

# MONDAYS

**U3A Table Tennis** (10.30-11.30am) U3A membership required: [membership@haleu3a.co.uk](mailto:membership@haleu3a.co.uk)

**Strength & Cardio for Older Adults** (11am-12pm) Aimed at over 60s. Contact Bex 07742 906741

**Irish Dancing** (4.15-5.15pm beginners, 5-7pm intermediate) For ALL Irish dancing enquiries please contact Grace on 07500 556959

**Pilates with Claire H** (6.30pm, 7.45pm) Friendly class for all abilities. £10 per class Contact Claire on 07503 063055 or [pilateswithclaireh@gmail.com](mailto:pilateswithclaireh@gmail.com)

# TUESDAYS

**English as a Second Language** (10-12.30pm) Practise speaking, listening, reading & writing. (Places are subject to assessment and availability) For more details see the English Language flyer or look at our website page.

**Little Stars** (10.30-12pm every Tuesday, term time) A new group for babies & toddlers with additional needs, alongside their guardians. FREE

Contact [childrenandfamilies@altrinchambaptist.org](mailto:childrenandfamilies@altrinchambaptist.org) for more info and to register.

**Art Class** (1.30-3.30pm) No experience necessary- all welcome. Speak to the Hub office for more details. **\*\*CURRENTLY FULL\*\***

**The Bread & Butter Thing** (2.30pm pick up) Save on grocery costs and reduce food going to landfill. Must register to order bags. See the TBBT flyer or our website for more details.

**Create After School Club** (4pm-5.30pm term time) Free. School years 3-6. Dress up, junk modelling, lego, scrapbooking, den building. Contact Rachel on [childrenandfamilies@altrinchambaptist.org](mailto:childrenandfamilies@altrinchambaptist.org)

**Junior Chess** (6-7pm, 7-8pm classes for young/older children) Contact Olga 07905 933966 or [admin@giftedandtalented.org.uk](mailto:admin@giftedandtalented.org.uk) (at our church Hale Rd building)

**Little Belters** (4.15-5.15pm, 5.15-6.15pm) children's choir. Contact Tina on 07740 464507 or see [www.littlebelters.co.uk](http://www.littlebelters.co.uk)

**Stretch & Tone plus Callanetics** (7-8pm) whole body workout. £7 per class. Contact Elaine on 07765 760146

**Local Vocals** (7.30-9pm) 'Feel good' choir- no audition required. Info at [office@localvocalschoir.com](mailto:office@localvocalschoir.com)

# WEDNESDAYS

**Toddler Group** (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.

**Healthy Hips & Hearts** (11am-12.30pm) Chair based, gentle exercise class. Contact the Hub office for class availability.

**Citizens Advice Navigators** (9.30am-12.30pm, 1-3.30pm) Drop in support, advice and signposting. No appointment required.

**Digital Cafe** (10am-12pm) Support navigating the internet, online forms and practical guidance with digital technology. Free tea & coffee. Drop in, no appointment needed.

**U3A Bridge** (1.30-3.30pm) U3A membership required: [membership@haleu3a.co.uk](mailto:membership@haleu3a.co.uk)

**Chat & Craft** (1-3pm, 2nd & 4th Weds) FREE but limited spaces- contact Vicky: [volunteer@ourhub.org](mailto:volunteer@ourhub.org)

**Community Meal** (6pm each week) FREE hot meal for anyone in the community. Contact the Hub office to book a seat.

## THURSDAYS

**Toddler Group** (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.

**Little Groovers** (9.30am and 10.30am classes) Pre-school music & rhythm class. Contact [liz@little-groovers.co.uk](mailto:liz@little-groovers.co.uk)

**Pop Pop Korean** (11-1pm) Korean language class. Contact [mimi@poppopkorean.com](mailto:mimi@poppopkorean.com)

U3A French (11.30am-1pm) U3A membership required: [membership@haleu3a.co.uk](mailto:membership@haleu3a.co.uk)

**Knit & Natter** (1.30-3.30pm) Knit, chat, meet new people. All abilities welcome.

**Kettlebells Health & Cardio** (7.30-8.15pm) Full body workout- beginners welcome. Weights provided. Contact Bex on 07742906741 for more info.

**Absolute Belters** (8-9pm) Women's choir. Contact Claire on [absolutebelters@littlebelters.co.uk](mailto:absolutebelters@littlebelters.co.uk)

## FRIDAYS

**A Heart to Listen** (formally journaling)(10-11.30am) Runs once a fortnight- a safe space to share our story & own it. Contact Isabelle on 07737 465853 or the Hub office for more details and dates.

**Move It with Bec** (9.30am, 10.30am) Fun HIIT class for mum & baby/mum & pre-schoolers. Contact Bec on FB/Insta @MoveitwithBec or email [moveitwithbec@gmail.com](mailto:moveitwithbec@gmail.com)

**Free Food Friday** (10am) Drop in for access to free food items for those needing a little help.

Watercolour with Georgia (10-12pm) Block of 5 lesson, introducing watercolour and mixed media. £65. Contact Georgia [georgiandchris@btinternet.com](mailto:georgiandchris@btinternet.com) or text 07913 420939

**Healthy Hips & Hearts** (1.30-3pm) Chair based, gentle exercise class. Contact the Hub office for class availability.

**Aspect Acting Drama Class** (4-7pm) Kids' drama class. Contact Andy on 07813 089 487 or [aspectacting@gmail.com](mailto:aspectacting@gmail.com)

**Friday Night Youth club** (7-8.30pm) Drop in youth group, run by ABC church volunteer team. Contact the Hub office for more details.

## SATURDAYS

**Child Contact Centre** (9.30am-12.30pm) Currently running fortnightly providing support for separated families. Referral required- please contact [accwa14@altrinchambaptist.org](mailto:accwa14@altrinchambaptist.org) to make an enquiry.

**School for Gifted & Talented** (10am-12.30pm) Russian language school. Contact Olga on 07905 933966 or [admin@giftedandtalented.org.uk](mailto:admin@giftedandtalented.org.uk)

**Room Hire available** Rooms available to hire for social events. Please contact the Hub office for prices and further details.

## SUNDAYS

**Sunday Services** (10.30am each Sunday) Services are held in person at our Hale Road building alongside online access. Children & youth provision also runs during term time. All welcome

**Inclusion** (10.30am-12.30pm THIRD Sunday of the month) An 'open door' for those exploring faith or church. Conversation over brunch. Contact Andrew Hawksworth at the church office for more details [info@altrinchambaptist.org](mailto:info@altrinchambaptist.org)

**Room Hire available** (1pm- 10pm) Rooms available to hire for social events. Please contact the Hub office for prices and further details.