



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 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 22 months – 3years

1.00 – 4.00pm **Indoor Bowling**

4.00 – 5.00 pm **Footstars Afterschool**
Football 5–7 years

6.00 – 6.30pm **Metafit Fitness Class**
contact Scott 07837 568607 for Bookings

www.facebook.com/scottlawriegroupex

6.30 – 7.30pm **Wing Tsjun Martial Arts**
contact Sanday 07808 535365

TUESDAY

9.20 – 11.15am **Big Fishies Playgroup**
kids from 2½ – 5years

9.20 – 11.15am **Little Fishies Group**
Children 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

6.30 – 8.30pm **Altens Archery Club** (at the
football field) contact 01224 896798

7.00 – 8.30pm **Guided Meditation**
contact Nicola 01224 899741

WEDNESDAY

9.20 – 11.15am **Big Fishies Playgroup**
for kids from 2½ – 5years

9.20 – 11.15am **Little Fishies Group**
Children from 22 months – 3years

4.00 – 5.00pm **Indoor Basketball 7–12**
years (interest being taken for 13-16 year olds)
contact 01224 896798

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**
enquiries: 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 **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**
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

1.30 – 3.00 pm **Cove Seniors**
1st Friday of the month

contact Frances Penny 01224 890119

3.00 – 8.00pm **Miss Forrest School of Dance**
contact Joyce 01224 745202

8.00 – 10.00pm **Altens Youth Club**
(Primary 7 and above)

SATURDAY

9.30 – 2.15pm **Tanya Maitland School of Dance**
contact Tanya 01224 877805

12.00 – 1.00 **Chi Kung Class**

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 Phone/Fax: (01224) 896798 e-mail: altenscc@gmail.com

COMING SOON

- Fishies Nostalgia Fashion Show 10th October 7.30pm
- Vintage Tea Event 24th October 2 pm
- International Cultural Day 21st November 2015
- Family History Session (starting early winter 2015)
- A Table tennis club is starting

Please contact the Centre for more details 01224 896798.

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.

Big and Little fishies are open Monday to Friday during term time from 9.20am – 11.15am. We still have **some spaces available after the summer holidays**, so if you would like your child to attend our groups, please get in touch by phoning **01224 896798**, or pop in for a chat with Sonia, when you can have a look around our playrooms and pick up an application form. Fishies playgroup also do have a safe playground exclusively for pre-school kids.

Altens & Cove Community Association in conjunction with Act-Aberdeen can offer it's members who are aged 12-18 Free Drama sessions. **Two terms of Drama**

sessions at a value of £160 can be yours for free – You will have to be a member of Altens Community Centre and should note your interest by contacting the **Manager on 01224 896798**. The sessions will be held **Saturdays 3.30pm – 5.30pm** at **ACT Aberdeen, 33 King Street, AB24 5AA**. A very easy selection process will be held at **Altens CC, Strathburn Street, AB12 3SE** sometime in August/September 2015.

If you're enthusiastic and have a bit of sparkle then get your name and contact details added to the list. Once the date for selection is known we'll be in touch.