



YOU TIME
MAKE TIME FOR YOU

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 Dingwall Leisure Centre & Dingwall School Library for some

YOU TIME

**Spinning/ OTAGO/ Gym/ Knitting/ Archives/ Music sessions/
Family History/ Talks/ Cake Decorating/ Crafts/
Language Taster Sessions/ Over 50's Aerobics.**

YOU TIME is a 2 year project that is split into 8 week 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.

To book, please complete the booking form and return to:

YOU TIME, Dingwall Leisure Centre, Tulloch Avenue, Dingwall,
IV15 9LH

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



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Dingwall Leisure Centre		Dingwall Library
Aqua Aerobics 1230-1315 hrs	Spinning Class 0900-0945 hrs	Library
Gentle Aerobics class which is held at the shallow end of the swimming pool. Every Friday	Come along and try one of the most popular classes in the leisure centre. Every Tuesday	Cake Decorating Wednesday 4 September 10-11.30am Chair Yoga Wednesday 18 & 25 September and 2 October at 10-11am Family History for Beginners Wednesday 9 October at 10am
Fit Plus: Gentle mobility exercises . Every Tuesday, 1200-1300hrs	Otago Is an evidence based, gentle exercise Programme aimed at developing strength, balance and flexibility for older adults. Every Tuesday 11:00-11:45am Every Friday 11:00 – 12:00	Archives for Family History Wednesday 16 October at 10am Flower Crafts Wednesday 23 & 30 October at 10-11am Cross Stitch Cards Tuesday 5 Nov. at 10am Felt and Recycled Decorations Wednesday 13, 20, 27 Nov. at 10am Christmas Wreaths Wednesday 4 December at 10am

Prices List

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
Aqua Aerobics	£6.40	£3.20	50p	free
Spinning	£6.40	£3.20	50p	free

To register please complete a booking form and return it to Dingwall Leisure Centre or Dingwall library