Activities

Day	Time	Activity	Description
Saturday 7th and 14th May	14.00-15.30	Jewellery Making Workshop	An exciting opportunity to use simple materials to make some beautiful jewellery . Perfect gifts for yourself, your friends & family .
Saturday 21st May	15.00-16.30	Book Talk	Local author Jennifer Calder talks about her acclaimed Highland-set novel Skara Vhore, plus how to write your own way towards publication & critical success.
Saturday 28th May	14.30-15.30	Music Fundraiser	Howard Swindells – the well known ‘Singing Librarian’ – leads this lively fundraising afternoon. Fun for all the family .
Thursday 9th, 16th, 23rd, 30th June	10.00-12.00 14.00-16.00	Art Class	Water-based paints class for all abilities– beginners are very welcome . Plus advice on other mediums too. You can bring your own materials or purchase them from the tutor.

Dornoch Library Activity

Day	Time	Activity	Description
Tuesday 3rd, 10th, 17th May	15.30-17.30	Short Story Writing Class	Practical, hands on workshops about what makes short stories work...and some writing too! Everyone has a story in them, here’s an opportunity to get it out.

TRACC Activities

Day	Time	Activity	Description
Every Monday TRACC	11.00am—12.00pm	OTAGO	OTAGO is an exercise class aimed at the prevention of falls, injuries and the improvement of co-ordination amongst older people by working on increasing strength, balance and flexibility.
Every Tuesday	9.00am–9.45am	***no class 3rd May **	This class is suitable for all people, including those with medical conditions which may require gentle exercise and rehabilitation, whilst building up confidence at the same time.
Every Wednesday	11.30am—12.30pm	At Carnegie Hall	After the class we like to have a cup of tea and a chat.
Every Thursday	13.00pm-14.00pm	Water Circuits	Come and enjoy a relaxing swim in the warm pool. Or use the exercise cards provided to do your very own water circuits class.
Every Wednesday	11.30am-12.30pm	Pilates Level 1	Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture. Pilates is suitable for all.
Thursday 28th April, and 5,12,19 26th May	17.30am-18.15pm	Walking Football	Walking football enables older people to return to the nation’s favourite sport, albeit at a slightly slower pace to suit all fitness levels.