



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



**YOU**TIME  
MAKE TIME FOR YOU

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Dingwall Leisure Centre		Dingwall Library
<b>Aqua Aerobics</b> 1230-1315 hrs	<b>Spinning Class</b> 0900-0945 hrs	<b>Library</b> 10.00am
Gentle Aerobics class which is held at the shallow end of the swimming pool.  <b>Every Friday</b>	Come along and try one of the most popular classes in the leisure centre.  <b>Every Tuesday</b>	<b>'Rag Wreaths'—Pat Waymouth</b> Wednesday 11 March  <b>'Floral Living Cards'—Pat Waymouth</b> Wednesday 18 March  <b>'Old Maps Online'—Susan Kruse</b> Wednesday 25 March  <b>'Landscapes in Watercolour'— Adrian Eaton</b> Tuesdays 14 & 21 April  <b>Family History workshops with Lori MacGregor</b> Wednesday 15 April: 'Family History: Beginning or Improving, your Research' Wednesday 22 April: 'Growing Your Tree- All About Sources' Wednesday 29 April: 'Filling in the Gaps- Breaking Brick walls' Wednesday 6 May: 'DNA Tests- Promises and Perils'
<b>Fit Plus:</b> Gentle mobility exercises . <b>Every Tuesday, 1200-1300hrs</b>	<b>Otago</b> Is an evidence based, gentle exercise Programme aimed at developing strength, balance and flexibility for older adults.  <b>Every Tuesday 11:00-11:45am</b>  <b>Every Friday 11:00 – 12:00</b>	

**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

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