



YOU TIME
MAKE TIME FOR YOU

YOU TIME
MAKE TIME FOR YOU

Prices for all the activities (per session)

Class	Adult	Over 60's	Budget	High Life all inclusive
Senior Circuits	£6.40	£3.20	50p	Free
Aqua Aerobics	£6.50	£3.25	50p	Free

To register please complete a booking form and return to:

East Caithness Community Facility

For more information call or visit:

ECCF, 01955 609 709

ECCF YOU TIME PROGRAMME

July—October 2019

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 East Caithness Community Facility for some **YOU TIME**.

Aqua Aerobics, Senior Circuits, Outdoor walks, Clock making & Lamp making courses are on offer.

YOU TIME is a programme of physical and social activities and events designed with you in mind to keep you fit, flexible and fabulous.

Try something new , meet new people and have lots of fun.

To book or for more information please contact:

East Caithness Community Facility, Newton Road, Wick, KW1 5LT. Tel: 01955 609 709

For further information about High Life memberships, ask at your High Life Leisure Centre or Highland Library.



YOUTIME
MAKE TIME FOR YOU

YOUTIME
MAKE TIME FOR YOU

Activity	Dates	Time	Venue
Aqua Aerobics	Every Wednesday	10.00-10.45am	ECCF
Senior Circuits	Every Wednesday	2.30-3.15pm	ECCF

ORGANISED BY EAST CAITHNESS COMMUNITY FACILITY

AQUA AEROBICS: A fun and enjoyable low impact water based exercise class for all abilities.

SENIOR CIRCUITS: An exercise class led by an instructor where you will have the opportunity to work on strength, balance & flexibility. You can work at a pace and level that suits you and the instructor is always on hand to provide support.