



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



Welcome to Altens Community Centre!

ALTENS COMMUNITY
CENTRE



PRESENTS

TAI CHI
FOR ABSOLUTE BEGINNERS

FRIDAYS 12.30 TO 13.30

Here is your chance to start at the
very beginning!

Contact Brian Allan 248745

*We wish all our Members and the
Community a Merry Christmas and
a Happy New Year!*

**Opening and Closing Times
over the Festive Period**

**Close: Friday, December 23rd 2011
Reopen: Monday, January 9th 2012**

**Caretaker Required
at Altens Community Centre**

Flexible Hours

For further details please contact
the Centre Office

Tel. No: 01224 896798

**Closing date
Friday 20th January 2012**

**Join Altens Community Centre
Adult £8, Concession/Child £4,
Family £12**

**and enjoy many of the
groups at reduced rates,
including hire of the hall for
Children's and Adults' parties.**

Altens Community Centre Programme

Badminton

Tuesday 10.00 - 12 noon

50+ Bingo

Thursday 1.00 - 3.00pm

Bingo

Thursday 7.30 - 9.30pm

Bonnyfit Keep Fit classes

Monday 9.30 - 10.30am

Wednesday 9.30 - 10.30am

Cheerleaders

Wednesday 6.00 - 7.00pm

Family & Local History

Tuesday Evenings – 7.30pm - 9.30 pm

Run by Margaret Vieira

Fishies 2'S Group

Children from 22 months – 3years

Monday, Tuesday, Wednesday and Friday

Mornings from 9.20 - 11.15am

Guitar Lessons

Sundays from 6.30 - 8.45pm

Hip-Hop for boys 4-8year olds

Thursday 4.45 - 6.00pm

Indoor Bowling

Mondays 1 - 4pm

Keep Fit

Tuesday - Lunchtime Adult Keep Fit

40+ age group especially welcome

12.30 - 1.30pm

Line Dancing

Monday – Beginners 6.00 -7.00pm

Monday – Advanced 7.00 - 8.00pm

Miss Forest School of Dance

Fridays from 3.00 - 8.00pm

Pebbles Playgroup

Monday - Friday 9.10 - 11.40am

Playgroup for kids from 2.5 years – 5

Rising 5's

Monday and Wednesdays 12.50 - 2.50pm

Fun play sessions for pre-school kids

Rhythm Kids®

Starts October 2011

Mondays 1.15 - 2.45pm

Scottish Slimmers

Thursday Evening 7.00 - 8.30pm

Tanya Maitland School of Dance

Tuesday – 5.30 - 9.00pm

Thursday – 6.00 - 9.00pm

Saturday – 9.30 - 3.15pm

Taxi School

Monday & Wednesday 7.00 - 9.00pm

Tai Chi

Friday 12.30 - 1.30pm

Tuesday Club

Open to all members of the community for social company (in conjunction with Alzheimer Scotland)

Tuesday 2.00 - 4.00pm

Weight-Watchers

Tuesday 12.00 - 1.00pm

Zumba Fitness

Fridays from 9.45 - 10.45am

What type of kids' groups you would like to see being run at the Centre?

Do you have any ideas or suggestions?

Do you have experience or expertise that you could bring to the Community Centre?

Altens Community Centre

is run by a volunteer Management Committee (01224 896798)