



**YOU**TIME  
MAKE TIME FOR YOU

### Prices For All Activities

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

To register, please complete a booking form, available from Golspie Swimming Pool.

For more information on Leisure Activities contact SSPC 01408 633437.

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

[www.facebook.com/](https://www.facebook.com/)



August 19—  
October 19

**YOU**TIME  
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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 SSPC on Tel 01408 633437



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## Golspie Activities

Day	Activity	Time	Description
<b>Tuesday</b>	<b>Gym session</b>	<b>12.00-12.45</b>	A quiet time in the gym where you where there will always be someone around that can pop In and help.
	<b>Aqua Aero-bics</b>	<b>13.00-13.45</b>	Aqua aerobics is an effective total body water workout where you are immersed in a fun environment and can choose your intensity level. <b>Aqua aerobics is FUN and WORKS!!</b>
<b>Thursday</b>	<b>Walks</b>	<b>12.00-12.45</b>	Get some fresh air and enjoy a stroll around the village with one of our walk leaders.
	<b>Swim session</b>	<b>17.00-18.00</b>	