



YOU TIME

MAKE TIME FOR YOU

YOU TIME is a project that is split into quarterly 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.

Portree Community Library

For more information on the Library's events please contact Portree Community Library at
01478 614823

For booking information, please call the Fingal Centre on 01478 614819

Fingal Centre, Portree High School, Viewfield Road, Portree, IV51 9ET



2018 YOU TIME Nov-Dec

MAKE TIME FOR YOU

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/youtime

To book, contact the Fingal Centre, Portree High School, on Tel 01478 614819





May—July

YOUTIME
MAKE TIME FOR YOU

Active Classes-weekly classes starting on the dates below

Individually bookable activities at a cost of £6.10, £3.05 (60yrs+), £0.50 budget High Life card holders or FREE for High Life Highland All Inclusive members

Aquacise	Weekly sessions	Thursday	14:30-15:30	Fingal Centre Pool
Pilates	Weekly sessions	Friday	17:15-18:15	Fingal Centre Venue

Active Classes

Aquacise - keep fit class in the pool...fabulous fun!

Pilates - incredibly popular class aimed at improving balance, flexibility and core strength.

Portree Community Library Activities

Individually bookable activities at a cost of £6.10, £3.05(60yrs+), £0.50 budget High Life card holders or FREE for High Life Highland All Inclusive members.

Introduction to Fair Isle knitting. Basic knitting skills required.	28.11.18	Wednesday	1400-1530	Library
Introduction to Fair Isle knitting. Basic knitting skills required.	5.12.18	Wednesday	1400-1530	Library
Introduction to five needle knitting. Learn to make simple mittens or socks	12.12.18	Wednesday	1400-1530	Library
Introduction to five needle knitting. Learn to make simple mittens or socks	19.12.18	Wednesday	1400-1530	Library
Bring your own needles and yarn—some sock wool provided. For further information contact Portree Community Library				