

# INCHGARTH PROGRAMME



**Inchgarth community centre is Aberdeen's largest, busiest, most successful, and best equipped centre that delivers 150 sessions of activity for all ages.**

**A Queen's award recipient, which is an MBE for Inchgarth, and the highest award any organisation can receive in the UK.**



**Inchgarth Community Centre**  
Aboyne Place Garthdee. 01224 325191  
Email [inchgarthcc1@btinternet.com](mailto:inchgarthcc1@btinternet.com) [www.inchgarth.org](http://www.inchgarth.org)

**MONDAY**

ACTIVITY	TIME	HOW TO BOOK
Chair based exercise by Versus Arthritis	10.30-11.30am	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
<b>FREE COFFEE MORNING</b>	10.30am-12	FREE...JUST TURN UP
Pool & Snooker	10am-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
Fitness Gym	9.30am-9.30pm	Call 01224325191 or email <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Parkinsons coffee & chat	12.30pm-2pm	Drop in
Didi car club and monthly entertainment. Preschool & p1/p2 Free	3.30-4.30pm	Call 01224 325191 or email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Music room for hire	10am-9.30pm	Call 01224 325191 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
Outdoor Play Park	All Day	Drop In
Indoor carpet bowls	9.30am - 11:30pm	Call 01224 325191 to book
Peggy's Cafe	10.30am - 3pm	Full menu, indoor seating & take-away
	3pm- 9pm	Hot drinks, tray bakes, sweets, soft drinks
Garthdee Pensioners Club	1pm - 3pm	Call 01224 325191 to book
Gaming club for children	5pm-6pm	Call 01224 325191 to enquire
Kids knitting group	5pm-6pm	Call 01224 325191 to book
Kids Capoeira	4.30pm - 5.30pm	Call 07563 002500
Pre school football under 5's	4-4.30pm	<a href="mailto:ontheballcoachingabs@gmail.com">ontheballcoachingabs@gmail.com</a>
Football 6—10 years	4.35pm-5.35pm	<a href="mailto:ontheballcoachingabs@gmail.com">ontheballcoachingabs@gmail.com</a>
<b>AKKG KICKBOXING FOR CHILDREN</b>	6-7PM	<a href="mailto:adammilne@hotmail.co.uk">adammilne@hotmail.co.uk</a> 07810 432974
<b>AKKG KICKBOXING ADULT AND TEENS</b>	7-8PM	<a href="mailto:adammilne@hotmail.co.uk">adammilne@hotmail.co.uk</a> 07810 432974
Friskis and Svettis	6pm - 7pm	<a href="mailto:aberdeen@friskissvettis.co.uk">aberdeen@friskissvettis.co.uk</a>
Stitch'n'Bitch sewing, knitting, crochet+ group	6pm - 8pm	Call 01224 325191 to enquire
Kenshinkan Shotokan Karate-do Scotland	7-8.30pm	<a href="mailto:kenshinkan83@gmail.com">kenshinkan83@gmail.com</a>
Phoenix Club	7pm - 9pm	Call 01224 325191 to book
Saxophone lessons	5-6.30pm	call us on enquire on 01224 325191
Zumba with Create for asn	7-8pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>

**TUESDAY**

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	10am-9.30pm	Call 01224325191 or email <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Pool & Snooker	10am-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
<b>MooMusic for 0-4 yrs</b>	10am-11am	Email <a href="mailto:inchgarthcc4@gmail.com">inchgarthcc4@gmail.com</a> to join or call 01224 325191
<b>MooMusic 2 for 0-4 yrs</b>	10am-11am	Email <a href="mailto:inchgarthcc4@gmail.com">inchgarthcc4@gmail.com</a> to join or call 01224 325191
Zumba Gold by Alison	9.30-10.30am	07786561934
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 325191 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
Bucket Drumming with Create	10am-12pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Outdoor Play Park	All Day	Drop In
<b>Elle Arts Performing Arts School. (Singing,dancing and acting classes)</b>	Ages 3-6 4-5.30pm	<a href="mailto:ellearts@outlook.com">ellearts@outlook.com</a> 02089453113
<b>Elle Arts Performing Arts School. (Singing,dancing and acting classes)</b>	Ages 7-16 5.30-7pm	<a href="mailto:ellearts@outlook.com">ellearts@outlook.com</a> 02089453113
Future Choices	11am-1.30pm	0800 5668728
<b>FREE</b> chair based exercise 55+	2.15pm-3pm	<a href="mailto:Inchgarthcc1@btinternet.com">Inchgarthcc1@btinternet.com</a> 01224 325191
Peggy's Cafe	10.30am - 3pm	Full menu, indoor seating & take-away
	3pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
Drumming with Connor	2-7pm	<a href="mailto:theaveragedrummerstudio@gmail.com">theaveragedrummerstudio@gmail.com</a>
Sensory Drama Create Aberdeen	1-3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Mandy's Art Class	1.45pm - 3.45pm	Call us for more info
Toddlers group 2 Free	1.30-2.50pm	Call 01224 325191 or email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
FREE Kids Zumba (P1 - P5)	3.30pm - 4.30pm	Call us on 01224 325191 to book
FREE Kids Zumba (P3 – P7)	4.30pm - 5.30pm	Call us on 01224 325191 to book
Garthdee community council meetings. Open to public	7-9pm 2nd Tues of month	<a href="mailto:garthdeecc@gmail.com">garthdeecc@gmail.com</a>
Aberdeen FlyDressers Club	7-9pm	<a href="mailto:buchan.chesney@btinternet.com">buchan.chesney@btinternet.com</a>
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	<a href="mailto:admin@aberdeenaikido.co.uk">admin@aberdeenaikido.co.uk</a>
Cllr Ian Yuill Surgery 2nd Tuesday	6.15pm	Drop In
Songwriting workshop	6.30pm-7.30pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
FREE Salsa class	6-7pm	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>

**WEDNESDAY**

<b>ACTIVITY</b>	<b>TIME</b>	<b>HOW TO BOOK</b>
Fitness Gym	9.30am-9.30pm	Call 01224325191 or email inchgarthcc3@yahoo.com
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Beginners computer class	11.30-12.30pm	call 01224 325191 to book
Outdoor Play Park	All Day	Drop In
Sew n Sews	9.30-12.30pm	
Pathways employment support	10am onwards	davidcook@pathways-online.org
Tapping with Wendy	7pm	naturalhealingaberdeen@gmail.com
Makaton sing and Sign with Create Aberdeen	10am-12pm	alex@createaberdeen.org
Indoor carpet bowls	9.30am - 11:30am	Call 01224 325191 to book
Chaters Fresh Fish Van	11.10am-11.30am	Drop In
CHATTY CAFÉ for childminders	1 <sup>st</sup> Wed of month 9.30am	loraine.duncan@childminding.org
Peggy's Cafe	10.30am - 3pm	Full menu, indoor seating & take-away
	3pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
A chance to Dance with Create	1pm-3pm	Call 01224 325191 to enquire
Drumming with Connor	2-7pm	theaveragedrummerstudio@gmail.com
Art Class by Mandy Clubb	1.45pm - 3.45pm	Call us for more info
Pool and Snooker	1pm-5pm	Email inchgarthcc1@btinternet.com to join
French beginners for ages 11+	4pm-5pm	Email volunteerinchgarth@gmail.com
Children's Athletics with Aberdeen Amateur Athletic Club	3.30pm - 4.30pm	pathways@aberdeenaac.co.uk
<b>Danspirations Kids Ballet p4-s1</b>	4.15pm	Clairespence87@hotmail.co.uk
<b>Danspirations Tap class P4-S1</b>	5pm	Clairespence87@hotmail.co.uk
<b>Danspirations Modern Jazz P4-S1</b>	5.45pm	Clairespence87@hotmail.co.uk
<b>Danspirations Adult Tap</b>	6.30pm	Clairespence87@hotmail.co.uk
<b>Danspirations Fitsteps Adults</b>	7.30pm	Clairespence87@hotmail.co.uk
<b>YOGA</b>	5.30-6.30pm	wiselittleyogi@gmail.com
Friskis and Svettis	6pm - 7pm	<a href="mailto:aberdeen@friskissvettis.co.uk">aberdeen@friskissvettis.co.uk</a>
Art class for adults	6-8pm	01224 325191
Silver City ring-craft dog group	7pm - 9pm	01224 694631 or scotspaul@aol.com
Granite City Brass Band	7.30pm - 10pm	07792 732684
Scottish Women's institute	7-9pm	granitecityswi@gmail.com
CLLR Derek Davidson Surgery	6-7pm	Drop in
Tapping with Wendy	7pm	naturalhealingaberdeen@gmail.com

**THURSDAY**

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224325191 or email
Pool & Snooker	10am -9pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 325191
Outdoor Play Park	All Day	Drop In
Toddlers Group	9.30am - 10.50am	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
BINGO	10.45am - 12noon	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Musical Mayhem by CREATE ABERDEEN	10am - 3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Free Gentle Chair-based Exercise	10am - 10.45am	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Guitar classes. For adults with additional support needs	11.30am-12.30pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
PHOENIX CLUB 2 For adults with ASN	1pm -3pm	<a href="mailto:Inchgarthcc1@btinternet.com">Inchgarthcc1@btinternet.com</a>
<b>NEW MENS SOCIAL CLUB</b>	1-3PM	01224 325191 <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Zumba class. FREE for members	12.15pm-1pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Peggy's Cafe	10am – 9pm	<b>Hot meals 10.15am -2.45pm, coffee to 9pm</b>
Free Drumming classes for kids (age 7 and above)	4pm - 7pm	call us to book 01224 325191 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Science club for children	4-5.30pm	Email <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
FREE Bass guitar lessons	3pm-5.30pm	Email <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> or call 01224 325191
Free Guitar class for children (age 7 and above)	7pm -7.45pm	call us to book 01224 325191 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Kids guitar group lessons	6.15-7pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Kids cheerleading and pompom	5-6pm	<a href="mailto:emmawebster21@hotmail.co.uk">emmawebster21@hotmail.co.uk</a> 07511810504
B-Fit Aberdeen	6.30-7.30pm	<a href="mailto:bfitaberdeen@gmail.com">bfitaberdeen@gmail.com</a>
Kenshinkan Shotokan Karate-do Scotland	7-8.30pm	<a href="mailto:kenshinkan83@gmail.com">kenshinkan83@gmail.com</a>
Dezibel Samba drumming	7.30pm - 9.30pm	Call Bev on 07759 507780
Bipolar Aberdeen	7-9pm	<a href="mailto:info@bipolaraberdeen.org.uk">info@bipolaraberdeen.org.uk</a>
Guitar lessons for adults	7.45-8.30pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Rhythm Nation hiphop/ street dance school	6.15-6.55 7-7.55pm	4-7 years Ages 8 -teens Book at <a href="mailto:info@rhythmnationdance.co.uk">info@rhythmnationdance.co.uk</a>

**FRIDAY**

<b>ACTIVITY</b>	<b>TIME</b>	<b>HOW TO BOOK</b>
Pool & Snooker	10am-3pm 7-9pm	inchgarthcc1@btinternet.com
Indoor carpet bowls	10am-12pm	inchgarthcc1@btinternet.com
Easy Moves & Grooves by Create Aberdeen	10am-12pm	alex@createaberdeen.org
Fitness Gym	10am-9pm	Call 01224325191
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Brain Injury Grampian	12-3pm	info.biggroup@gmail.com
Peggy's Cafe	10.30am – 3pm	Full menu, indoor seating & take-away
Peggy's Cafe	3pm – 9pm	Hot drinks, tray bakes, sweets, soft drinks
Create Rock Band	1-3pm	alex@createaberdeen.org
Create Feelgood Friday's	1pm -3pm	alex@createaberdeen.org
Saxophone lessons	4-6pm	volunteerinchgarth@gmail.com
Kids inflatable club for p1-p7	4pm-5pm	email to enquire inchgarthcc1@btinternet.com
Ballroom dancing classes BEGINNERS PLUS	6.30-7.35pm	ballroombarney@gmail.com Tel: 07342789965
New Knitting group	6-8pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Ballroom dancing NEW BEGINNERS	7.25pm-8.30pm	ballroombarney@gmail.com Tel: 07342789965
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	<a href="mailto:admin@aberdeenaikido.co.uk">admin@aberdeenaikido.co.uk</a>
Drumming lessons with Connor	3.30pm-8pm	theaveragedrummerstudio@gmail.com
Sereniti Music group for ASN	5-6PM	serenitiaberdeen@gmail.com

**SATURDAY**

<b>ACTIVITY</b>	<b>TIME</b>	<b>HOW TO BOOK</b>
Danspirations Ballet pre-school	9.30am	<a href="mailto:Clairepence87@hotmail.co.uk">Clairepence87@hotmail.co.uk</a>
Danspirations Tap pre-school	10am	
Danspirations Ballet P-p3	11.15am	
Danspirations Tap P1-p3	12 noon	
Danspirations Modern Jazz P1-p3	12.45pm	
Danspirations Ballet p3-p5	1.30pm	
Danspirations Tap P3-P5	2.15pm	
<b>Kids Birthday party hire</b>	<b>11.30-1.30pm</b>	<b>Call us on 01224 325191</b>
Yoga with Manisha	11.30am-12.30pm	Cal 07412676779 mgaikwad.7371@gmail.com
Fitness Gym	9am-4pm	Call 01224325191 or email inchgarthcc3@yahoo.com
Music room for hire	9am-11, 2.30-4pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Capoeira For youths and adults	10.30am-11.30am	Call 07563 002500
CODING CLUB FOR KIDS Ages 11-17	TAKING NAMES	volunteerinchgarth@gmail.com
Pool & Snooker	9am-11.30pm 12.30-5pm	inchgarthcc1@btinternet.com
Peggy's Cafe	9am – 2pm	Coffee, cake, ice creams, sweets, soft drinks. No meals.
Aberdeen bible believers	1 pm-5pm	Drop in
<b>Kids Birthday party hire</b>	<b>2.30pm-4.30pm</b>	<b>Call us on 01224 325191</b>

**SUNDAY**

ACTIVITY	TIME	HOW TO BOOK
Pool & Snooker	10am-9pm	inchgarthcc1@btinternet.com
Spanish for children FREE ages 5-7	10.30am	volunteerinchgarth@gmail.com
Children's Birthday parties.	10.30-12.30pm	CALL US ON 01224 325191
Children's Birthday parties.	1.30-3.30pm	CALL US ON 01224 325191
Fitness Gym	10am-9.30pm	Call 01224325191
Children's Birthday parties Small hall smaller package	3.30pm-5.30pm	Call 01224 325191
Music room for hire	10am-10pm	Call us on 01224 325191
Peggy's cafe	10.30am-9pm	Coffee, cake, ice creams, sweets, soft drinks. No meals.
Aberdeen Apostolic church	10am-3pm	matthew@Afmuk.org
Bereaved parents connect	1.30pm-3.30pm	<a href="mailto:bereavedparentsconnect@gmail.com">bereavedparentsconnect@gmail.com</a>
Modern Sequence dancing with Barney	4.15pm-5.15pm	ballroombarney@gmail.com Tel: 07342789965
Sequence dancing open session	5.30pm-6.30pm	ballroombarney@gmail.com Tel: 07342789965
Outdoor Play Park	All Day	Drop In
Granite City community brass band	6pm-7.30pm	07792 732684
Granite City Brass Band	7.30PM – 10PM	07792 732684
Salsa Beginners	6.45pm-7.45pm	07367415051 123.567salsazone@gmail.com
Salsa intermediate	7.50-8.50pm	07367415051 123.567salsazone@gmail.com



The capacity will be 50 people

OPTION 1 Hall and Bluetooth speaker only £60.00

OPTION 2 Hall, soft play, giant connect 4, giant lego, giant jenga, giant kerplunk. Giant snakes & ladders, and bluetooth speak £120.00

**Party times**

Sunday 3.30pm-5.30pm. Access 3.10pm. Clear by 5.45pm

**KIDS BIRTHDAY PARTIES SMALL PACKAGE**

WWW.INCHGARTH.ORG

Saturday: 11.30am-1.30pm  
Saturday: 2.30pm-4.30pm  
Sunday: 10.30am-12.30pm  
Sunday: 1.30pm-3.30pm

**CALL NOW**  
01224 325191

**FULL PACKAGE £245 (SAVING £35.00)**

**HALL ONLY**  
£100.00

**HALL & CASTLE**  
£140.00

**BUBBLE & DIDI CARS**  
+£35.00

**SOFT PLAY**  
+ £35.00

**BIG LEGO**  
+£35.00

**LIFE SIZED GAMES**  
+35.00  
Snakes & ladders  
Big Jenga  
Big connect 4  
Big Kerplunk