

Programme of activities

Visit our website www.inchgarth.org 01224 325191

Follow us on social media

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MONDAY		
HOW TO BOOK	ACTIVITY	TIME
Call 01224 313323 Contact Ms society	Computer class for additional support needs Ms Society arts and crafts	10am-12pn 12.30-3pm
Call us to book	Indoor carpet bowls	10am-12 noon
Call MS 07985989605	Meta-fit by Laura Ms society fitness class	10.15am-10.45am 10.30am-11.30am
Call us to book	Special needs art class	10am-12pm
Drop in members only	Fitness gym	10am-5pm
Call us to book	Sensory room for hire	10am- 5pm
Drop in	Outdoor play park	9am-10pm
Call us to book	Music room for use	10am- 9pm
Call us to book	Ipad /laptop/ wifi access NEW IT SUITE	All day
Drop in	Tennis courts free to use	10am- 5pm
Drop in. Must be member Call us for more info.	Pool & snooker drop in New community garden volunteer project	10am- 6pm 10am-12 noon
Drop in	Peggy's café	10am-5pm
Call us to book	Garthdee pensioners club	1pm-3pm
Call 07563002500	NEW CHILDREN'S CAPOEIRA CLASS NEW Nemesis kickboxing NINJAS NEW Nemesis kickboxing SAMURAI	4pm-5pm 4-45pm 4.45-5.45pm
Drop in	Indoor carpet bowls	12:45-1:45
At Rgu Sir Ian Wood building. FREE to go. Call 01224 325191 Call 01224 325191 Call to book	NEW INCHGARTH/ RGU MOVIE CLUB. With Rgu movie monthly (visit rgu movie monthly via facebook) NEW guitar lessons for adults and kids NEW stitch n Bitch knitting, sewing, needle work. NEW beginners computer class	5.30pm 6-7 & 7-8pm 6-8pm 7-8pm
Drop in members only	Fitness gym	6pm-10pm
Drop in	Friskis and sveltis fitness	6pm-7pm
Drop in	St Mary's boxing club	7pm-9pm
Call Sally 01224781230	Dog training (puppies)	7pm-8pm
	Dog training (not puppies)	8pm-9pm
taking new members now	Phoenix club – special needs	7pm – 9pm
Drop in	Denis law legacy trust streetsports	4.30-5.30pm
Drop in	Councillor Townson surgery	7pm-8pm
Drop in	Metafit with laura	6-6:30pm
Drop in Call origin yoga to book	Abs fitness with laura NEW YOGA CLASS	6:30-7pm 7PM

TUESDAY		
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-9pm
Drop in. Must be members	Pool & snooker drop in	10am-9pm
Call create 01224313323	Create-the big bang –music	10.30am-12noon
Drop in members - call us	Fitness gym	10am- 5pm
Drop in	Outdoor play park	9am-10pm
Call Ms Society 07985989605 Call us to book 01224 325191.	Ms society fitness class NEW community garden project. Get involved!	10am-11am 11am onwards
Call create 01224313323	Sensory room by create	10am-3pm
Call to book	Music room for use	10am-9pm
Drop in	Tennis court free to use	10am-5pm
Call Future choices	Future choices social day	11am-2pm
Call us to book	Art class various medium	1:30-3:30pm
Call us on 01224 325191 Call create 01224313323	NEW Create Aberdeen. Story telling group NEW BOCCIA for adults with disabilities Create media group	1pm-3pm 1pm-3pm 1pm-3pm
Call us to book	Card making class	2pm-4pm
Call us to book Must be members. Drop in	Intermediate computer class Ipad /laptop/ wifi access NEW IT SUITE NEW Nemesis kickboxing NINJAS NEW Nemesis kickboxing SAMURAI S	3-4pm All day 4-4.30pm 4.45-5.45pm
Call Claire. 07910649502	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 Gemma. 07985266109	Music therapy group for additional support needs	6pm-7pm
call	Tourette's Scotland meetings Monthly	7.30-9.30pm
Facebook message them	BiPolar Aberdeen Art group	6.30-8.30pm
Drop in members only	Fitness gym	6pm-9pm
Drop in	BOXING	6pm-9pm
Drop in. 2 nd Tuesday of month	Garthdee community council	7pm-9pm monthly
	NEW Nemesis kickboxing for adults and teens	7pm-9pm
Private group	Kaim-court residents meeting	7pm-9pm monthly
Private group	Self help art class	7pm-9pm

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	
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-5pm
Drop in	Pool and snooker drop in	10am-5pm
Call create 01224313323	Create "oot & aboot" buddies club	10am-12pm
Call us to book	Digital photography experienced	10am-12pm
Drop in	Outdoor play park	9am-10pm
Call create 01224313323	Sensory room by create	10am-5pm
Drop in	Ipad/ laptop/ wifi access New Ms Yoga class	10am-5pm 11am-12noon
Call Ms Society 07985989605	Ms society art group	12pm-3pm
Call Ms Society 07985989605	Ms society social club	12:30pm-3:30pm
Call us to book	Indoor carpet bowls	9:30am-11:30am
Call us for induction	Fitness gym	10am-5pm
Drop in	Tennis courts free to use	10am-5pm
Call 0131 442 8840	ABC language therapy down syndrome	10am-4:30pm
Call Pathways to book	PATHWAYS employment support	10am-12 noon
Call us to book	A chance to dance for the disabled	1pm-3pm
Drop in	Food bank by TLC	1pm- 4pm
Call us to book	BEGINNERS digital photography Art class- various medium all levels NEW DRAWING class for children	12-2pm
Call us to book		2pm-4pm
Call us to book		4-5pm
Call us to book- must join as member	English language class- FREE	7-8pm
Call us to book	NEW art class for all levels	6.30-8.30pm
Drop in	St Mary's boxing club	7pm-8 30pm
Call Laura on 07739181345	Boxercise / Abs alternate weeks NEW Yoga class	6.15pm-7.15pm 6.15-7.15pm
Call 07532186155	Brain injury Grampian social group	7:30-10pm
Call Claire. 07910649502	Illusion Dance Private lessons	4pm-6.30pm
Call us for induction	Fitness gym	6pm-10pm
Drop in	Councillor Yuill's surgery	7:15-8pm monthly
Call Paul on 01224694631	Silver city ring craft show dogs	7pm-9.30pm
Call 07703218382	Granite city brass band	7:30-10pm
Call to book	Music room to let	10am-9pm
Drop in	Ipad and wifi access free	7-10pm
Drop in	Inchgarth & streetsports football project At Ski centre pitches	8:30pm-10pm
	Baptist church	6-8.15pm

Free tennis courts 7 days a week



Inchgarth playpark 7 days a week



THURSDAY

How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-5pm
Call create 01224313323	Sensory room hire	10am-3pm
Drop in and call for induction	Fitness gym	10am-9:30pm
Ask for details. Drop in	Foster parent group Pool and snooker drop in	Monthly 11-1pm 10am-9.30pm
Call create 01224313323	Create rock & pop experience	
Drop in	Tennis courts free to use	10am-5pm
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
Call 01224632846	Dog training under 6 months	2pm-3pm
Call 01224632846	Dog training over 6 months	3pm-4pm
Call create 01224313323	Create rock choir	1pm-3pm
	BiPolar Aberdeen support group	Last week of month 7pm-9.30pm
Call Claire. 07910649502	Illusion dance Mini movers 18months + Private lessons NEW Nemesis kickboxing Ninjas NEW Nemesis kickboxing Samurai	4pm-4.30pm 4.30pm onwards 4-4.30pm 4.45-5.45pm
Call	Puppy training class	6pm-7pm
	Meta-fit by Laura	6.15pm-6.45pm
	NEW Nemesis kickboxing adults/teens	7-9pm
	Dezibels samba drumming	7:30pm-9:30pm
Call to book	Music room	7pm-9pm
Drop in	Meditation class FREE	7pm-8pm



HIRE OUR EXCELLENT MEETING SPACES AND INVEST IN OUR VITAL WORK

[2019 EVENTS... check the site for info](#)

WWW.INCHGARTH.ORG

FRIDAY		
How to book	ACTIVITY	Time
Drop in	Peggy's café	10am-5pm
Drop in	Metafit with Laura	10am-10:30am
Drop in	Abs with Laura	10:30am-11am
Call create 01224313323	Create daycare services	10am-12pm
Drop in	Pool and snooker drop in	10am-5pm
Drop in members only	Fitness gym	10am-5pm
Drop in	HAIG'S BUTCHER VAN	9.45am-10.15am
Call to book	NEW CHAIR BASED gentle exercise	10-11am
Drop in	Out door play park	9am-10pm
Drop in	Tennis courts free to use	10am-5pm
Drop in	Feel good Fridays- social club for adults with additional support needs	1-3pm
Call create to book	NEW Bucket drumming Adults with additional support needs	1-3pm
Call us to book	Ipad/ laptop/ wifi access	10am-6pm
Call us to book	Sensory room to hire	10am-5pm
Call 07532186155	Brain injury Grampian lunch club	12pm-3pm
Call Gordon 07827445514	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 Claire. 07910649502	Illusion dance school Private lessons Illusion dance school Competitive class. Stretch, acro, fast, slow	6pm-7pm 7pm-10pm
FOR MEMBERS ONLY MUST REGISTER 01224325191	NEW FRIDAY YOUTH CLUB	5pm-7pm call for all info

SATURDAY		
How to book	Activity	Time
Call to book	Children's parties available to book	11am-1pm
Drop in members only	Fitness gym	9am-1:30pm
Call to book	Music room	10am-2:15pm
Drop in	Peggy's café (hot drinks and snacks only)	9am- 1pm
Call to arrange	Children's parties available to book	2:15-4:15
Drop in	Tennis courts	10am – 5pm
Call to arrange	Hall available for events	Varied
Call to book	Sensory room hire	10am-2pm
Drop in	Outdoor play park	9am-10pm
Drop in	Ipad and wifi access free	9am to 1pm

SUNDAY

How to book	ACTIVITY	Time
Call us for their contact info. Call 01224733625	NEW Amber Academy Latvian school Christadelphian church	10am-1pm 10am-1pm
Drop in members only	Fitness gym	10am-10pm
Drop in	Tennis courts	10am-5pm
Drop in	Out-door play park	9am-10pm
Call to book Drop in Drop in	Music room to let Pool and snooker drop in. Free for members Baptist church	1pm-10pm 10am-10pm 1.30-4.30pm
Call to arrange	Children's birthday parties available to book	10:15am – 12:15
Call to arrange	Children's birthday parties available to book	1pm – 3pm
Call to arrange	Children's birthday parties available to book	3:45-5:45pm
Call to arrange	Hall for lets for training, events, meetings	1pm-6pm
Drop in	Peggy's café (hot drinks & snacks only)	10am-9pm
Call 01224733625	Christadelphian church	4pm-5:30pm
Call 07703218382	Granite city brass band community band	6pm-7.30pm
Call 07703218382	Granite city brass band	7.30pm-10pm
Drop in	Ipad and wifi access free	10am to 10pm
Call us for details	German Shepard dog training	6:30pm- 8:30pm

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



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