



ALTENS COMMUNITY CENTRE
Strathburn Street, Altens,
Aberdeen, AB12 3SE
Phone/Fax: (01224) 896798
e-mail: altenscc@gmail.com

The Centre is a Registered Charity and run by a Board of volunteer Trustees.

Altens Community Centre Programme

Monday

9.00 - 12.00 pm **Footstars**
9.20 - 11.15am **Big Fishies Playgroup**
for kids from 2½ – 5 years
9.20 - 11.15am **Little Fishies Group**
Children from 22 months – 3years
1.00 - 4.00pm **Indoor Bowling**
6.00 - 6.30pm **Metafit Fitness Class**
contact Scott 07837 568607 or Bookings
www.facebook.com/scottliawriegrupex
6.30 - 7.30 pm **Wing Tsjun Martial Arts**
(contact Sanday 07808 535365)

Tuesday

9.20 - 11.15am **Big Fishies Playgroup**
Playgroup for kids from 2½ – 5years
9.20 - 11.15am **Little Fishies Group**
Children from 22 months – 3years
10.00 - 12 noon **Badminton**
12.00 - 1.00pm **Weight-Watchers**
(contact Irene 07967 00084)
2.00 - 4.00pm **Tuesday Club Social**
Group open to all
3.45 - 4.45pm **Children's Craft/Drama**
for Primary School Age Children
(contact Derek 07949 973388)
6.00 - 9.00pm **Tanya Maitland School of Dance**
(contact Tanya 01224 877805)
7.00 - 8.30pm **Guided Meditation**
(contact Nicola 01224 899741)

Wednesday

9.20 - 11.15am **Big Fishies Playgroup**
Playgroup for kids from 2½ – 5years
9.20 - 11.15am **Little Fishies Group**
Children from 22 months – 3years
11.30 - 12.30pm **Cheekie Charlie's Session**
(contact Jill on 07707 335787)
4.00 - 5.00pm **Indoor Basketball 7-12 years**
(interest being taken for 13-16 year olds also)
6.00 - 7.00pm **Cheerleaders**
(contact Fiona 01224 897034)
7.00 - 8.00pm **Wing Tsjun Martial Arts**
(contact Sanday 07808 535365)
8.00 - 9.00pm **Boxing Fitness Class**

Thursday

9.20 - 11.15am **Big Fishies Playgroup**
for kids from 2½ – 5 years
9.20 - 11.15am **Little Fishies Group**
Children from 22 months – 3years
10.30 - 11.30am **Altens Health Walk**,
short, gentle walks for 1-2 miles to get you moving.
11.30 - 12.00pm **Alison McLeod After School Football**
(for kids 3 - preschool age)
(contact Alison 07824 631221)
1.00 - 3.00pm **Mother & Toddlers**
1.00 - 3.00pm **50+ Bingo**
5.30 - 9.00pm **Tanya Maitland School of Dance**
(contact Tanya 01224 877805)
7.30 - 9.30pm **Bingo**

Friday

9.20 - 11.15am **Big Fishies Playgroup**

Playgroup for kids from 2½ – 5 years

9.20 - 11.15am **Little Fishies Group**

Children from 22 months – 3years

9.45 - 10.30am **Zumba Fitness**

(contact Alison 01224 878412)

11.30 - 12.30pm **Zumbini Mothers and**

Toddlers age 0-3

(contact Siobhan 07791 865173)

12.00 - 2pm **Internet Cafe**

1.30 - 3.00 pm **Cove Seniors Monthly**

Gathering

(contact Frances Penny 01224 890119)

3.10 - 8.15pm **Miss Forrest School of**

Dance

(contact Joyce 01224 745202)

Saturday

9.30 - 2.15pm **Tanya Maitland School**

of Dance

(contact Tanya 01224 877805)

Sunday

10.30 - 1.30pm **Tai Chi Academy**

1.30 - 2.30pm **Cheerleaders**

6.30 - 7.30pm **Guitar Lessons**

(contact Keith 07815 942701)

Altens Community Centre

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e-mail: altenscc@gmail.com

Join Altens Community Centre

Adult £8, Concession/Child £4, Family £12

and enjoy many of the groups at reduced rates, this includes hire of the hall for Children's and Adults' parties on

***Saturday and Sunday afternoons and evenings,
and some weekday evenings.***

- **Fishies still have spaces for new intake and you are welcome to come and pick up an application form or for an informal chat, contact Sonia on 07756 093114 or the Centre on 01224 896798.**

Scottish Theatre & Music School

Cove Drama Classes

Come along and take part in one of Scotland's leading theatre schools.

We teach acting, stage craft, role play and storytelling
in classes that are fun and age related.

Suitable for 8-12yrs.

Classes every Tuesday (school term only) at Altens Community Centre.

3.45-4.45pm. £65 per 10 weeks term.

**For more info, please contact Derek on 07949973388
or Altens Community Centre office on 01224896798**