



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 Scott 07837 568607 for Bookings  
[www.facebook.com/scottlawriergroupex](http://www.facebook.com/scottlawriergroupex)
- 6.30 - 8.15pm **Highland Dance Class**
- 8.00 - 9.00 pm **Burzercise 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**

3.00 - 8.00pm **Miss Forrest School of Dance** (contact Joyce 01224 745202)  
8.00 - 10.00pm **Altens Youth Club** (Primary 7 and above)

### 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)  
1.30 - 3.00 pm **Cove Seniors 1st Friday of the month**  
(contact Frances Penny 01224 890118)

### Saturday

9.30 - 2.15pm **Tanya Maitland School of Dance**  
(contact Tanya 01224 877805)

### Sunday

10.00 - 1.30pm **Tai Chi Academy**  
1.30 - 4.30pm **Cheerleaders**  
6.30 - 7.30pm **Guitar Lessons**  
(contact Keith 07815 942701)

**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

**Annual Volunteers' Award and Social Night**  
Saturday 25th June, 2016  
from 7:30. Buffet; Drinks (BYOB)  
Dance (Music by Unique Disco)  
*Free entry for all volunteers!*

**Hot meals**  
**lovely home bakes and meal deals**  
available at the Altens Coffee Shop  
weekdays 9.00 - 5.30pm

### Annual General Meeting

**5th July 7pm**

**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)**