



ALTENS COMMUNITY CENTRE  
Strathburn Street, Altens,  
Aberdeen, AB12 3SE  
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*The Centre is a Registered Charity and run by a Board of volunteer Trustees.*

## Altens Community Centre Programme

### Monday

9.20 - 11.15am **Big Fishies Playgroup**  
for kids from 2½ - 5 years  
9.20 - 11.15am **Little Fishies 2'S Group**  
Children from 22 months - 3years  
1.00 - 4.00pm **Indoor Bowling**  
6.00 - 6.30pm **Metafit Fitness Class**  
6.30 - 7.30 pm **Wing Tsjun Martial Arts**

### Tuesday

9.20 - 11.15am **Big Fishies Playgroup**  
Playgroup for kids from 2½ - 5years  
9.20 - 11.15am **Little Fishies 2'S Group**  
Children from 22 months - 3years  
10.00 - 12 noon **Badminton**  
12.00 - 1.00pm **Weight-Watchers**  
2.00 - 4.00pm **Tuesday Club Social**  
Group open to all  
3.45 - 4.45pm **Children's Craft/Drama**  
for Primary School Age Children  
6.00 - 9.00pm **Tanya Maitland School  
of Dance**  
7.00 - 8.30pm **Guided Meditation**

### Wednesday

9.20 - 11.15am **Big Fishies Playgroup**  
Playgroup for kids from 2½ - 5years  
9.20 - 11.15am **Little Fishies 2'S Group**  
Children from 22 months - 3years  
11.30 - 12.30pm **Cheekie Charlie's Session**  
4.00 - 5.00pm **Indoor Basketball 7-12yrs**  
(Interest being taken for 13-16 years also)  
6.00 - 7.00pm **Cheerleaders**  
7.00 - 8.00pm **Wing Tsjun Martial Arts**  
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 2'S Group**  
Children from 22 months - 3years  
10.45 - 11.45am **Altens Health Walk,**  
short, gentle walks for 1-2 miles to get you  
moving.  
1.00 - 3.00pm **Mother & Toddlers**  
1.00 - 3.00pm **50+ Bingo**  
5.30 - 9.00pm **Tanya Maitland School  
of Dance**  
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 2'S Group**  
Children from 22 months - 3years  
9.45 - 10.30am **Zumba Fitness**  
11.30 - 12.30pm **Zumbini Mothers and  
Toddlers age 0-3**  
12.00 - 2pm **Internet Cafe**  
1.30 - 3.00 pm **Cove Seniors Gathering**  
Monthly - contact Frances Penny 890119  
3.10 - 8.15pm **Miss Forest Sch of Dance**

### Saturday

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

### Sunday

10.30 - 1.30pm **Tai Chi Academy**  
1.30 - 2.30pm **Cheerleaders**  
6.30 - 7.30pm **Advanced Guitar Lessons**