



YOUTIME
MAKE TIME FOR YOU

Prices for all the activities (per session)

Class	Adult	Over 60's	Budget	High Life all inclusive
Library activities	£5.50	£2.75	50p	Free
Aqua Aerobics	£5.60	£2.80	50p	Free
OTAGO	£5.50	£2.75	50p	Free

To register please complete a booking form and return to:

Invergordon Leisure Centre

For more information call or visit:

Invergordon Leisure Centre, 01349 853689

Invergordon Library, 01349 852698

INVERGORDON YOU TIME PROGRAMME

APRIL—JUNE 2016

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 Invergordon Leisure Centre or Invergordon Library for some **YOU TIME**.

Otago, Aqua aerobics, Quilling workshop, Advanced Knitting Techniques, Origami workshop, Tile Decorating & Dreamcatcher workshops are on offer.

YOU TIME is a programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

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

To book or for more information please contact:

Invergordon Leisure Centre, Academy Road, Invergordon, IV18 0LB. Tel: 01349 853689

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



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ORGANISED BY INVERGORDON LEISURE CENTRE

OTAGO: is an exercise class aimed to prevent falls, injuries and improve co-ordination amongst older people. Working on increasing strength, balance and flexibility. This class is also suitable for people with medical conditions which require gentle exercise and rehabilitation, while building up confidence at the same time. And why not stay for a natter and a cup coffee at the end of the class?

AQUA AEROBICS: A fun and enjoyable low impact water based exercise class for all abilities.

ORGANISED BY INVERGORDON LIBRARY

HAND STITCHED PATCHWORK WORKSHOP: Join Hilary Peters to learn hexagonal patchwork for beginners, no sewing machine required. Materials will be supplied.

QUILLING WORKSHOP: Back by popular demand. Rosie Paget will guide you through the art of quilling to make beautiful cards & pictures. Materials supplied

ORIGAMI WORKSHOP: Also back by popular demand, Rosie Paget will help you make simple, cheap and beautiful gift boxes. Materials supplied.

DREAMCATCHER WORKSHOP: Learn this fascinating skill with Rosie Paget to make gifts for friends and family. Materials supplied.

ADVANCED KNITTING TECHNIQUES: Let Hilary Peters refresh your knitting skills over there 2 workshops. She will be teaching how to knit Fair Isle & Cable patterns as well as circular knitting. Then why not join the Libraries Knit & Natter Group? Materials supplied.

TILE DECORATING: Paint a tile with Rosie Paget and take your finished creation home the next day—when its dry. Materials supplied.

Activity	Dates	Time	Venue
Hand Stitched Patchwork Workshop	Thur 21st April	2-4pm	Invergordon Library
Quilling Workshop	Thur 5th May	2-4pm	Invergordon Library
Origami Workshop	Thur 12th May	2-4pm	Invergordon Library
Dreamcatcher Workshop	Thur 26th May	2-4pm	Invergordon Library
Advanced Knitting Techniques (2 sessions)	Thursday 9th & 16th June	2-4pm	Invergordon Library
Tile Decorating	Thur 30th June	2-3pm	Invergordon Library
Otago	Tuesdays from 12th April Thursdays from 14th April	11.30-12.30pm	Invergordon Leisure Centre
Aqua Aerobics	Thursdays from 14th April	10-11am	Invergordon Leisure Centre