



# YOUTIME

MAKE TIME FOR YOU

## Prices For All Activities

Class	Adult	Over 60's	Budget	High life all inclusive
Archives activities	£6.40	£3.20	50p	Free
Library activities	£6.40	£3.20	50p	Free
Swimming sessions	£6.50	£3.25	50p	Free
Gym sessions	£7.40	£3.70	50p	Free
OTAGO and MOT'S	£6.40	£3.20	50p	Free

To register, please complete a booking form, available from TRACC or Tain Library, and return to TRACC reception.

For more information on Leisure Activities contact TRACC 01862 893767. For more information concerning the Library Activities, please contact 01862 892391.

[www.highlifehighland.com/tracc](http://www.highlifehighland.com/tracc)

[www.facebook.com/traccleisure](http://www.facebook.com/traccleisure)



April 2019—  
July 2019

# YOUTIME

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](http://highlifehighland.com/youtime)



To book, contact TRACC on Tel 01862 893767 or Tain Library on Tel 01862 892391.



## Tain Library Activities

Day	Time	Activity	Description
<b>Tuesdays</b> Every Tuesday until 18th June	<b>10.00am-12.00pm</b>	<b>Creative Writing</b>	Author Clio Gray will set a writing task and provide inspiration and starting points for each session. You may write in long hand or book one of the library computers. At the end of the session, everyone is encouraged to share their work.  Refreshments are provided.
<b>Wednesdays</b> Every Wednesday until 26th June	<b>14.30pm-15.30pm</b>	<b>Seated Movement</b>	A gentle movement class which begins seated and progresses to standing. The class combines exercises to strengthen muscles, improve coordination and balance. Enjoy a cup of tea with us after.
<b>Thursdays</b> Every Thursday until 27th June	<b>10.30am-12.30pm</b>	<b>Upcycling Class</b>	Waste not, want not with our upcycling class! Learn skills in crafting and sewing to create new things and breath new life into old favourite items.  Refreshments are provided.
<b>Thursdays</b> Every Thursday until 27th June	<b>14.30pm-15.30pm</b>	<b>Poetry Session</b>	These sessions are dedicated to the joy of poetry. All are welcome!  Past class themes have included Burns, love, and birds.  Refreshments are provided.

## TRACC Activities

Day	Time	Activity	Description
<b>Monday</b> @ TRACC ----- <b>Wednesday</b> @ Carnegie Hall, Portmahomack ----- <b>Wednesday</b> @ TRACC ----- <b>Wednesday</b> @ Migdale	<b>10.45am-11.45am</b> ----- <b>11.30am-12.30pm</b> ----- <b>13.30pm-14.30pm</b> ----- <b>14.00-15.00</b>	<b>OTAGO</b>	OTAGO is an exercise class aimed at the prevention of falls, injuries and the improvement of co-ordination amongst older people by working on increasing strength, balance and flexibility.  This class is suitable for all people, including those with medical conditions which may require gentle exercise and rehabilitation, whilst building up confidence at the same time.  After the class we like to have a cup of tea and a chat.
<b>Monday</b> @ TRACC	<b>12.15-12.45pm</b>	<b>Adult Swim Lessons</b>	Whether you are a complete beginner or are just a little nervous having not been in the water for a while, our friendly swim instructors will encourage and reassure you.  It's never too late to learn to swim!
<b>Tuesday</b> @ TRACC	<b>11.00am-12.00pm</b>	<b>WaterWorks</b>	WaterWorks is an effective total body water workout where you are immersed in a fun environment and can choose your intensity level.  A WaterWorks class is FUN and WORKS!!
<b>Wednesday</b> @ TRACC	<b>11.00am-12.00pm</b>	<b>Pilates Level 1</b>	Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture.  Pilates is suitable for all.