

# Knightswood Community Centre Programme July 2023

Monday	Description of Activity	Time or Date Starting Back
<b>Boogie Babies</b>	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to register. Booking is essential.	<b>4 Sept. Restart</b> 9.30 – 11.30am
<b>Westbourne Bridge Club</b>	For competent players, new members welcome	1.30pm - 4.30pm
<b>Knightswood Walking Group</b>	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
<b>Knightswood Violin Group</b>	This is a course for keen classical violin players wishing to improve their playing	<b>4 Sept. Restart</b> 1.30pm – 3.30pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
<b>Mulholland School of Dance</b>	Stage & freestyle dance class for 2 years and over	4.30pm-6.30pm
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	<b>7 August Restart</b> 5.45pm-6.45pm
<b>Yoga with Tracey</b>	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
<b>Youth &amp; Community Theatre</b>	All welcome from 8 years and over	<b>21 August Restart</b> 7.00pm-9.00pm
<b>Art Drawing and Painting Class</b>	Art and drawing class for all levels. Contact Johanna Logan 07900152725	<b>14 August Restart</b> 7pm to 9pm
<b>Tuesday</b>		
<b>Zumba with Kirsty</b>	Fitness with fun	10.00am – 11.00am
<b>Local History Group</b>	History talks and lectures (Every two weeks or twice a month)	<b>12 Sept. Restart</b> 10.30am 12.30pm
<b>Pilates with Eilidh</b>	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
<b>Sweaty Mama</b>	Pre and Post Natal fitness classes to enjoy fun and effective workouts in a relaxed and safe environment	1.00pm – 2.00pm
<b>Skills Development Scotland</b>	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
<b>Knit Wits</b>	Knitting Class Everyone welcome	1.30pm – 3.30pm
<b>Art for All</b>	Art club	1.00pm – 4.00pm
<b>Mineral &amp; Lapidary Society</b>	Stonecutting & polishing - all welcome	2.00pm – 5.00pm
<b>Easy Exercise</b>	Exercise class for the older adults	2.30pm – 3.30pm
<b>First Class Learning</b>	Afterschool Maths and English Tuition with Louise	4.00pm – 6.00pm
<b>Mulholland School of Dance</b>	Gymnastics / Dance for 2 years and over	5.00pm – 9.00pm
<b>Weight to Go with Nikki</b>	Weigh In and Chat	6.00pm – 7.00pm
<b>UKTC Taekwon-Do</b>	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	<b>11 July Restart</b> 6.30pm-7.30pm
<b>Yoga with Eilidh</b>	Yoga – Options for all levels - beginners welcome	7.30pm – 8.30pm
<b>Camera Club</b>	For over 18's - beginners welcome	<b>5 Sept. Restart</b> 7.30pm – 9.30pm
<b>Shall We Dance</b>	Ballroom Dancing for Beginners	7.30pm – 8.30pm
<b>Wednesday</b>		
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	<b>9 August Restart</b> 9.30am-10.30am
<b>Singergie Choir</b>	Community choir, no auditions and no fees – new members very welcome	10.00 –12.00pm
<b>Linkes</b>	English for Speakers of Other Languages with Creche – 0141 954 7554	<b>30 August Restart</b> 10.00 – 12.00pm
<b>Zumbini with Ashley</b>	Exciting music and movement for children aged 0-5. 6 weeks blocks phone Ashley on 07988816767 to book	10.45am – 11.30am

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Wednesday Cont.	Description of Activity	Time or Date Starting Back
<b>West of Scotland Mineral &amp; Lapidary Society</b>	Enamelling Group	2.00pm – 5.00pm
<b>Shona Campbell School of Dance</b>	Tap and modern dance classes	<b>16 August Restart</b> 4.30pm-8.30pm
<b>WW Reimagined</b>	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
<b>NW Recovery Communities Men's Group</b>	For anyone promoting recovery in the community. Sit and share all men welcome	5.00pm – 7.00pm
<b>WKKA Scotland</b>	Karate class for 5 years old and over	<b>16 August Restart</b> 7.00pm-8.00pm
<b>Table Tennis Club</b>	For all levels of players	6.30 pm – 9.30pm
<b>Anam Crafts</b>	Advanced crafts group - please phone Jacqui 07426416221	7.30pm – 9.30pm
<b>Glasgow Classical String Orchestra</b>	A music group for amateur and proficient string players	<b>13 Sept. Restart</b> 7.30pm – 9.30pm
<b>Thursday</b>		
<b>Fit 'n' Fun @ Step to Health</b>	Have fun at this fitness class for adults	<b>10 August Restart</b> 9.30am-10.30am
<b>NW Recovery Communities</b>	Information Drop-in sessions and support	10.00am-2.00pm
<b>Glasgow Senior Citizens Orchestra</b>	New musicians/members welcome or simply listen and enjoy rehearsals	<b>7 Sept. Restart</b> 11am -3.00pm
<b>Skills Development Scotland</b>	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
<b>UKTC Taekwon-Do</b>	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	<b>13 July Restart</b> 4.00pm – 7.00pm
<b>Zumba Fitness</b>	Fitness with fun	6.30pm - 7.30pm
<b>Dog Training Club</b>	Obedience training from the very experienced trainer Jim McIntosh	5.30pm - 9.00pm
<b>Friday</b>		
<b>WW Reimagined</b>	Wellbeing Workshop from Weight Watchers	9.30am -11.00am
<b>Aye Can Dae Activities</b>	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
<b>Yoga with Eilidh</b>	Yoga – Options for all levels - beginners welcome	11.30am –12.30am
<b>Glasgow Senior Citizens Big Band</b>	For Musicians with an interest in jazz and swing	2.30pm – 4.30pm
<b>Mulholland School of Dance</b>	Competition Dance Class	4.00pm – 7.00pm
<b>Shining Light</b>	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
<b>Friday Sequence Dancing</b>	All adults welcome	7.30pm - 9.30pm
<b>Saturday</b>		
<b>Ignite Theatre</b>	Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	<b>2 Sept. Restart</b> 9.30am-10.30am 11.00am- 1.00pm
<b>Shona Campbell School of Dance</b>	Tap & Modern dance class for over 2's	<b>19 Sept. Restart</b> 10.00am- 1.00pm
<b>Shimmers Line Dancing Club</b>	Adult class for advanced/ experienced line dancers	10.30am – 12.30pm
<b>Table Tennis Club</b>	For advanced players	12.30pm – 3.30pm
<b>Sunday</b>		
<b>Foundation Dog Training</b>	Dog training using positive reinforcements techniques (booking essential and times may vary)	<b>13 August Restart</b> 6.30pm- 8.30pm
<b>AI - Anon Meeting</b>	Self-help group for friends and family of alcoholics	7.15pm - 9.15pm
<b>Alcoholics Anonymous</b>	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm