

THE HEART OF ALTON FOR



50 YEARS 

*ACA Leisure Learning*

April-August 2026



**Become an ACA Member to get  
your 10% members discount**

[www.altoncomcen.org.uk](http://www.altoncomcen.org.uk)

# Alton Psychic & Holistic Fair

Sun 28<sup>th</sup> June

10.00-14.30

Alton Community Centre

**Join us for an event filled with uplifting energy,  
and holistic well-being.**

**Psychic & Tarot Readings  
Crystal & Gemstone Stalls  
Reiki, Energy Healing & Wellness Therapies  
Holistic Products & Gifts (Tarot, Incense  
and other goodies!)**

**Bring a friend, explore the stalls,  
All are welcome – whether you're a curious seeker  
or simply looking for a mindful day out.**

**£3.50 (includes FREE Talks).**

**For information or to enquire about  
a stall call 01420 85057 or email  
[marie@altoncommunitycentre.org.uk](mailto:marie@altoncommunitycentre.org.uk)**



# Index

<b>The Small Print</b>	<b>Page 4</b>
<b>Association Membership Form</b>	<b>Page 5</b>
<b>Art &amp; Craft Courses &amp; Workshops</b>	<b>Page 7-10</b>
<b>Modern Foreign Languages</b>	
<b>Italian</b>	<b>Page 11</b>
<b>Spanish</b>	<b>Page 12-13</b>
<b>Health &amp; Wellbeing</b>	
<b>Yoga</b>	<b>Page 15</b>
<b>Dance &amp; Fitness</b>	<b>Page 16</b>
<b>Tai Chi &amp; Qigong</b>	<b>Page 17-18</b>
<b>Summer Short Courses &amp; Workshops</b>	<b>Page 19-22</b>
<b>Mandala Painting</b>	<b>Page 19</b>
<b>Feng Shui &amp; Tai Chi Sword</b>	<b>Page 19</b>
<b>Tai Chi &amp; Qigong</b>	<b>Page 20</b>
<b>Holiday &amp; Beginners Spanish</b>	<b>Page 21</b>
<b>Art Short course &amp; Workshops</b>	<b>Page 21-23</b>
<b>Bodymoves &amp; Salsa Dancing</b>	<b>Page 23</b>
<b>ACA Enrolment Form</b>	<b>Page 25-26</b>

**Alton Community Association members can claim a 10% reduction on their course fees (including workshops) if they are an ACA member or become a member when Enrolling for their chosen course.**

**For more information, or to enrol please contact:**

**Alton Community Association**

**Amery Street**

**Alton**

**GU34 1HN**

**01420 85057**

**Marie.kellie@altoncommunitycentre.org.uk**

**www.altoncomcen.org.uk**

**Alton Community Centre CIO—Registered Charity Number 1173885**

### **Enrolling for your course:**

You can enrol at Alton Community Centre or ring us for information at:  
East Hampshire Leisure Learning, Alton Community Centre, Amery Street, Alton,  
Hants, GU34 1HN. Telephone:01420 85057  
Reception Hours are 9.00-17.00 Mon-Fri & 9.00-13.00 on Saturdays  
Alternatively, you can email us on [marie.kellie@altoncommunitycentre.org.uk](mailto:marie.kellie@altoncommunitycentre.org.uk)

If you require receipt of your payment please provide your email address, we will send you an emailed acknowledgement of your payment. We will only contact you if the course is cancelled, otherwise you should turn up for the first session. Unless your course is cancelled by us any refunds issued will be made at the discretion of the Association and a £20.00 administration fee will be charged. The Community Association reserves the right under certain circumstances to refuse an enrolment at the discretion of the Centre Manager or the Association Trustees.

### **Summer Term 2026 TERM DATES**

**Monday 20th April — Monday 6th July**

**Half term 25th-29th May (for most courses) Bank Holidays Mon 4th & 25th May**

### **Summer Short Courses & Workshops**

**Monday 13th July—Saturday 29th August**

**Please check the brochure for the specific dates for your course.**

A reduction on your course fees is available for ACA members (10%), A.C.A membership concessions are available on all our courses including workshops.

Please note we are unable to discount your fees to take into account any missed weeks for holidays/appointments etc in the fee charged.

Every effort has been made to ensure that the information in this brochure is accurate. On occasions it is necessary to change or withdraw a course for a variety of reasons. Please check details of your course and the fees when you enrol. Details of all courses appear on the following pages.

**All enrolments are taken by Alton Community Centre.**

### **Data Protection**

Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association will use the information in our communications with you. ACA may send you marketing information about our courses, ACA Membership and events.

Your information will not be shared with third parties without your permission



**ALTON**  
COMMUNITY  
ASSOCIATION

## **BECOME A MEMBER TODAY!**

Enjoy our membership benefits and support our community centre and services.

### **Membership Benefits**

- **10% off all ACA Leisure Learning classes (no limit)**
- **10% off Room Hire when hiring for one-off functions**
- **10% off Minibus hire (Self drive)**
- **10% off Shopmobility short term hire**
- **50% off Photocopying**

### **Support your Community Services**

- **ACA Leisure Learning**
- **Venue hire at reasonable rates**
- **Community Events**
- **Community Clubs**
- **Minibus hire**
- **Café**
- **Shopmobility Short-Term Hire**

**See Over for Joining Form**



# MEMBERSHIP APPLICATION 2025/2026

Type of Membership Required (please tick as required)

- INDIVIDUAL OVER 18 £23.00
- SENIOR £18.00

**Please complete in block letters**

Your Full Name: .....

Address: .....

.....

Post Code .....

Tel No: .....

Mobile: .....

Email: .....

Annual Membership is from 1st September to 31st August

Please detach this page and return with your subscription to:  
Alton Community Centre, Amery Street, Alton, Hampshire. GU34 1HN  
Cheques should be made out to 'Alton Community Association'

SIGNATURE:.....Date: .....

### Data Protection

Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association CIO will use the information in our communications with you. ACA may send you marketing information about our courses, Membership and events.

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Alton Community Association CIO is a registered Charity (number 1173885)

# Art Classes & Workshops

## **C126 Art for All Abilities with Maggie Cole**

£135.00 (ACA Mem £121.50) for 10 weeks Monday 20th April—20th July 10.00-13.00 at Alton Community Centre No classes 4th & 25th May and 15th & 22nd June

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Exploring Abstract Art. Learn about colour relationships and how these can help with Representational Art. Abstract art is a style that uses colour, shape, form, and texture to create compositions mostly independent of visual references from the world of reality. This is a chance for you to experiment with and try out different mediums such as ink, intense pencils/blocks and water-soluble graphite pencils, brush and pen and ink. Most of these mediums will be supplied by the tutor, but you may bring in your own medium to explore. There will be structured tuition with demonstrations by the tutor every other week. For the alternative weeks there will be the opportunity to work on your own project/painting in any medium. The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring some of your own materials. A list of suggested materials will be available 1 week before the course begins. You will also need to bring a photo or object to paint or draw when working on your own project and an apron when using acrylics.

## **C229 Art for All Abilities with Maggie Cole**

£135.00 (ACA Mem £121.50) for 10 weeks Tuesday 5th May-28th July 10.00-13.00 at Alton Community Centre. No classes 26th May, 16th & 23rd June

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Exploring Abstract Art. Learn about colour relationships and how these can help with Representational Art. Abstract art is a style that uses colour, shape, form, and texture to create compositions mostly independent of visual references from the world of reality. This is a chance for you to experiment with and try out different mediums such as ink, intense pencils/blocks and water-soluble graphite pencils, brush and pen and ink. Most of these mediums will be supplied by the tutor, but you may bring in your own medium to explore. There will be structured tuition with demonstrations by the tutor every other week. For the alternative weeks there will be the opportunity to work on your own project/painting in any medium. The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring some of your own materials. A list of suggested materials will be available 1 week before the course begins. You will also need to bring a photo or object to paint or draw when working on your own project and an apron when using acrylics.



## **B624 Mandala Painting for Beginners with Lyndsay Payne**

£39.00 includes materials (ACA mem £35.10) for 1 week Saturday 18th April 9.30-12.30 at Alton Community Centre

Join local mandala artist Lyndsey Payne, from Soul Serenity Mandalas, for a gentle morning of calm and focus, as you experience learning the meditative art of painting mandalas. Designed for beginners and experienced creatives alike, this session blends simple artistic techniques and mindfulness to help you slow down, reconnect and create with intention.

Over the course of the workshop, you will learn about the origins of mandalas and be guided step-by-step through the process of building balanced geometric patterns, using harmonious colour palettes and painting with presence. By the end of the morning, you'll leave with a completed hand painted mandala and practical techniques for relaxation through creativity.

This workshop is perfect for anyone seeking a creative pause, a mindful start to the day, or a peaceful introduction to mandala art. No previous art experience necessary. All materials provided but please bring an apron.

## **D625 Mandala Painting for Beginners with Lyndsay Payne**

£39.00 includes materials (ACA mem £35.10) for 1 week Saturday 22nd Aug 9.30-12.30 at Alton Community Centre

Join local mandala artist Lyndsey Payne, from Soul Serenity Mandalas, for a gentle morning of calm and focus, as you experience learning the meditative art of painting mandalas. Designed for beginners and experienced creatives alike, this session blends simple artistic techniques and mindfulness to help you slow down, reconnect and create with intention.

Over the course of the workshop, you will learn about the origins of mandalas and be guided step-by-step through the process of building balanced geometric patterns, using harmonious colour palettes and painting with presence. By the end of the morning, you'll leave with a completed hand painted mandala and practical techniques for relaxation through creativity.

This workshop is perfect for anyone seeking a creative pause, a mindful start to the day, or a peaceful introduction to mandala art. No previous art experience necessary. All materials provided but please bring an apron.



## **C620 Art for Fun—Wildflowers in a Glass Jar Watercolour Workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 25th April 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create your own watercolour painting of wildflowers in a glass jar.

Kate will guide you, step by step, in the process to create the mix of delicate flowers, in a friendly, welcoming environment — perfect for all skill levels.

It's a chance to immerse yourself in the creative process alongside fellow art enthusiasts. Making art is a relaxing and rewarding way to unwind and lose yourself in the joy of painting.

Please bring your own art materials (a list of suggested paints and equipment will be provided).



## **C621 Art for Fun — Koi Carp Watercolour Workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 23rd May  
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create a colourful watercolour painting of koi carp and rippling water.

Kate will guide you step by step, building up in layers, to create a richly coloured painting, in a friendly, welcoming environment — perfect for all skill levels.

This enjoyable workshop offers a chance to immerse yourself in the creative process and connect with fellow art lovers. Making art is a great way to relax, unwind, and lose yourself in the joy of creating.

Please bring your own art materials (a list of suggested paints and equipment will be provided).



# Art Classes & Workshops

## **C622 Art for Fun —Chromatic Birds Landscape Watercolour workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 27th June 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop where you'll paint a bold, dramatically coloured, watercolour landscape. Kate will guide you, step by step, in a friendly, supportive setting, making it suitable for beginners and more experienced painters alike. This enjoyable session is a great way to get stuck into the creative process and spend time with other people who love art. Painting is a wonderful way to unwind, switch off, and enjoy the process of creating something of your own. Please bring your own art materials (a list of suggested paints and equipment will be provided).



## **D623 Art for Fun Summer Short Course—Words & Pictures Turning old book pages into Artwork with Kate Davis**

£49.00 (ACA Mem £44.10) Monday 3 weeks 16th—30th July 10.00-13.00 at Alton Community Centre

Using simple techniques like cutting, shaping, drawing, and painting, you'll transform printed words into something entirely new.

No special experience is needed — just enthusiasm.

What you'll create:

Week 1. 3D Flowers—Cut, shape, and layer book pages to build delicate three-dimensional flowers, and bring them to life with colour.

Week 2. Collage— Cut shapes and images from one page and combine them with drawing and painting on another. Layer text and art together to create striking mixed-media pieces.

Week 3. Found Poetry with Illustration—Select words from the page to discover hidden poems. Then illustrate your new creation directly onto the paper, blending text and image into a finished artwork.

By the end of the three weeks, you'll have a collection of unique pieces, each created with your own style and full of personal touches..



# Modern Languages Italian

## **C236 Italian Elementary (Level 2) with Stella Hawkins**

£109.00 (ACA Mem £88.20) for 10 weeks  
Tuesday 21st April —7th July 12.20-13.35 at  
Alton Community Centre No classes 26th  
May & 16th June

This course would work well for students who perhaps have been learning on their own or have already been studying the language for a year or so. The class is all about increasing communication in Italian, using conversation practice, audio and video clips, alongside consolidating the grammar. Knowledge of the Present and Past tense would be useful. You will need Nuovo Espresso 1, Libro studente (Alma Edizioni) by Luciana Ziglio. ISBN no 8861823181

## **C335 Italian Beginners (Level 1) with Stella Hawkins**

£88.00 (ACA Mem £79.20) for 10 weeks  
Wednesday 22nd April—8th July 15.25-16.25 at  
Alton Community Centre No classes 27th May &  
17th June

This course introduces you to the beautiful Italian language and deals with the vocabulary and grammar which will be useful in a trip to Italy! The focus is on speaking and listening and we will be using short audio files and videos to enhance the fun! This way if you have dabbled with learning Italian in the past and would like to get to grips with the essential building blocks of the language or if you are completely new to learning Italian this course will help you learn how to speak and understand Italian. You will need Nuovo Espresso 1, Libro studente (Alma Edizioni) by Luciana Ziglio. ISBN no 8861823181

## **C334 Italian Lower Intermediate (Level 3) with Stella Hawkins**

£120.00 (ACA Mem £108.00) for 10 weeks  
Wednesday 22nd April—8th July 13.30-15.15 at Alton  
Community Centre No classes 27th May & 17th June

This course is suitable for students who have done around three years of Italian and are comfortable with using the Present, Past, Future and Conditional tenses. Lots of practice and revision throughout the course will enable students to increase their confidence in speaking and listening whilst growing their vocabulary and learning more about Italian culture and way of life. You will need Nuovo Espresso 2, Libro studente (Alma Edizioni) by Maria Bali & Giovanna Rizzo ISBN no 8861823211

## **C235 Italian Upper Intermediate (Level 4) with Stella Hawkins**

£130.00 (ACA Mem £117.00) for 10  
weeks Tuesday 21st April—7th July 13.45  
-15.45 at Alton Community Centre  
No classes 26th May & 16th June

This course is suitable for students who have studied at least four years of Italian previously, or who may be returning to study Italian after a long break, and who are familiar with all the basic tenses. The course will enable students to increase their vocabulary and speak Italian with more confidence, as well as becoming more accurate in the use of different tenses and grammatical structures. The class will engage in improving speaking and listening skills also through conversation practice, role play and audio visual activities.



# Modern Languages Spanish

## **C192 Spanish Beginners Plus term 3 with Soraya Fernandez**

£112.00 (ACA mem £100.80) for 12 weeks  
Monday 13th April—13th July 9.30-10.45 at  
Alton Community Centre. No classes 4th &  
25th May

This course is aimed at students who have some knowledge of the language and are not absolute beginners. The course will enable the student to get by in a Spanish speaking country.

Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen

## **C191 Spanish Intermediate with Soraya Fernandez**

£133.00 (ACA mem £120.00) for 12 weeks  
Monday 13th April—13th July 11.00-12.30  
at Alton Community Centre. No classes  
4th & 25th May

This course is aimed at students who have some knowledge of the language and are not absolute beginners. The course will enable the student to get by in a Spanish speaking country.

Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen

## **C190 Spanish Higher Intermediate with Soraya Fernandez**

£149.00 (ACA mem £134.10) for 12 weeks  
Monday 13th April—13th July 13.00-15.00 at  
Alton Community Centre. No classes 4th &  
25th May

The course will enable the student to increase their vocabulary and speak Spanish with more confidence. As well as becoming more accurate in the use of different tenses. This course is suitable for students who have studied at least three years of Spanish or equivalent and who have a good notion of present, past and future tenses. Although lots of practice will be done throughout the course. It's an active class which emphasizes practice and learning through role-plays, games and visual aids. You will need a notebook and pen.

## **C390 Spanish Advanced with Soraya Fernandez**

£163.00 (ACA mem £146.70) for 13 weeks  
Wed 15th April—15th July 10.00-12.00  
Via Zoom. Half term 27th May

The course will enable the student to increase their vocabulary and speak Spanish with more confidence. As well as becoming more accurate in the use of different tenses. The course aims to expand the student's vocabulary further, including idiomatic expressions and topics designed to increase fluency and conversation on everyday topics and current affairs. We will also look at historical and cultural aspects of the Hispanic speaking world. Students should have a good ground in the use of different tenses and vocabulary, although there will be plenty of opportunities to practise during the course.

## **C591 Spanish Lower Intermediate with Soraya Fernandez**

£143.00 (ACA Mem £128.70) for 13 weeks Friday 17th April—24th July 9.30-11.00 at Alton Community Centre No classes on 1st & 29th May

This course is aimed at students who have some knowledge of the language and are not absolute beginners. It is possible to join the class if you have some knowledge of Spanish, the tutor can advise of the level of this class and can also suggest another if this one is not suitable.

This course will enable will give you the Spanish language skills to get by in Spain or a Spanish speaking country. This course is suitable for students who are new to the language. Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen.

## **C590 Spanish Intermediate with Soraya Fernandez**

£163.00 (ACA Mem £146.70) for 13 weeks Friday 17th April—24th July 11.15-13.15 at Alton Community Centre No classes 1st & 29th May

The course will enable the student to increase their vocabulary and speak Spanish with more confidence. This course is suitable for students who have done at least a year of Spanish and have some notions of the different tenses. We are continuing to focus on practical vocabulary at the same time as practicing grammar for different contexts. However, lots of opportunities for practice will be provided during the course to continue leaning and improving. You will need a notepad and pen.



**See page 19-23  
for details of our  
Summer Short  
Courses & Workshops**

# DUCK RACE

## & 'MALLARDS MARKET'

ALTON COMMUNITY CENTRE

SUN 7<sup>TH</sup> JUNE

10.00AM-2.00PM

CRAFT, GIFT & PRODUCE STALLS

DECORATE YOUR DUCK

FREE CHILDREN'S ACTIVITIES

DUCK RACE BEGINS AT 1.30PM

AT CUT POUND

ENTRY TO THE RACE IS £5.00

WHICH INCLUDES YOUR DUCK

PRIZE FOR THE WINNING DUCK

& THE BEST DECORATED DUCK



[acaenquiries@altoncommunitycentre.org.uk/](mailto:acaenquiries@altoncommunitycentre.org.uk)  
01420 85057



# Health & Wellbeing (Yoga)

## **C239 Mixed Ability Yoga with Lorraine Grocott**

£110.00 (ACA Mem £99.00) for 10 weeks  
Tuesday 21st April—7th July 10.00-11.30 at Liss  
Village Hall, Half term 26th May

In Yoga we practice the postures (asanas), we practice breathing exercises (pranayama), and we practice meditation. These three elements are to balance the body, the mind and the spirit.

This term we will also look at the understanding of the Eight Limbs of Yoga, Patanjali uses the word limb to describe the different aspects of yogic practice that, when taken together make up one body of Yoga. The purpose of the eight-fold path is as a practical guide to self development that helps bring the mind, body and spirit into harmony. Each limb can grow at the same or different time. They develop spontaneously in a process that is developmental, harmonious and organic.

Please wear comfortable clothing i.e. stretch pants. Bring a blanket for relaxation.

You will need to buy or bring a mat.  
In the long term you will need to purchase a block

Yoga Mats/blocks (these can be brought direct from the tutor if required).



## **C343 Yoga for Everyone with Christine Clist**

£121.00 ACA Mem £108.90) for 11 weeks Wed  
15th April—29th July 19.00-20.30 at Alton  
Community Centre, No classes 27th May, 3rd &  
10th June and 8th & 15th July

This is a classical Hatha Yoga class involving stretching, breathing and relaxation techniques, together with a little meditation to enhance a sense of calm and wellbeing. With practice the techniques learned will help to strengthen the body and gently encourage it to become more flexible. The techniques used for breathing and meditation aims to bring an awareness to help relieve stress and to encourage relaxation.

Students will become aware of and learn the importance of good posture in daily life.

Please bring a your own yoga mat, blanket (for relaxation), water to drink and wear comfortable clothing

## Health & Wellbeing (Dance & Fitness)

### **C330 Body Moves (Dance Fitness)**

#### **All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£91.00 (ACA Mem £81.90) for 10 weeks 1st April —24th June 9.45-11.00 at Alton Community Centre. No classes 8th & 15th April and 27th May

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour.

Exercise mat and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). Can advise, if necessary.

### **D331 Body Moves (Dance Fitness) Summer (Beginners & Improvers)**

#### **All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£37.00 (ACA Mem £33.30) for 4 weeks 5th—26th August 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour.

Exercise mat and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). Can advise, if necessary.

### **C500 Salsa Dance Class—Mixed Ability with Armando Lao Alvarez**

£87.00 (ACA Mem £78.30) for 10 weeks 24th Apr—17th July 18.30-19.30 at Alton Community Centre. No classes 27th May, 12th June & 19th June

Join our Salsa class and experience the vibrant, energetic world of salsa dancing! This 10 week course is great for the all abilities Armando will guide you through every step, ensuring you have fun while you learn. Learn basic salsa steps, footwork, turns and spins all set to the infection rhythms of Salsa music. Come along, meet new people and have fun! No partner needed. Come along and join the party!

# Health & Wellbeing

## Tai Chi

### **C171 Tai Chi For All with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks  
Monday 20th April—6th July 17.15-18.15 at  
Whitehill Village Hall. No classes 4th & 25th  
May

This is a continuing class, so mainly for  
people with some experience of Tai Chi.  
However beginners are also most welcome.  
Use the gentle meditative movements and  
cultivate internal energy in the soft martial  
art for health and wellbeing.

Come and join in for an hour of calm,  
breathing and fun. Please bring water to  
drink and wear loose comfortable clothing  
and soft soled shoes.

### **C272 Tai Chi For Everyone-Relaxing Evening session with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks  
Tuesday 21st April—30th June 18.00-19.00 at  
Alton Community Centre. Half term 26th  
May

Beginners are very welcome to join this  
friendly, mixed-ability Tai Chi class alongside  
more experienced practitioners.

Using the gentle Tai Chi 'form', we work to  
improve health, wellbeing, balance, posture  
and overall fitness in a relaxed environment.  
Come along to enjoy a calm and relaxing  
tai chi class. Unwind from the day, while  
you experience the many health and  
wellbeing benefits of Tai Chi.

Please bring water to drink and wear loose  
comfortable clothing and soft soled shoes.

### **C271 Tai Chi For All with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks  
Tuesday 21st April—30th June 12.30-13.30 at  
Alton Community Centre. Half term 26th  
May

Beginners are most welcome to join this  
mixed ability class along with the more  
experienced practitioners!

We use the gentle 'form' to guide us to  
health and wellbeing, improve fitness,  
posture and enjoy life!

Tai Chi is a great way to improve balance  
and all round wellbeing

Please bring water to drink and wear loose  
comfortable clothing and soft soled shoes.

### **C373 Qigong (Mixed Ability) with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks  
Wed 22nd April—8th July 10.30-11.30 at Al-  
ton Community Centre No classes 13th &  
27th May

Join us in this gentle meditative course for  
health and wellbeing. Qigong offers a  
means of developing better health,  
calmness and tranquillity usually performed  
standing but can also be done seated. We  
are learning the classic 8 treasures and 24  
solar health Qigong—an exercise that is  
different every 15 days.

This class can be done seated or standing.  
Please bring water to drink and wear loose  
comfortable clothing and soft soled shoes. A  
mat or cushion is useful If you wish to do the  
solar terms exercises seated on the floor, but  
this is purely a choice not a requirement.

## **C371 Tai Chi For All with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks Wed 22nd April—8th July 13.30-14.30 at Alton Community Centre No classes 13th & 27th May

In this class we follow Dr Paul Lam's Tai Chi for health programme. This class can easily be done either standing or seated and is accessible to all. The health programme followed intends to improve health, movement and balance as well as calming the mind. The course is good for all round health and wellbeing. In this class we also practice Qigong to go even deeper into feeling calmness and tranquillity.

Please bring water to drink and wear loose comfortable clothing and soft soled shoes. If you do the class from a seated position please bring a cushion

## **C372 Tai Chi for All- Mixed Ability with Sue Kelly**

£110.00 (ACA Mem £99.00) for 10 weeks Wed 22nd April—1st July 18.30-20.00 at Arlebury Park Café Half term 27th May

This is a mixed ability class and beginners are most welcome as well as those with more experience. We are learning the 24 form Yang, Dao Yin Qigong and Ba Fa Wu Bu (8 Methods & Fine Steps). We are also learning the 24 solar terms health Qigong, one exercise for every cycle of 15 days. We are a friendly class with experienced members and those with less experience of Tai Chi. We all help and learn from each other

Tai Chi is an excellent and gentle form of exercise which promotes and enhances both mental and physical health, balance, flexibility along with all round wellbeing

Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

## **C471 Tai Chi for All with Sue Kelly**

£87.00 (ACA Mem £78.30) for 10 weeks Thursday 23rd April—9th July 9.15-10.15 at Alton Community Centre Half term 7th & 28th May

This is a gentle mixed ability class and is suitable for beginners as well as students with a little more experience.

Everyone is welcome to come along and join us. Tai Chi is a gentle but highly effective form of exercise that keeps you moving and strengthens joints and improves circulation, muscle tone and balance.

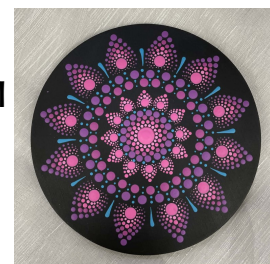
This class will continue to study the 24 form Beijing style, going into deeper movements as we progress. The 24 form is a relaxing routine which promotes positive benefits for both your physical and mental health. Please wear comfortable clothing, soft shoes and bring water to drink.

### **D625 Mandala Painting for Beginners with Lyndsay Payne**

£39.00 includes materials (ACA mem £35.10) for 1 week Saturday 22nd Aug 9.30-12.30 at Alton Community Centre

Join local mandala artist Lyndsey Payne, from Soul Serenity Mandalas, for a gentle morning of calm and focus, as you experience learning the meditative art of painting mandalas. Designed for beginners and experienced creatives alike, this session blends simple artistic techniques and mindfulness to help you slow down, reconnect and create with intention. Over the course of the workshop, you will learn about the origins of mandalas and be guided step-by-step through the process of building balanced geometric patterns, using harmonious colour palettes and painting with presence. By the end of the morning, you'll leave with a completed hand painted mandala and practical techniques for relaxation through creativity.

This workshop is perfect for anyone seeking a creative pause, a mindful start to the day, or a peaceful introduction to mandala art. No previous art experience necessary. All materials provided but please bring an apron.



### **D626 Feng Shui for Beginners with Sue Kelly**

£35.00 ACA Members £31.50) for 1 week Saturday 15th Aug 9.30-12.30 at Alton Community Centre

Come and learn the basics of an ancient Asian practice. Align your house to the best possible energies for you and your families.

Learn the basics of creating harmony in your home with our Beginners Feng Shui Workshop. Learn the core principles of energy flow, balance, and mindful placement. Whether you're looking to refresh your space, invite more calm into your life, or simply explore something new, this workshop offers simple tools you can start using right away.

### **D472 Tai Chi Sword**

£43.00 (ACA Mem £38.70) for 5 weeks Thurs 30th July—27th Aug 17.15-18.15 at Alton Community Centre.

Come and learn the Tai Chi sword to extend your practice and understanding of your body.

Some experience of any form of tai chi is useful. We will be learning the 16 step Tai Chi form.

For this class you will need a blunt tai chi sword, collapsible is best (available from [www.taichilink.net](http://www.taichilink.net)). You can also use a garden cane or badminton racquet. Please wear comfortable clothing and shoes and bring some water to drink.

# Summer Short Courses & Workshops (cont)

## **D373 Qigong Beginners/Mixed Ability with Sue Kelly**

£29.00 (ACA Mem £26.10) for 3 weeks Thurs 5th-19th Aug 10.30-11.30 at Alton Community Centre.

Come and join this meditative class and improve your health wellbeing and flexibility.

Qigong offers a means of developing better health, calmness and tranquillity usually performed standing but can also be done seated. This class is suitable for the complete beginner or for those wishing to continue their learning in the Summer break.

## **D471 Tai Chi—Beginners/Mixed Ability with Sue Kelly**

£29.00 (ACA Mem £26.10) for 3 weeks Thurs 6th-20th Aug 9.15-10.15 at Alton Community Centre.

Come and see what this gentle 'martial art' can offer in ways of health and wellbeing. Tai chi can improve balance and this flexibility. This short course is an introduction to a 'new' way to exercise.

This class is suitable for the complete beginner or for those wishing to continue their learning in the Summer break.

## **D271 Tai Chi—Beginners/Mixed Ability with Sue Kelly**

£29.00 (ACA Mem £26.10) for 3 weeks Tues 21st July—4th Aug 12.30-13.30 at Alton Community Centre.

Come and see what this gentle 'martial art' can offer in ways of health and wellbeing. Tai chi can improve balance and this flexibility. This short course is an introduction to a 'new' way to exercise.

This class is suitable for the complete beginner or for those wishing to continue their learning in the Summer break.

## **D272 Tai Chi For Everyone (Beginners/Mixed Ability) -Relaxing Evening session with Sue Kelly**

£29.00 (ACA Mem £26.10) for 3 weeks Tues 21st July—4th Aug 18.00-19.00 at Alton Community Centre.

Beginners are very welcome to join this friendly, mixed-ability Tai Chi class alongside more experienced practitioners.

Using the gentle Tai Chi 'form', we work to improve health, wellbeing, balance, posture and overall fitness in a relaxed environment.

Come along to enjoy a calm and relaxing tai chi class. Unwind from the day, while you experience the many health and wellbeing benefits of Tai Chi.

Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

## **D490 Holiday Spanish with Soraya Fernandez**

£67.00 (ACA Mem £60.30) for 5 weeks Thurs 2nd-30th July 12.00-13.30 at Alton Community Centre.

This course is for students who are new to the language and will enable them to get by in a Spanish speaking country.

The course will cover practical topics such as personal information, asking for directions, ordering food, accommodation and buying food etc in a shop or market.

Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notebook and pen.

## **D391 Spanish Complete Beginners (Evenings) with Soraya Fernandez**

£80.00 (ACA Mem £72.00) for 6 weeks Wed 15th July-19th Aug 19.00-20.30 at Alton Community Centre.

This evening course is designed for students who are new to the Spanish language and want to develop basic communication skills for everyday situations. It will help you gain the confidence to get by in a Spanish-speaking country.

The course will cover practical topics such as introducing yourself and sharing personal information, asking for directions, ordering food and drinks, booking accommodation, and buying items in a shop or market.

You will also explore cultural topics and learn more about Spain and other Spanish-speaking countries. Please bring a notebook and pen.

## **C620 Art for Fun—Wildflowers in a Glass Jar Watercolour Workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 25th April 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create your own watercolour painting of wildflowers in a glass jar. Kate will guide you, step by step, in the process to create the mix of delicate flowers, in a friendly, welcoming environment — perfect for all skill levels.

It's a chance to immerse yourself in the creative process alongside fellow art enthusiasts. Making art is a relaxing and rewarding way to unwind and lose yourself in the joy of painting. Please bring your own art materials (a list of suggested paints and equipment will be provided).



## **C622 Art for Fun —Chromatic Birds Landscape Watercolour workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 27th June 13.30-16.30  
at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop where you'll paint a bold, dramatically coloured, watercolour landscape. Kate will guide you, step by step, in a friendly, supportive setting, making it suitable for beginners and more experienced painters alike. This enjoyable session is a great way to get stuck into the creative process and spend time with other people who love art. Painting is a wonderful way to unwind, switch off, and enjoy the process of creating something of your own. Please bring your own art materials (a list of suggested paints and equipment will be provided).



## **D623 Art for Fun Summer Short Course—Words & Pictures Turning old book pages into Artwork with Kate Davis**

£49.00 (ACA Mem £44.10) Monday 3 weeks 16th –30th July 10.00-13.00 at Alton Community Centre

Using simple techniques like cutting, shaping, drawing, and painting, you'll transform printed words into something entirely new.

No special experience is needed — just enthusiasm.

What you'll create:

**Week 1. 3D Flowers—**Cut, shape, and layer book pages to build delicate three-dimensional flowers, and bring them to life with colour.

**Week 2. Collage—** Cut shapes and images from one page and combine them with drawing and painting on another. Layer text and art together to create striking mixed-media pieces.

**Week 3. Found Poetry with Illustration—**Select words from the page to discover hidden poems. Then illustrate your new creation directly onto the paper, blending text and image into a finished artwork.

By the end of the three weeks, you'll have a collection of unique pieces, each created with your own style and full of personal touches.



## **C621 Art for Fun — Koi Carp Watercolour Workshop with Kate Davis**

£35.00 (ACA Mem £31.50) Saturday 23rd May

13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create a colourful watercolour painting of koi carp and rippling water.

Kate will guide you step by step, building up in layers, to create a richly coloured painting, in a friendly, welcoming environment — perfect for all skill levels.

This enjoyable workshop offers a chance to immerse yourself in the creative process and connect with fellow art lovers. Making art is a great way to relax, unwind, and lose yourself in the joy of creating.

Please bring your own art materials (a list of suggested paints and equipment will be provided).

## **D501 Salsa Dancing (Beginners/improvers) with Armando Lao Alvarez**

£29.00 (ACA Mem £26.10) for 3 weeks 10th—24th July 18.30-19.30 at Alton Community Centre.

Join our fun 3-week course, If you are a beginner, you'll learn the essential salsa basics including steps, footwork, turns and spins, all set to the infectious rhythms of salsa music.

For improvers this course will help you build confidence on the dance floor while making sure you have a great time along the way. This class is mixed ability and offers a friendly, relaxed atmosphere where you can meet new people and enjoy yourself.

No partner needed — just bring your enthusiasm.

Step into the vibrant and energetic world of salsa dancing. Come along and join the party!

## **D331 Body Moves (Dance Fitness) Summer (Beginners & Improvers) All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£37.00 (ACA Mem £33.30) for 4 weeks 5th—26th August 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour.

Exercise mat and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). Can advise, if necessary.

# SKITTLE ALLEY HIRE

Come and enjoy our Traditional Wooden Skittle Alley

Perfect for family gatherings, friendly competitions or team nights out.

Our 'Skittles' package is £140.00 for up to a 3 hour booking in either the Main Hall or the Garden Room

This includes

Set up of the Skittle Alley

'How to Play' information.

Our fully staffed bar can also be booked for your event if required.

If you are interested in booking the Alton Community Centre to play Skittles, please contact us for more information

[acaenquiries@altoncommunitycentre.org.uk](mailto:acaenquiries@altoncommunitycentre.org.uk)

01420 85057

The Skittle Alley was kindly donated to  
Alton Community Centre  
by Bretta Rains from the Alton Lions Club



# ACA Leisure Learning Enrolment Form

Name			
Address			
Postcode			

Phone	Home		
	Mob		
	Work		
Email			
Do you have any support requirements?			
Emergency contact			

**Data Protection:** Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association CIO will use the information in our communications with you. ACA may send you marketing information about courses, ACA membership and events.  
Your information will not be shared with third parties without your permission.

ACA membership runs from Sept—August					
	2025/2026	2026/2027	2027/2028	2028/2029	2029/2030
Date renewed					
Membership Type					
Amount paid					
Mem number					





# ACA LOTTERY

Numbers  
available!  
Win over  
£100

Did you know that  
Alton Community Centre run  
their own 50/50 lottery?

ONLY £5.00 per number per month!

For more information or to pick your  
'lucky number' call 01420 85057 email  
[acaenquiries@altoncommunitycentre.org.uk](mailto:acaenquiries@altoncommunitycentre.org.uk)



LEARN  
LANGUAGES



HOLISTIC



Languages



Exercise & Fitness



Art, Craft & Hobbies

Holistic & Wellbeing

**We are looking for new tutors to teach courses/workshops  
We offer courses weekdays, evenings and on Saturdays.  
No matter what your interest or idea is please come and tell us.**

[marie@altoncommunitycentre.org.uk](mailto:marie@altoncommunitycentre.org.uk) / 01420 85057 / [www.altoncomcen.org.uk](http://www.altoncomcen.org.uk)