



ALTENS COMMUNITY CENTRE  
Strathburn Street, Altens,  
Aberdeen, AB12 3SE  
Phone/Fax: (01224) 896798  
e-mail: [altenscc@gmail.com](mailto: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 2-5 years**  
(Contact Murray 01224 932254)
- 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**
- 4.00 - 5.45 pm **Footstars Afterschool Football 5-7 years**  
(Contact Murray 01224 932254)
- 6.00 - 6.30pm **Metafit Fitness Class**  
contact Paul 07825 006426
- 6.30 - 8.15pm **Highland Dance Class**
- 8.00 - 9.00 pm **Burlexercise Fitness Class**  
(Contact Emma 07737 1520220)

### 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 - 1.30pm **Weight-Watchers**  
(contact Irene 07967 00084)
- 1.30 - 2.15pm **Zumba Gold**  
(For the young at heart)
- 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)
- 6.30 - 8.30pm **Altens Archery Club (at the football field. Contact the Centre**

- 6.30 - 7.30pm **Altens Lego Club**
- 6.00 - 9.00pm **Tanya Maitland School of Dance** (contact Tanya 01224 877805)
- 6.30 - 7.30pm **Wing Tsjun Martial Arts**  
(contact Sanday 07808 535365)

### 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
- 9.30 - 11.00am **Mother & Toddler Group**
- 1.00 - 3:00pm **Open Craft Session**  
(Bring your own craft)
- 2.00 - 4.00pm **Family History (Upstairs)**
- 4.00 - 5.00pm **Indoor Basketball 7-12 years (interest being taken for 13-16 year olds also)** (contact 01224 896798)
- 6.00 - 7.00pm **Cheerleaders**  
(contact Fiona 01224 897034)
- 6.00 - 8.00pm **Awesome Paws Class**
- 7.00 - 8.00pm **Wing Tsjun Martial Arts** (contact Sanday 07808 535365)
- 8.00 - 9.00pm **Boxing Fitness Class**  
(enquiries: [www.bookwhen.com/mgstudio](http://www.bookwhen.com/mgstudio))

### 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**
- 1.00 - 3.00pm **50+ Bingo**

5.15 - 9.00pm **Tanya Maitland School of Dance** (contact Tanya 01224 877805)

6.00 - 8.00pm **Weightwatchers**

7.30 - 9.30pm **Bingo**

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### **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

9.30 - 10.30am **Zumba Fitness**

(contact Alison 01224 878412)

3.00 - 8.00pm **Miss Forrest School of Dance**

(contact Joyce 01224 745202)

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8.00 - 10.00pm **Altens Youth Club**

(Primary 7 and above)

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### **Saturday**

9.30 - 2.15pm **Tanya Maitland School of Dance**

(contact Tanya 01224 877805)

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### **Sunday**

10.00 - 1.30pm **Tai Chi Academy**

1.30 - 4.30pm **Cheerleaders**

6.30 - 7.30pm **Guitar Lessons**

(contact Keith 07815 942701)

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#### ***Community Food Initiative North East***

***(CFINE) every Thursday***

selling fresh fruits & vegetables

11am - 3:30pm

at the Community Centre

also the fish monger 1pm - 2pm

#### **The Open Craft Class**

**Wednesday**

**1.00pm - 3pm**

is still open

to new members

and ideas

All welcome!

**Robotics LEGO session and  
basketball tournament starting  
after the school holidays**

#### ***Hot meals***

***lovely home bakes and meal deals***

available at the Altens Coffee Shop

weekdays 9.00 - 5.30pm

#### **Big and Little Fishies**

**Monday to Friday during term time**

**from 9:20am – 11:15am**

If you would like your child to attend our groups, please phone **01224 896798**, or pop in for a chat with Sonia. Fishies playgroup also have a safe playground exclusively for pre-school kids. **SPACES AVAILABLE**

**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.**

**Meeting/Training Room available for hire**

**(Fully refurbished and equipped with state of the art interactive smartboard/projector system)**