

# What's on

## Upton Community Centre



### Mondays

Café Open	9.00am - 1.00pm
Progress Sports	9.30am - 2.30pm
Smoking Cessation Group	9.30am - 11.30am
Nifty Fifties Keep Fit to Music	10.00am - 11.30am
Keep Fit Exercise	5.45pm - 6.45pm
Women's Club	7.00pm - 8.30pm
Line Dancing	7.30pm - 10.00pm

### Tuesdays

Café Open	9.00am - 1.00pm
Progress Sports	9.30am - 2.30pm
Rainbows	4.30pm - 6.00pm
HEARTS Street Dance	5.00pm - 6.00pm
Taekwondo	6.30pm - 8.00pm
Karate	8.00pm - 9.00pm

### Wednesdays

Progress Sports	9.30am - 2.30pm
Nifty Fifties Keep Fit to Music	10.00am - 11.00am
Young Addaction	4.30pm - 5.30pm
Crafty Kids	5.30pm - 7.30pm
Majorettes	6.00pm - 10.00pm

### Thursdays

Café Open	9.00am - 1.00pm
Progress Sports	9.30am - 2.30pm
Credit Union	10.00am - 11.00am
Art Class	10.00am - 12.00pm
IT Drop In	1.00pm - 3.00pm
Thursday Happy Club	1.30pm - 3.30pm
Taekwondo	4.00pm - 8.15pm
Art Class	7.00pm - 9.00pm
Hough Green Councillors Surgery (3 <sup>rd</sup> Thurs of each month)	7.30pm - 8.30pm
Karate	8.15pm - 9.15pm

### Fridays

Café Open	9.00am - 1.00pm
Weight Watchers	10.00am - 11.00pm
Majorettes	4.30pm - 9.00pm
Line Dancing	7.00pm - 9.00pm

### Saturdays

DiddiKicks 10.00am - 1.00pm

### Sundays

DiddiKicks 10.00am - 1.00pm

Meeting rooms and sports hall for hire at competitive rates

Upton Community Centre  
Hough Green Road, Widnes, WA8 4PF  
Phone: 0151 511 6161  
UptonCC@halton.gov.uk

