

What's on

Castlefields Community Centre



Mondays

High Intensity Interval Training with Clare	9.00am - 10.00am
Movement Therapy	10.00am - 11.00pm
Shape Up/Tai Chi (every Fortnight)	11.00am - 12.00pm
Castlefields Residents (3 rd in month)	2.00pm - 3.00pm
Rainbows and Brownies	5.00pm - 6.15pm
Monster Circuits with Clare	7.30pm - 8.30pm

Tuesdays

Stop Smoking	10.00am - 11.30am
Stroke Rehab (GP Referral required)	10.00am - 11.30am
Credit Union	10.30am - 11.45am
Easy Circuits with Chris	11.30am - 12.30pm
Arts and Crafts (Free taster day 17/04/18 10 course to run on starting 24/04/18)	1.00pm - 4.00pm
Cake Decorating Class for Children (book a place 07715886151)	4.00pm - 5.00pm
Kettlercise with Clare	6.30pm - 7.30pm
Bingo	7.00pm - 9.00pm
Boxercise with Clare	7.30pm - 8.30pm

Wednesdays

Learn to Live Well Art Class (Book a place Sara Gillies 0151 511 7788)	9.30am - 12.00pm
Crafty Crafters- Card Making Group	11.00am - 1.00pm
Moo Music with Jennie -Baby Moo Sensory and Music Class	1.05pm - 1.45pm
Moo Music with Jennie - Mixed Moo Sensory and Music Class	2.00pm - 2.40pm
Tiny Dancers - A1 Dance	3.45pm - 4.30pm
Weight Watchers	6.00pm - 8.00pm
Councillors Surgery (2 nd in month)	7.00pm - 8.00pm
Monster Circuits with Clare	8.00pm - 9.00pm


Thursdays

Core Fitness with Clare	9.00am - 10.00am
Adult Learning within Reach IT Course (To book a place call 0151 243 5340)	9.00am - 4.30pm
Castlefields Stay and Play	9.30am - 11.30am
Yoga	10.00am - 11.00am
Stroke Association Support Group (Starting 25/01/2018)	10.00am - 12.00pm
HELPS Equipment	10.30am - 11.30am
Fit 2 Dance by A1 Dance (Over 50's)	11.15am - 12.15pm
Over 50's Gentle Circuits with Clare	12.30pm - 1.30pm
ACT Peer Recovery	2.30pm - 4.00pm
DKS Karate for children	4.30pm - 6.00pm
Kettlercise with Clare	6.00pm - 7.00pm
High Intensity Interval Training with Clare	7.00pm - 8.00pm
Councillors Surgery (4 th in month)	7.00pm - 8.00pm

Fridays

Adult Learning within Reach IT Course (To book a place call 0151 243 5340)	9.00am - 4.30pm
Gentle Exercise (chair-based - GP referral required)	10.30am - 3.30pm
Dynamite Dance School	4.30pm - 8.00pm
Tina Malone Drama	6.00pm - 9.00pm

Café with Free Wifi Open Monday to Friday 9.00am – 4.30pm

 Like us on Facebook! [HaltonCommunityCentres](https://www.facebook.com/HaltonCommunityCentres)

Castlefields Community Centre
Village Square, Castlefields, Runcorn, WA7 2ST
Phone: 0151 511 7474
Email: CastlefieldsCC@halton.gov.uk 21/03/2018



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