

ROSEMOUNT COMMUNITY CENTRE ASSOCIATION

Programme: 6th January-
28th March 2025
12 week term

For enrolment please email
rosemountcca@gmail.com or pop in to the
centre and pick up a registration form.
More class details are on the website
<https://www.rcca.info>
phone number 07443657741



Tutor Led Classes

| | | | STANDARD / CONCESSION* |
|------------------|----------------------|---------------|------------------------|
| Monday | Art Group 1 | 10:00 - 13:00 | £180/ £126 |
| | Sewing Projects | 18:00 - 20:30 | £150/£105 |
| | Dance Fitness | 18:00 - 19:00 | £72/£50 |
| | Young Peoples Sewing | 18:00 - 20:00 | £84 |
| | Contemporary Dance | 19:15 - 20:45 | £108/£76 |
| | Tai Chi | 19:30 - 21:00 | £108/£75 |
| Tuesday | Tai Chi | 10:00 - 11:00 | £72/£50 |
| | Kids Fitness Fun | 16:00 - 17:30 | £63 |
| | Sewing Beginners | 18:00 - 20:30 | £150/£105 |
| | Spanish 1 -Level A1 | 18:00 - 19:30 | £90/£63 |
| | Yoga | 19:00 - 20:00 | £60/£42 |
| | Evening Art Group | 19:00 - 21:00 | £120/£84 |
| | Spanish 4 Level B1 | 19:00 - 20.30 | £90/£63 |
| Wednesday | Art Group 2 | 10:00 - 13:00 | £180/£126 |
| | Pilates 1 | 17:30 - 18:30 | £72/£50 |
| | Pilates 2 | 18:30 - 19:30 | £72/£50 |
| | Kids Art Activities | 17:30 - 19:00 | £63 |
| | Kids Art Projects | 19:00 - 20:30 | £63 |
| | Spanish 3 Level A2 | 19:00 - 20:30 | £90/£63 |
| Thursday | Pilates 3 | 10:30 - 11:30 | £72/£50 |
| | Stretch and Recover | 17:30 - 18:30 | £72/£50 |
| | Spanish 5 Level B2 | 18:30- 20:00 | £90/£63 |
| | Yoga (long session) | 18:45 - 20:15 | £90/£63 |
| Friday | Art Group 3 | 09:30 - 12:00 | £150/£105 |

*Concessionary rate applies to students, those aged 60+, and those in receipt of benefits

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Our self supporting groups, where you are welcome to come and join in with others with the same interests. You will find more detailed information about each group on our website. **All sessions cost £2.00**

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|------------------|---|---------------|------------------------|---|
| Monday | Crafting 1 | 18:00 - 21:00 | Starts 13th Jan |  |
| | Creative Writing | 19:30 - 21:00 | | |
| Tuesday | Stitchers 1 | 10:00 - 13:00 | www.learig.org.uk | |
| | Chapel Chimers | 10:30 - 12:00 | | |
| | Learig Orchestra | 19:30 - 21:30 | | |
| Wednesday | Knit & Natter (Fortnightly) | 10:00 - 12:00 | Last week of the month | |
| | Crochet and Company | 10:00 - 12:00 | | |
| | Table Tennis | 09:30 - 11:00 | | time change |
| | Book Group | 19:30 - 21:00 | | |
| Thursday | Forget me Not... Life Partner Loss Group | 10:00 - 12:00 | | |
| | Rackets and Bats | 13:00 - 16:00 | | |
| | Stitchers 2 | 18:00 - 21:00 | | |
| | Crafting 2 | 18:00 - 21:00 | | |

Forget me Not... Life Partner Loss Group A new group which will be developed by those attending to create a safe and supportive space for all. No matter how recent or distant a loss is all are welcome, grief has no time limit.

Rackets and Bats - A group of enthusiastic badminton and table tennis players who use the time, space and activity to support each other and their own physical and mental health. They are happy to welcome new members and opponents!

Creative Writing the only group that has a tutor Bob who gives his time and enthusiasm to lead this group to expand their skills and perhaps try something new.

Craft Groups we have various groups that have a love of a variety of craft activities and enjoy meeting with like-minded people to share their knowledge and enthusiasm, all are welcome to bring the project they are working on from patchwork to painting by numbers, taking joy in creating is the most important thing.

Chapel Chimers are a group of 'senior' ladies who meet to make music using hand chimes. No musical ability is required but the ability to count to 3,4 or sometimes 6 and being able to keep time is useful!

Table Tennis The group is being run for us by the Aberdeen & District Table Tennis Association and a coach will be on hand to provide support and guidance.

Learig Orchestra Our friendly community orchestra's repertoire is generally classical and new players are welcomed in almost all sections see <https://www.learig.org.uk> for more information.