

# Programme of activities

Visit our website

[www.inchgarth.org](http://www.inchgarth.org)

Follow us on social media:-

[www.facebook.com/inchgarthcc](http://www.facebook.com/inchgarthcc)

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[www.instagram.com/inchgarthcc](http://www.instagram.com/inchgarthcc)

Tel 01224 325191

## MONDAY

ACTIVITY	TIME	HOW TO BOOK
Computer class for additional support needs	10am-12pn	Call 01224 313323
MS Society Arts and Crafts	12.30-3pm	Contact MS Society
Indoor carpet bowls	10am-12 noon	Call us to book
	12:45 - 1:45	
Meta-PWR & ABS class by Laura	10.15am-10.45am	Call 07739181345
MS society fitness class	10.30am-11.30am	Call MS 07985989605
Special needs art class	10am-12pm	Call us to book
Fitness gym	10am-5pm	Drop in members only
Sensory room for hire	10am- 5pm	Call us to book
Outdoor play park	9am-10pm	Drop in
Music room for use	10am- 9pm	Call us to book
Ipad/laptop/ wifi access NEW IT SUITE	All day	Call us to book
Tennis courts free to use	All day	Drop in
Pool & Snooker drop in	10am- 6pm	Drop in. Must be member
NEW community garden volunteer project	10am-12 noon	Call us for more info.
Peggy's café	10am-5pm	Drop in
Garthdee pensioners club	1pm-3pm	Call us to book
NEW Childrens's CAPOEIRA CLASS	4.30-5.30pm	Call 07563002500
NEW Nemesis kickboxing NINJAS	4-4.30pm	Call 7912572352
NEW Nemesis kickboxing SAMURAI	4.45-5.45pm	Call 7912572352
Nemesis kickboxing beginners kids	6-7pm	Call 7912572352
Nemesis kickboxing teen and adult beginners	7-8.30pm	Call 07912572352
Indoor carpet bowls	12:45 - 1:45pm	Drop in
NEW Tin whistle tuton	3.30-4.30pm	Call 01224 325191
NEW Inchgarth/ RGU Movie club. With RGU movie	5.30pm	At RGU Sir Ian Wood building.
NEW Guitar lessons for adults and kids	6-7 & 7-8pm	Call 01224 325191
NEW Stitch n Bitch knitting, sewing, needle work.	6-8pm	Call 01224 325191
NEW beginners computer class	7-8pm	Call to book
Fitness gym	6pm-10pm	Drop in members only
Friskis and sveltis fitness	6pm-7pm	Drop in
Aberdeen and district K9 training. All breeds welcome.	7pm-8pm	07813 551917
Phoenix club – special needs	7pm – 9pm	Taking new members now
Denis law legacy trust streetsports	4.30-5.30pm	Drop in
Councillor Townson surgery	7pm-8pm	Drop in
Metafit with Laura	6-6:30pm	Call 07739181345
ABS fitness with Laura	6:30-7pm	Call 07739181345
NEW YOGA class	7PM	Call origin yoga to book

# TUESDAY

ACTIVITY	Time	How to book
Peggy's café	10am-9pm	Drop in
Pool & snooker drop in	10am-6pm	Drop in. Must be members
Create-the big bang –music	10.30am-12noon	Call Create 01224313323
Fitness gym	10am- 5pm	Drop in members - call us
Outdoor play park	9am-10pm	Drop in
MS society fitness class	10am-11am	Call MS Society 07985989605
NEW Community garden project. Get involved!	11am onwards	Call us to book 01224 325191.
Sensory room by create	10am-3pm	Call create 01224313323
Music room for use	10am-9pm	Call to book
Tennis court free to use	All day	Drop in
Future choices social day	11am-2pm	Call Future choices
Art class various medium	1:30-3:30pm	Call us to book
NEW Create Aberdeen. Story telling group	1pm-3pm	Call us on 01224 325191
NEW BOCCIA for adults with disabilities	1pm-3pm	Call create 01224313323
Create media group	1pm-3pm	Call Create 01224313323
Card making class	2pm-4pm	Call us to book
Intermediate computer class	3-4pm	Call us to book
Ipad/laptop/wifi access NEW IT SUITE	All day	Must be members. Drop in
NEW Nemesis kickboxing Kickers ages 2-3 yrs	3.30-4pm	Call 7912572352
NEW Nemesis kickboxing NINJAS	4-4.30pm	Call 7912572352
NEW Nemesis kickboxing SAMURAIS	4.45-5.45pm	Call 7912572352
New Nemesis kickboxing Samurai sparring	5.45-6.45pm	Call 7912572352
NEW Nemesis kickboxing for adults and teens	7pm-9pm	Call 7912572352
Illusion dance Fun non-competitive class	4:30pm-5.30pm	Call Claire. 07910649502
Illusion dance Competitive class Acro, stretch, fast, slow	5.30pm-8.30pm	Call Claire. 07910649502
Music therapy group for additional support needs	6pm-7pm	Call Gemma. 07985266109
Private Youth club	6.30-8.30pm	
BiPolar Aberdeen Art group	6.30-8.30pm	Facebook message them
Fitness gym	6pm-9pm	Drop in members only
Mindful Movements. Martial arts, yoga, tai chi. Meditation	7.30-9pm	
Garthdee community council	7pm-9pm monthly	Drop in. 2 <sup>nd</sup> Tuesday of month
Self-help art class	7pm-9pm	Private group

## KIDS BIRTHDAY PARTY PACKAGES AT INCHGARTH



## CHECK ONLINE FOR OUR PARTY PACKAGES

Saturday 11am-1pm    2.15-4.15pm    Sunday 10.15am-12.15pm    1pm-3pm    3.45pm-5.45pm  
 In order to enquire and book a party please call us on 01224 325191 to arrange an appointment

# WEDNESDAY

ACTIVITY	Time	How to book
Peggy's café	10am-5pm	Drop in
Pool and snooker drop in	10am-5pm	Drop in
Create "Oot & Aboot" buddies club	10am-12pm	Call create 01224313323
Digital photography experienced	10am-12pm	Call us to book
Outdoor play park	9am-10pm	Drop in
Sensory room by create	10am-5pm	Call create 01224313323
Ipad/ laptop/ wifi access	10am-5pm	Drop in
New MS Yoga class	11am-12noon	7985989605
MS society art group	12pm-3pm	Call MS Society 07985989605
MS society social club	12:30pm-3:30pm	Call MS Society 07985989605
Indoor carpet bowls	9:30am-11:30am	Call us to book
Fitness gym	10am-5pm	Call us for induction
Tennis courts free to use	All day	Drop in
ABC language therapy down syndrome	10am-4:30pm	Call 0131 442 8840
PATHWAYS employment support	10am-12 noon	Call Pathways to book
A chance to dance for the disabled	1pm-3pm	Call us to book
Food bank by TLC	1pm- 4pm	Drop in
BEGINNERS digital photography	12-2pm	Call us to book
NEW Knitty Gritty sewing/knitting	1.30-3.30pm	Call us to book
Art class- various medium all levels	2pm-4pm	Call us to book
NEW DRAWING class for children	4-5pm	Call us to book
SLIMMING WORLD	5.30-7.30PM	Drop in
Boxercise / Abs alternate weeks	6pm-7pm	Call Laura on 07739181345
Brain injury Grampian social group	7:30-10pm	Call 07532186155
Illusion Dance Private lessons	4pm-6.30pm	Call Claire. 07910649502
Fitness gym	6pm-10pm	Call us for induction
Councillor Yuill's surgery	7:15-8pm monthly	Drop in
Silver city ring craft show dogs	7.15pm-9.30pm	Call Paul on 01224694631
Granite city brass band	7:30-10pm	Call 07703218382
Music room to let	10am-9pm	Call to book
Ipad and wifi access free	7-10pm	Drop in
NEMESIS Kickboxing teens/ adults	7-8.30pm	Call 7912572352
Baptist church	6-8.15pm	Drop in

Free tennis courts 7 days a week Inchgarth playpark 7 days a week

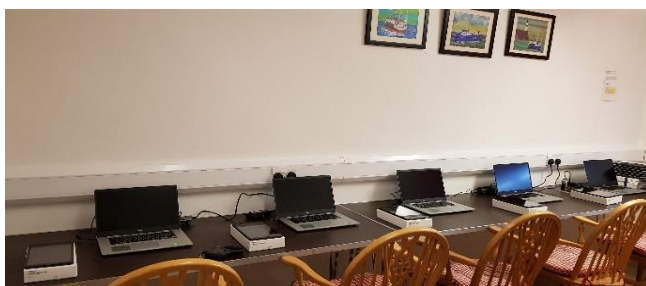




# THURSDAY

ACTIVITY	Time	How to book
Peggy's café	10am-5pm	Drop in
Sensory room hire	10am-3pm	Call create 01224313323
Fitness gym	10am-9:30pm	Drop in and call for induction
Foster parent group	Monthly 11-1pm	Ask for details.
Pool and snooker drop in	10am-9.30pm	Drop in
Create Rock & Pop experience	10am-12pm	Call create 01224313323
Tennis courts free to use	All day	Drop in
Out-door play park	9am-10pm	Drop in
Bingo	11am (be there 10:45)	Drop in
Parents and toddlers group free	9:30am-11am	Drop in
The fish van	10:15am-10.45aM	Drop in
Ipad/ laptop/ wifi access	All day	Drop in
Dog training under 6 months	2pm-3pm	Call 01224632846
Dog training over 6 months	3pm-4pm	Call 01224632846
Create rock choir	1pm-3pm	Call create 01224313323
BiPolar Aberdeen support group	Last week of month 7pm-9.30pm	
Illusion dance Mini movers 18months +	4pm-4.30pm	Call Claire. 07910649502
Illusion dance private lessons	4.30pm onwards	Call Claire. 07910649502
NEW Nemesis kickboxing Ninjas	4.00-4.30pm	Call 7912572352
NEW Nemesis kickboxing Samurai	4.45-5.45pm	Call 7912572352
Nemesis kickboxing kids beginners	6-7pm	Call 7912572352
NEMESIS Kickboxing teens/ adults	7.15-8pm	Call 7912572352
NEW Nemesis kickboxing beginners	8-9pm	Call 7912572352
Meta-PWR by Laura	6-6.30pm	Call 07739181345
Meta-PWR by Laura	6.30-7pm	Call 07739181345
Dezibels samba drumming	7:30pm-9:30pm	
Music room	7pm-9pm	Call to book
Meditation class FREE	7pm-8pm	Drop in

## HIRE OUR EXCELLENT MEETING SPACES AND INVEST IN OUR VITAL WORK



## FRIDAY

ACTIVITY	Time	How to book
Peggy's café	10am-5pm	Drop in
Metafit with Laura	10am-10:30am	Call Laura on 07739181345
Abs with Laura	10:30am-11am	Call Laura on 07739181345
Create daycare services	10am-12pm	Call create 01224313323
Pool and snooker drop in	10am-5pm	Drop in
Fitness gym	10am-10pm	Drop in members only
NEW CHAIR BASED gentle exercise	10-11am	Call to book
Outdoor play park	9am-10pm	Drop in
Tennis courts free to use	All day	Drop in
Feel good Fridays- social club for adults with additional support needs	1-3pm	Drop in
Bucket drumming for Adults with additional support needs	1-3pm	Call create to book
Ipad/laptop/wifi access	10am-6pm	Call us to book
Sensory room to hire	10am-5pm	Call us to book
Brain injury Grampian lunch club	12pm-3pm	Call 07532186155
Ultimate judo ages 4-7	3:45-4:30pm	Call Gordon 07827445514
Ultimate judo ages 7-9	4:30pm-5:15pm	Call Gordon 07827445514
Ultimate judo ages 10+	5:15pm- 6pm	Call Gordon 07827445514
Illusion dance school Private lessons	6pm-7pm	Call Claire. 07910649502
Competitive class. Stretch, acro, fast, slow	7pm-10pm	Call 07910649502
FRIDAY YOUTH CLUB - FOR MEMBERS ONLY	5pm-7pm call for all info	MUST REGISTER 01224325191

## Inchgarth Community Centre



Inchgarth Community Centre is the city's busiest, best resourced and most successful centre. Run by a voluntary committee and small staffing team, the centre has a programme of 150 sessions of activity per week. Add this to our tremendous range of facilities, then it's little wonder why over 2000 people use Inchgarth.

Why not visit our website to view our programme and excellent facilities.

## SATURDAY

Activity	Time	How to book
Children's parties available to book	11am-1pm	Call to book
Fitness gym	9am-1:30pm	Drop in members only
Music room	10am-2:15pm	Call to book
Peggy's café (hot drinks and snacks only)	9am- 1pm	Drop in
Children's parties available to book	2:15-4:15	Call to arrange
Tennis courts	10am – 5pm	Drop in
Hall available for events	Varied	Call to arrange
Sensory room hire	10am-2pm	Call to book
Outdoor play park	9am-10pm	Drop in
Ipad and wifi access free	9am to 1pm	Drop in
Ultimate Judo ages 4-9	9-9.45am	Call 07827445514
Ultimate Judo ages 9-12	9.45-10.30am	Call 07827445514
Ultimate Judo ages 13+	10.30-11.15am	Call 07827445514
Ultimate Judo ages 4-9	11.15-12	Call 07827445514
Ultimate Judo ages 14+ to adults	12-1pm	Call 07827445514
Ultimate Judo seniors and 14 to adults	1-2.30pm	Call 07827445514

## SUNDAY

ACTIVITY	Time	How to book
Amber Academy Latvian school	10am-1pm	Call us for their contact info.
Christadelphian church	10am-1pm	Call 01224733625
Fitness gym	10am-10pm	Drop in members only
Tennis courts	10am-5pm	Drop in
Out-door play park	9am-10pm	Drop in
Music room to let	1pm-10pm	Call to book
Pool and snooker drop in. Free for members	10am-10pm	Drop in
Baptist church	1.30-4pm	Drop in
Apostolic faith mission church	4pm-6pm	Drop in
Children's birthday parties available to book	10:15am – 12:15	Call 01224 325191
Children's birthday parties available to book	1pm – 3pm	Call 01224 325191
Children's birthday parties available to book	3:45-5:45pm	Call 01224 325191
Hall for lets for training, events, meetings	1pm-6pm	Call 01224 325191
Peggy's café (hot drinks & snacks only)	10am-9pm	Drop in
Christadelphian church	4pm-5:30pm	Drop in
Granite city brass band community band	6pm-7.30pm	Call 07703218382
Granite city brass band	7.30pm-10pm	Call 07703218382
Ipad and wifi access free	10am to 10pm	Drop in
German Shepard dog training	6:30pm- 8:30pm	07813 551917





# WE ♥ VOLUNTEERS

Inchgarth relies on the goodwill of volunteers to run the centre, programme and the many services which we offer. We have many volunteering opportunities available that would make a lasting difference to the lives of others. Many take as little as 1 hour per week but have a huge impact on the lives of others. Volunteering makes a huge difference to our community but also for the person kind enough to give up their time. Speak to a member of staff to learn more and see how you too could make that difference.

## SOME 40 VOLUNTEERING ROLES AT INCHGARTH

[Contact Jules our volunteer coordinator at volunteerinchgarth@gmail.com](mailto:volunteerinchgarth@gmail.com)

## The Queen's Award for Voluntary Service.

The Queen's Award for Voluntary Service, also known as The Queen's Golden Jubilee Award for Voluntary Service by Groups in the Community and The Queen's Diamond Jubilee Volunteering Award is an annual award given to groups in the voluntary sector of the United Kingdom. Winning groups are announced in the *London Gazette* on 2 June each year, the anniversary of the coronation of Queen Elizabeth II. The award is equivalent to the MBE and is the highest award that can be made to a voluntary group. The award is managed by the Department of Culture, Media and Sport.



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