



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 from 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 - 7.30 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)
(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**
- 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)

3.00 - 8.00pm **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)

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.

Starting soon

Family History sessions for beginners and those already addicted!

Please contact the Centre for more details 01224 896798.

Big Fishies and Little Fishies Playgroups

Big Fishies and little Fishies Playgroups have had a very busy start since we opened our doors last August.

Little Fishies caters for children aged 22 months - 2 ½ years, after which they can “graduate” upstairs to Big Fishies until the time comes when they move on to nursery or school.

Our playgroups aim to provide a welcoming and friendly atmosphere, where children can have fun, try new things and make new friends, while learning through play. Our qualified staff are all mums themselves and have lots of experience.

Big Fishies and Little Fishies are **open Monday- Friday during term time from 9.20am - 11.15am. We will 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 us on **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.