



**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



**2019** **YOU TIME** **June-July**  
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 the Fingal Centre, Portree High School, on Tel 01478 614819



June—July 2019

**YOU**TIME  
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**Active Classes-weekly classes starting on the dates below**

Individually bookable activities at a cost of £6.40, £3.20(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 £6.40, £3.20(60yrs+), £0.50 budget High Life card holders or FREE for High Life Highland All Inclusive members.

<b>Italian for beginners</b> Italian language taster session 1	05.06.19	Wednesday	1100-1230	Library
<b>Italian for beginners</b> Italian language taster session 2	12.06.19	Wednesday	1100-1230	Library
<b>Italian for beginners</b> Italian language taster session 3	19.06.19	Wednesday	1100-1230	Library
<b>Italian for beginners</b> Italian language taster session 4	26.06.19	Wednesday	1100-1230	Library
<b>Italian for beginners</b> Italian language taster session 5	03.07.19	Wednesday	1100-1230	Library
<b>Italian for beginners</b> Italian language taster session 6	10.07.19	Wednesday	1100-1230	Library

For further information contact Portree Community Library  
01478 612 823