

BLACK ISLE LEISURE CENTRE

NON HIGHLIFE ACTIVITIES



DAY	ACTIVITY	TIME	AGE	INFORMATION
MONDAY	Dance Class for Over 50's	11.00am - 12 noon	50+	Have fun, get fit, ease your aches & pains, express yourself. No experience necessary.
	Art Class	2.00 - 4.00pm	Adult	Informal Art class for all abilities and levels meets in the Dolphin Room to share their creative secrets.
	Senior Badminton Club	8.00 - 10.00 pm	Adult	Join us for friendly and challenging games.
TUESDAY	Tai Chi	11.00 - 12 noon	Adult	Improve balance and breathing, increase core strength and flexibility, maximum benefit with minimum effort.
	Kempo	6.00 - 8.00pm	Junior & Adult	Martial art made up of various kicks, punches, throws and locks. Effective self defence.
	Young School of Dance	5.15 - 6.00pm	3 - 15 years	Come along and learn all types of dance - Disco Dancing, Cheer leading, Rock & Roll, Slow Dance
WEDNESDAY	Zumba Gold (Fortrose Town Hall)	10.00 - 11.00am	50+	The lower impact, easy to follow Latin inspired dance fitness party that keeps you in the groove of life.
	Kuk Sool Won	6.00 - 8.00pm	Junior & Adult	Martial art where you will learn self discipline, self confidence, self defence and have lots of fun.
	Junior Badminton Club	7.00 - 8.00pm	S1 - S6	Come along to learn new moves and skills.
	Senior Badminton Club	8.00 - 10.00pm	Adults	Join us for friendly and challenging games.
FRIDAY	Dance in Action	3.45 - 4.25pm 4.30 - 5.25pm 5.30 - 6.25pm	3 - 5 years 5 - 8 years 9 - 14 years	Learn ballet/tap/boogie/tap/jazz and street dancing with these fun classes.
SATURDAY	Yellow Dog	10.00am - 1.00pm	5 -15 years	Local educational theatre company. Teaches children about theatre, team building and performance.

For further information and dates on any of the above activities please contact reception.
These activities are not included in your highlife membership.

*** PLEASE CHECK WITH RECEPTION FOR CHANGES DURING SCHOOL HOLIDAYS ***

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EXTERNAL COACHES PORT FOLIO



<u>GROUP/CLASS</u>	<u>CONTACT PERSON</u>	<u>CONTACT NUMBER</u>
ART CLASS	BILC reception	01381 621252
TAI CHI	Chris Saddler	01463 224950
KEMPO	Gregory Gavin	07814 376089
YOUNG SCHOOL OF DANCE	Donna Young	07770 923871
KUK SOOL WON	Ian Cameron	01456 486476
YELLOW DOG	Scott McKellar	01381 621102
FORTROSE BADMINTON CLUB	Secretary	01463 725203
DANCE CLASS FOR 50+	Kate Bevan-Baker	01381 620936
ZUMBA GOLD	Fiona McKay	07801 812318
DANCE IN ACTION	Ashleigh Toshack	07515 532900