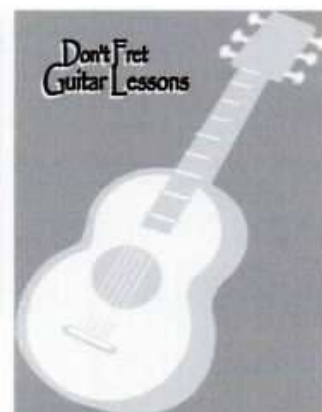
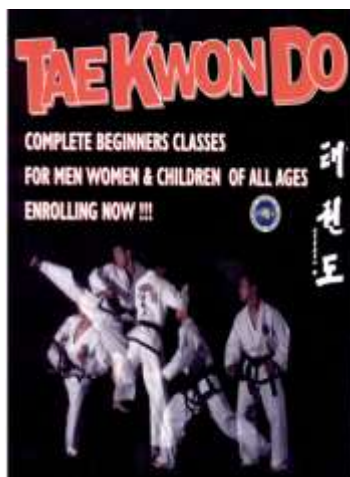
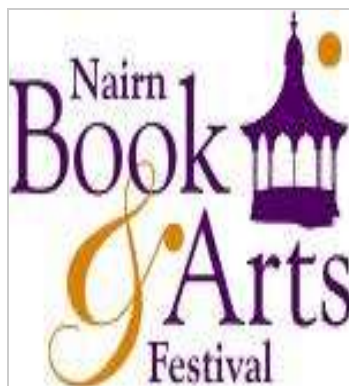
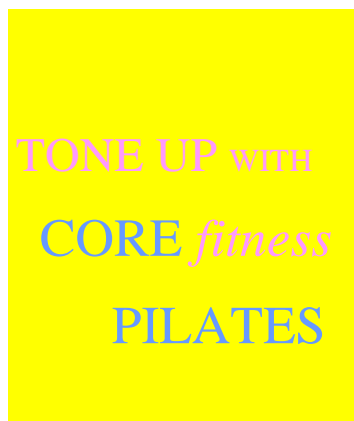


# ACTIVITIES PROGRAMME



Telephone - (01667) 453476

E-mail - [info@nairncc.co.uk](mailto:info@nairncc.co.uk)

[www.nairncommunitycentre.co.uk](http://www.nairncommunitycentre.co.uk)

ACTIVITY / CLASS	DAY	TIME	GENERAL INFORMATION
* Tai Chi	Monday	10.30-12.30pm	New Beginners Class 27 Sep 2010
* Croileagan Gaelic Playgroup	Mon-Fri	9.25-11.55am	Pre-school education (2½- 5 years old)
* Zumba	Mon & Thu	9.30-10.30am	Contact Katy Squirrell on 07541999894
* Weight Watchers	Monday	12.30-2.00pm	Express meeting
* Senior Citizen Lunch Club	Mon & Thu	Lunch served 12.30pm	Lunch, social afternoons, outings
* Sansum Black Belt Academy Contact Murdo on 07590 073516	Monday	4.00-4.45pm 5.00-5.45pm 6.00-6.45pm	Little Ninjas (5-7 years) Terriers ( 7-12 years) Teenagers & Adults
* Pilates	Monday	5.50-6.50pm	Contact Dawn on (01309) 671568 or 07979 477411
Intermediate	Monday	7.00-8.00pm	
Beginners	Tuesday		
Beginners	Tuesday	10.15-11.15am	
Intermediate	Thursday	10.15-11.15am	
* Nairn Cardioactive Group	Monday	7.00-8.00pm	Gentle exercise with qualified physio
* Bonus Club	Monday	7.00-9.00pm	Club for young adults with learning difficulties
	School term		
* Cross Stitch	Monday	7.30-9.00pm	All welcome
* Nairn & District Gardening Club	Thursday	7.30-9.30pm	(Mar-Dec, 2 <sup>nd</sup> Thursday)
* Nairn Spinning Circle	2nd & last Mon Sep- Apr	7.30-10.00pm	Learn to spin cotton, silk, wool, etc
* Nairn Knitting Group	Tuesday Sep-Apr	10.00-12.00pm	1st and 3rd Tuesday in month
* Nairn Gaelic Toddler Group	Tue & Fri	9.15-11.15am	Babies & Toddlers (0-3 years, all welcome)
* Careers Scotland	Tuesday	9.15-4.00pm Closed for lunch 12.30-1.30pm	Drop in or appointment All ages
* Scottish Slimmers	Tuesday	5.30-6.15pm	Contact 0800 362636
* Yoga	Tuesday	5.15-8.00pm	Waiting list. Please contact the Centre
* Colbre Dog Training Classes	Tuesday	6.00-9.00pm	Tel (01667) 462441
* Social Dance	Tuesday	7.30-10.00pm	Experienced Dancers
* Nairn Camera Club	Tuesday	7.30-9.30pm	Sep-Apr
* Sing and Sign for Babies!	Wednesday	10.00-11.00am	Contact Eilidh Smith on (01862) 842979
* Indoor Athletics	Wednesday	3.30-4.30pm	P1-P3 School Term
* Tae Kwan Do	Wednesday	6.00-9.00pm	"Fighting Fitness"
	Sunday	5.30-8.30pm	Martial Arts for All AGES
* University of the Third Age (U3A)	Wednesday Fortnightly	2.00-4.00pm	Programme of Talks Oct-Jun
* Highland Rock Garden Club	Wednesday	7.00-9.30pm	2nd Wednesday of the month (Oct-Apr)
* Yellow Dog Theatre Co	Wednesday	6.20-7.20pm	5-7 years 8-11 years 12-15 years
			For info tel Scott on (01381) 629153
* Nairn Sewing Group	Wednesday	10.00am-12.00pm	Sep-Mar
* Royal Scottish Country Dancing Society	Thursday	7.30-9.30pm	September to March
* Over 50's Fitness Class	Thursday	2.00-3.00pm	All Welcome
* Cheerleading	Thursday	3.30-4.30pm 4.30-5.30pm	P1-P3 School Term P4-P7 School Term
* Deaf Care	Thursday	2.00-3.00pm	Battery Replacement, etc
* Nairn Beavers	Thursday	6.00-7.30pm	School Term
* Lace Group	Thursday	7.00-9.30pm	Self help group for bobbin or needle lace makers
* Patchwork & Quilting Group	Thursday	7.00-9.30pm	Sep to Easter

* <b>Zumba Fitness</b> Latin inspired, easy to follow, calorie burning!	Friday	Term Time 10.00–11.00am	Contact Dionne on (01667) 451757 All welcome
* <b>Don't Fret Guitar Lesson</b>	Saturday	9.00-12.30pm	Acoustic/electric group lessons All levels & styles – contact (01667) 462398
* <b>Nairn Baptist Church</b>	Sunday	Service 11.00am	Tel (01667) 459672

**For further details of the above activities please contact  
phone number where supplied, otherwise contact  
Nairn Community & Arts Centre**

**Details of shows, concerts etc can be found on our web site**

**WE WOULD WELCOME ANY IDEAS FOR  
CLASSES OR ACTIVITIES YOU WOULD  
LIKE TO SEE IN THE CENTRE**



**Nairn Community & Arts Centre**

King Street  
NAIRN  
IV12 4BQ

Ch. No. SC026041

Co. No. 172235

## EXCELLENT MEETING, TRAINING & CONFERENCE FACILITIES

ROOMS AVAILABLE FOR:  
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ARTS VENUE WITH SEATING FOR UP TO 300  
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For details and prices contact 01667 453476  
CATERING CAN BE ARRANGED

## YOUTH CAFÉ



Available 3 nights a week for young people of all ages.

We provide activities, including sports events,  
PS3 games competitions,  
COMPUTERS, PLASMA SCREEN ETC

OPEN WEDNESDAY 7- 9PM S1 – S3

FRIDAY & SATURDAY 7-11PM S3 - S6

COME & MEET FRIENDS

STAFFED BY  
HIGHLAND COUNCIL YOUTH WORKERS & VOLUNTEERS