



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

www.facebook.com/traccleisure



September-
December 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



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



YOUTIME
MAKE TIME FOR YOU

Tain Library Activities

Day	Time	Activity	Description
Tuesdays Fortnightly September 10th, 24th October 8th, 22nd November 5th, 19th December 3rd, 17th	10.00am-12.00pm	Creative Writing	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.
Thursdays Weekly Every Thursday until December 12th	10.30am-12.30pm	Upcycling Class	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.
Thursdays Fortnightly September 19th October 3rd, 17th, 31st November 14th, 28th December 12th	14.30pm-15.30pm	Poetry Session	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 & Community Activities

Day	Time	Activity	Description
Monday @ TRACC	10.45am-11.45am	OTAGO	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.
Tuesday @ Migdale	11.30am-12.30pm		
Wednesday @ Carnegie Hall, Portmahomack	11.30am-12.30pm		
Wednesday @ TRACC	13.30pm-14.30pm		
Friday @ TRACC	11.00am-12.00pm		
Monday @ TRACC	10.00-10.30am	Adult Swim Lessons	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!
Tuesday @ TRACC	11.00am-12.00pm	WaterWorks	WaterWorks is an effective total body water workout where you can choose your intensity level. A WaterWorks class is FUN and WORKS!
Wednesday @ TRACC	11.00am-12.00pm	Pilates Level 1	Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture.