

INCHGARTH COMMUNITY CENTRE 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.

£5 million pound extension starting MAY 2025 that will provide excellent new facilities, activities, and a legacy for generations to come.



FOLLOW US ON FACEBOOK TWITTER INSTAGRAM TIKTOK

WWW.INCHGARTH.ORG

Inchgarth Community Centre
Aboyne Place Garthdee. 01224 479061
Email inchgarthcc1@btinternet.com www.inchgarth.org

MONDAY

ACTIVITY	TIME	HOW TO BOOK
Chair based Tai Chi by Versus Arthritis	10.30-11.30am	Email inchgarthcc1@btinternet.com to join
FREE COFFEE MORNING	10.30am-12	FREE...JUST TURN UP
Games room & pool & snooker	10am-5pm	Email inchgarthcc1@btinternet.com to join
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email inchgarthcc3@yahoo.com
Free singing lessons	3-5.15pm	volunteerinchgarth@gmail.com or 01224 479061
Didi car club and monthly entertainment. Preschool & p1/p2 Free	3.30-4.30pm	Call 01224 479061 or email inchgarthcc1@btinternet.com
Music room for hire	10am-9.30pm	Call 01224 479061 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Indoor carpet bowls	9.30am - 11:30am	Call 01224 479061 to book
Peggy's Cafe	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm- 9pm	Hot drinks, tray bakes, sweets, soft drinks
Garthdee Pensioners Club	1pm - 3pm	Call 01224 479061 to book
Fancy Sensy Dancy pre-school group	1pm-2pm	01224 479061 or inchgarthcc4@gmail.com
Gaming club for children	5pm-6pm	Call 01224 479061 to enquire
Kids knitting group	5pm-6pm	Call 01224 479061 to book
Piano lessons	5.30pm-7.30pm	jesshaypiano@gmail.com
Friskis and Svettis	6pm - 7pm	aberdeen@friskissvettis.co.uk
Stitch 'n' Bitch sewing, knitting, crochet+ group	6pm - 8pm	Call 01224 479061 to enquire
Kenshinkan Shotokan Karate-do Scotland	7-8.30pm	kenshinkan83@gmail.com
Phoenix Club	7pm - 9pm	Call 01224 479061 to book
Zumba with Create for ASN	6.30-7.30pm	alex@createaberdeen.org
Kickboxing for adults	7.45-8.45pm	kian201213@googlemail.com

TUESDAY

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email inchgarthcc3@yahoo.com
Games room & pool & snooker	10am-5pm	Email inchgarthcc1@btinternet.com to join
Learn to use your Mobile class	10am-11am	volunteerinchgarth@gmail.com
MooMusic for 0-4 yrs	10am-11am	Email inchgarthcc4@gmail.com to join or call 01224 479061
MooMusic 2 for 0-4 yrs	11AM-12 noon	Email inchgarthcc4@gmail.com to join or call 01224 479061
Zumba Gold by Alison	9.30-10.30am	07786561934
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061 inchgarthcc2@btinternet.com
Bucket Drumming Create ASN	10am-12pm	alex@createaberdeen.org
Kaimcourt Garden group	10am-12 noon	
Outdoor Play Park	All Day	Drop In
Munelle Performing Arts School. (Singing, dancing and acting classes)	Ages 3-6 4-5.30pm	support@munelle.com 02089453113
Munelle performing Arts School. (Singing, dancing and acting classes)	Ages 7-16 5.30-7pm	support@munelle.com 02089453113
Future Choices	11am-1.30pm	0800 5668728
Chair based exercise 55+	2.15pm-3pm	Inchgarthcc1@btinternet.com 01224 479061
Peggy's Cafe	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
Drumming with Connor	2-7pm	theaveragedrummerstudio@gmail.com
Sensory Drama Create Aberdeen	1-3pm	alex@createaberdeen.org
Mandy's Art Class	1.45pm - 3.45pm	Call us for more info 01224 479061 inchgarthcc2@btinternet.com
Violin lessons with Yendy	1.30pm onwards	yendydeabreu@gmail.com
Kids arts and crafts 7+	5.30-6.30pm	inchgarthcc2@btinternet.com
Kids Zumba (P1-p7)	3.30pm - 4.30pm	Call us on 01224 479061 to book
English speaking class	12-1pm	volunteerinchgarth@gmail.com
Garthdee community council meetings. Open to public	7-9pm 2nd Tues of month	garthdeecc@gmail.com
Aberdeen FlyDressers Club	7-9pm	buchan.chesney@btinternet.com
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	admin@aberdeenaikido.co.uk
Free adult Arts & Crafts	7-9pm	volunteerinchgarth@gmail.com
Clr Ian Yuill Surgery 2nd Tuesday	6.45pm	Drop In
FREE Help IT Desk..	5-6pm	Call 01224 479061
Saxophone lessons	8pm-9pm	call us on enquire on 01224 479061

WEDNESDAY

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email inchgarthcc3@yahoo.com
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Sew n Sews	9.30-12.30pm	
Pathways employment support	10am onwards	davidcook@pathways-online.org
Makaton sing and Sign with Create Aberdeen	10am-12pm	alex@createaberdeen.org
Indoor carpet bowls	9.30am - 11:30am	Call 01224 479061 to book
Chaters Fresh Fish Van	11.10am-11.30am	Drop In
Free French class for adults	11am-12 noon	volunteerinchgarth@gmail.com
CHATTY CAFÉ for childminders	1 st Wed of month 9.30am	loraine.duncan@childminding.org
Peggy's Cafe	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
A chance to Dance with Create Adults with ASN	1pm-3pm	Call 01224 479061 to enquire
Drumming with Connor	2-7pm	
Art Class by Mandy Clubb	1.45pm - 3.45pm	Call us for more info
Pool & snooker & Games room	1pm-5pm	Email inchgarthcc1@btinternet.com to join
Children's Athletics with Aberdeen Amateur Athletic Club	3.30pm - 4.30pm	pathways@aberdeenaac.co.uk
Children's Drawing class ages 9+	4-5pm	mandaclubb@hotmail.com
Free French class for children 9+	4pm-4.45pm	volunteerinchgarth@gmail.com
Danspirations Kids Ballet p4-s1	4.15pm	Clairespence87@hotmail.co.uk
Danspirations Tap class P4-S1	5pm	Clairespence87@hotmail.co.uk
Danspirations Modern Jazz P4-S1	5.45pm	Clairespence87@hotmail.co.uk
Danspirations Adult Tap	6.30pm	Clairespence87@hotmail.co.uk
Danspirations Fitsteps Adults	7.30pm	Clairespence87@hotmail.co.uk
Club Menopause Aberdeen & shire.	7pm-9pm	
Free Arabic language class	8-9pm	01224 479061 volunteerinchgarth@gmail.com
Friskis and Svettis	6pm - 7pm	aberdeen@friskissvettis.co.uk
Art class for adults	5.45pm-7.45pm	01224 479061 inchgarthcc2@btinternet.com
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

THURSDAY

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email
Games room & pool & snooker	10am -12.30 pm 3-5pm	Email inchgarthcc1@btinternet.com to join
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061
Outdoor Play Park	All Day	Drop In
Toddlers Group	9.30am - 10.50am	inchgarthcc1@btinternet.com
BINGO	11am - 12noon	inchgarthcc1@btinternet.com
Musical Mayhem by CREATE ABERDEEN	10am - 3pm	alex@createaberdeen.org
Gentle Chair-based Exercise	10am - 10.45am	inchgarthcc1@btinternet.com
Guitar classes. For adults with additional support needs	11.30am-12.30pm	alex@createaberdeen.org
PHOENIX CLUB 2 For adults with ASN	1pm -3pm	Inchgarthcc1@btinternet.com
NEW MENS SOCIAL CLUB	1-3PM	01224 479061 inchgarthcc1@btinternet.com
Inclusive Zumba class.	12.15pm-1pm	inchgarthcc1@btinternet.com
Peggy's Cafe	10am – 9pm	Hot meals 10.15am -2.45pm, coffee to 9pm
Free Drumming lessons for kids (age 7 and above)	4pm - 7pm	call us to book 01224 479061 volunteerinchgarth@gmail.com
Hammer-Deen Gaming club	5.30-9.30pm	hammerdeen.gaming@gmail.com
FREE Bass guitar lessons 10+	3pm-5.30pm	Email volunteerinchgarth@gmail.com or call 01224 479061
Kids cheerleading and pompom	5-6pm	emmawebster21@hotmail.co.uk 07511810504
Kids guitar group lessons 7+	6.15-7pm	inchgarthcc1@btinternet.com
Free Guitar class for children (age 7 and above)	7pm -7.45pm	call us to book 01224 479061 volunteerinchgarth@gmail.com
Kenshinkan Shotokan Karate-do Scotland	7-8.30pm	kenshinkan83@gmail.com
Piano lessons	7.15pm-9.15pm	jesshaypiano@gmail.com
Dezibel Samba drumming	7.30pm - 9.30pm	Call Bev on 07759 507780
Bipolar Aberdeen last of month	7-9pm	info@bipolaraberdeen.org.uk
Guitar lessons for adults	7.45-8.30pm	inchgarthcc1@btinternet.com
Rhythm Nation dance 4-7 yrs Rhythm Nation dance 8+ Rhythm nation senior street	6-6.45pm 7-8pm 8-9pm	4-7 years Ages 8 -teens Book at info@rhythmnationdance.co.uk

FRIDAY

ACTIVITY	TIME	HOW TO BOOK
Games room & 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 01224 479061
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Brain Injury Grampian	12-3pm	info.biggroup@gmail.com
Peggy's Cafe	10am – 9pm	Hot meals 10.15am -2.45pm, coffee to 9pm
Create Rock Band	1-3pm	alex@createaberdeen.org
Create Feelgood Friday's	1pm -3pm	alex@createaberdeen.org
Saxophone lessons 10+ to adults	3.30-6.30pm	volunteerinchgarth@gmail.com
Kids inflatable club for p1-p7 Garthdee children only	4pm-5pm	email to enquire inchgarthcc1@btinternet.com
Ballroom dancing classes BEGINNERS PLUS	6.30-7.35pm	ballroombarney@gmail.com Tel: 07342789965
Knitting group YARN & DANGEROUS	6-8pm	volunteerinchgarth@gmail.com
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	admin@aberdeenaikido.co.uk
Drumming lessons with Connor	3.30pm-8pm	theaveragedrummerstudio@gmail.com

**DO YOU HAVE A SKILL, TIME, HOBBY YOU'D LOVE TO SHARE?
THEN WE'D LOVE TO HEAR FROM YOU**

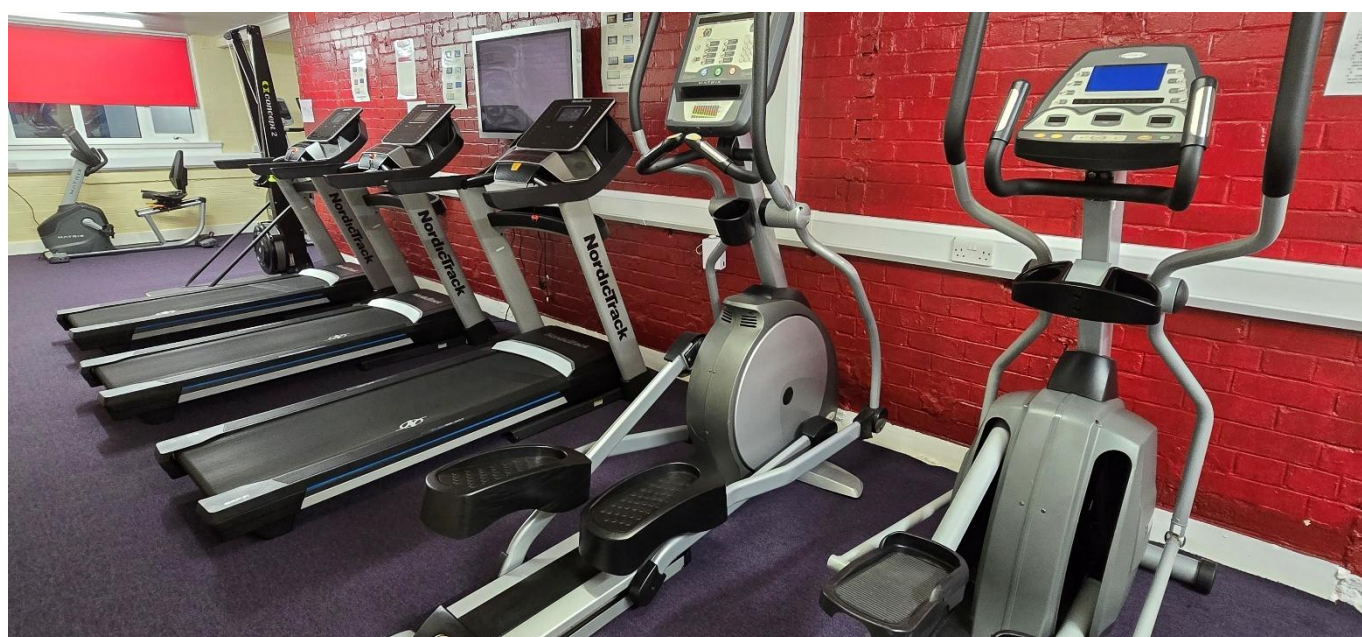
CONTACT OUR VOLUNTEER COORDINATOR JULES AT VOLUNTEERINCHGARTH@GMAIL.COM

SATURDAY

ACTIVITY	TIME	HOW TO BOOK
Danspirations Ballet pre-school	9.30am	Clairepence87@hotmail.co.uk
Danspirations Tap pre-school	10am	
Danspirations Ballet p1-p3	10.30am	
Danspirations Tap P1-p3	11.15am	
Danspirations Modern Jazz P1-p3	12pm	
Danspirations private lessons	1.30pm onwards	
Kids Birthday party hire	11.30-1.30pm	Call us on 01224 479061
Children's Piano Lessons with Jess	9am-11am	jesshaypiano@gmail.com
Children's arts and crafts ages 4-9 years	10.30am-11.15am	Inchgarthcc4@gmail.com
Yoga with Manisha	11am-12 noon	Cal 07412676779 mgaikwad.7371@gmail.com
Fitness Gym	9am-4pm	Call 01224 479061 or email inchgarthcc3@yahoo.com
Drumming with Connor	12.30-4pm	theaveragedrummerstudio@gmail.com
Spanish for adults beginners	11am-12	volunteerinchgarth@gmail.com 01224 479061
Music room for hire	9am-11, 2.30-4pm	Call us on 01224 479061 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Capoeira For youths and adults	10.30am-11.30am	Call 07563 002500
Games room & 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.
Kids Birthday party hire	2.30pm-4.30pm	Call us on 01224 479061
Scent dog training	3.30-5pm	highlifek9services@gmail.com

SUNDAY

ACTIVITY	TIME	HOW TO BOOK
Games room & pool & snooker	10am-9pm	inchgarthcc1@btinternet.com
Lego Brick club with Emma Ages 6-10	11-12pm	brickclubwithemma@outlook.com
Christ apostolic church house of prayer	10.30-1.30pm	
Children's Piano Lessons with Jess	10am-5pm	jesshaypiano@gmail.com
Children's Birthday parties.	10.30-12.30pm	CALL US ON 01224 479061
Children's Birthday parties.	1.30-3.30pm	CALL US ON 01224 479061
Fitness Gym	10am-9.30pm	Call 01224 479061
Violin lessons with Yendy	12-2pm	yendydeabreu@gmail.com
Music room for hire	10am-10pm	Call us on 01224 479061
Peggy's cafe	10.30am-9pm	Coffee, cake, ice creams, sweets, soft drinks. No meals.
Outdoor Play Park	All Day	Drop In
CHILDREN'S BIRTHDAY PARTIES	4.30PM-6.30PM	CALL US ON 01224 479061
The Reconciliation Ministry of Christ Church (RMCC)	5pm-7pm	
Granite City community brass band	6pm-7.30pm	07792 732684
Granite City Brass Band	7.30PM – 10PM	07792 732684



INCHGARTH FITNESS GYM. JUST £50 FOR THE YEAR AND NO OTHER COSTS. CALL US ON 01224 479061 AND JOIN TODAY!

INCHGARTH PLAYPARK.

A TREMENDOUS SPACE FOR ALL AGES.



We invested over £200,000 to create our wonderful playpark that's open 7 days a week. Children 6 and under must be supervised by an adult at all times. This is strictly non-negotiable.

Get ready to shout "House!" as we invite you to our Bingo session every Thursday! Whether you're a seasoned pro or a first-timer, everyone is welcome to join in on the fun. Only £1 for Inchgarth members. (Membership £10 for 2025)

THURSDAYS **11AM - 12NOON** **£1 ENTRY**

www.inchgarth.org
Email inchgarthcc4@gmail.com
or phone 01224 479061

Inchgarth community centre

ZUMBA GOLD
With Alison for ages 50+

JUST POP ALONG
TUESDAY'S 9.35AM £5.00

JOIN NOW!

PEGGY'S CAFE

Inchgarth's Peggy's café is the ideal space to enjoy a freshly cooked breakfast, tasty lunch menu, coffee and cake, sweets, crisps, soft drinks, and to catch up with friends in our comfy booth seating. With great prices, a wide range of meals, and the knowledge that your support allows us to make a significant difference in the community, it's the perfect place to eat.



OPENING TIMES

Monday to Friday 10.15am-2.45pm for the full menu.
2.45pm-9pm for snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.

Saturday 9.15am-4pm
snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.

Sunday 10.15am-9pm
snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.



POOL, SNOOKER & GAMES ROOM

For members, just £1 a visit and no other cost.

Our members can enjoy pool, snooker, Air-hockey, pong, Pacman, table football, strike a light, arcade machine with thousands of games. 7 days a week for just £1 per visit.

Contact us to join and to gain the opening times of the games room.

MEMBERSHIP COSTS £10



**A WONDERFUL SOCIAL SPACE OPEN 7 DAYS A WEEK.
CALL US NOW ON 01224 479061 TO JOIN**



FANCY LEARNING HOW TO USE A COMPUTER?

Inchgarth is taking names for a complete beginner computer class where you will learn the basics from the very start. So don't be feart, let us help you today! Call us on 01224 479061

We also have a group for intermediate level!



Saturday: 11.30am-1.30pm
Saturday: 2.30pm-4.30pm
Sunday: 10.30am-12.30pm
Sunday: 1.30pm-3.30pm
Sunday: 4.30pm-6.30pm

**CALL
NOW**
01224 479061

WWW.INCHGARTH.ORG

**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**

Big Jenga
Big connect 4 x2
Giant Tetris