YOUTIME
MAKE TIME FOR YOU

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

Dingwall Leisure Centre		Dingwall Library
Aqua Aerobics **1230-1315 hrs**	**Spinning Class** **0930-1015 hrs**	**Library**
Gentle Aerobics class which is held at the shallow end of the swimming pool. **Every Friday**	Come along and try one of the most popular classes in the leisure centre. **Every Tuesday**	**Knitting socks** with Hilary Peters Wednesday, 7, 14, 28 February & 7 March From 10.00-11.30 **Healthy/ Veggie cooking** with Hilary Peters Wednesday, 14 March From 10-11.30 **Chair Yoga** with Catherine Harry Wednesday, 21 March **Make your own essential oil creams** with Peta Gwyther Wednesday, 18 April **How to cheat at drawing** with A. Eaton Wednesday, 11, 25 April & 9 May **Mandolin** with Jeff and Ian Wednesday 6 & 23 May
Fit Plus: Gentle mobility exercises . **Every Friday,** **1100-1200hrs**	**Otago** Is an evidence based, gentle exercise programme aimed at developing strength, balance and flexibility for older adults. **Every Tuesday** **11:00-11:45am**	

Prices List

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
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 or Dingwall library