



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/ Creative Writing/
Family History/ Talks/ Digital Photography/ Local History/
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
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Dingwall Leisure Centre		Dingwall Library
Aqua Aerobics 1345-1445hrs	Spinning Class 0930-1015 hrs	Library & Archives
Gentle Aerobics class which is held at the shallow end of the swimming pool. Every Friday 9th Jan—3rd Apr	Come along and try one of the most popular classes in the leisure centre. Every Tuesday 6th Jan-31st Mar	Aromatherapy: 14th, 21st, 28th January Music taster Sessions: 4th, 18h, 25th February 4th March Etiquette in Different Countries: 11th February Nature talks: 11th & 18th March Cake Decorating: 25th March Every Wednesday 10.00-11.00hrs
50 + Keep Fit: Gentle mobility exercises for over 50's Every Friday, 1245-1330hrs 9th Jan—3rd Apr		

Prices List

Class	Adult	Over 60's	Budget	High Life all inclusive
Archives activities	£4.80	£2.40	50p	free
Library activities	£4.80	£2.40	50p	free
Aqua Aerobics	£4.80	£2.40	50p	free
Spinning & Over 50's	£4.80	£2.40	50p	free

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

The next "YOU TIME" programme will run from 13th April—5th June 2015