



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



YOUTIME
MAKE TIME FOR YOU

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Dingwall Leisure Centre		Dingwall Library
Aqua Aerobics 1230-1315 hrs	Spinning Class 0930-1015 hrs	Library 10.00-11.30 hrs
Gentle Aerobics class which is held at the shallow end of the swimming pool. Every Friday 8th Jan—25th Mar	Come along and try one of the most popular classes in the leisure centre. Every Tuesday 5h Jan—22nd March	Cake decorating for Valentine's day— with Jeni Hardy Wednesday 27th Jan & 3rd Feb. Jewellery making— with Gill MacLelland Thursday 18th & 25th Feb
Fit Plus: Gentle mobility exercises . Every Friday, 1100-1200hrs 8th Jan—25th Mar	Otago Is an evidence based, gentle exercise programme aimed at developing strength, balance and flexibility for older adults. Every Tuesday 11:00-11:45am 5h Jan—22nd March	Nature Talks— with M Hind Wednesday 2nd & 9th March Crafts for Easter— Wednesday 16th & 23rd March

Prices List

Class	Adult	Over 60's	Budget	High Life all
Archives activities	£5.20	£2.60	50p	free
Library activities	£5.20	£2.60	50p	free
Aqua Aerobics	£5.20	£2.60	50p	free
Spinning,	£5.20	£2.60	50p	free

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