



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**
(Contact Murray 01224 932254)
- 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
- 9.30 - 11.00am **Mother & Toddler Group**
- 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**
- 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
9.30 - 10.30am **Zumba Fitness**
(contact Alison 01224 878412)
9.30 - 10.30pm **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 890118)
3.00 - 8.30pm **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 - 4.30pm **Cheerleaders**
6.30 - 7.30pm **Guitar Lessons**
(contact Keith 07815 942701)

Altens Community Centre
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e-mail: altenscc@gmail.com

Tickets now on Sale for

- * Fishies Fundraising Nostalgia Fashion Show 10th October 7.30pm
- * Vintage Tea Event 24th October 2 pm

Coming soon

- International Cultural Day 21st November 2015
(Official Opening by the Lord Provost)
- Family History Session (starting early winter 2015)

Please contact the Centre for more details 01224 896798.

Open Event/Volunteer Award Night
on Saturday 17th October 6-8 pm
Nibbles, Cheese and Wine

An opportunity to to recognise
and reward our volunteers and
showcase all the different activities
in the Centre

* and to look for more volunteers*
All welcomed. Admission is free.

Big and Little fishies are open
Monday to Friday during term time
from 9:20am – 11:15am. SPACES
AVAILABLE If you would like your
child to attend our groups, please
phone **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 have a safe playground
exclusively for pre-school kids.

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.