

What's on

Upton Community Centre

Mondays

Café Open	9.00am - 1.00pm
Nifty Fifties Keep Fit to Music	10.00am - 11.30am
Upton Men's Talk, for all men aged 50+	12.30pm - 2.30pm
Janet Birmingham School of Dance	6.30pm - 8.30pm

Tuesdays

Café Open	9.00am - 1.00pm
Stay Fit with Chris	9.30am - 10.30am
Rainbows	4.30pm - 6.00pm
Taekwondo	6.30pm - 8.00pm

Wednesdays

Café Open	9.00am - 1.00pm
Nifty Fifties Keep Fit to Music	10.00am - 11.00am
Karate	6.00pm - 7.00pm
Janet Birmingham School of Dance	6.00pm - 9.45pm

Thursdays

Café Open	9.00am - 1.00pm
Chair Based Exercise	10.00am - 11.00am
Credit Union	10.00am - 11.00am
Art Class	10.00am - 12.00pm
Krafty Kids	4.30pm - 6.00pm
Taekwondo	6.30pm - 8.00pm
Art Class	7.00pm - 9.00pm
Hough Green Councillors' Surgery (3 rd Thurs of each month)	7.30pm - 8.30pm

Fridays

Café Open	9.00am - 1.00pm
Karate	5.00pm - 6.00pm
Line Dancing	6.30pm - 8.30pm

Saturdays

Sundays

Queens Ladies Boxing	10.00am - 11.00am
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Meeting rooms and sports hall available for hire at competitive rates.
For more information please contact the Centre.



Police Community Base – Talk to your local PCSO about any issues that you may have – for surgery times contact the Centre.

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

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