

# *ACA Leisure Learning*

**April-August 2025**



**Price Freeze  
until Aug 2025!**

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

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

# Alton

## Psychic & Holistic Fair

Sun 29th June

10.00am-2.30pm

Alton Community Centre

Mediumship, Tarot, Angel & Oracle Card Readings  
Healing, Reiki Healing and other holistic therapies

Lots of stalls selling craft and new age themed  
goodies. Jewellery, Angels and Faeries, incense,  
tarot cards, crystals etc

Entry £3.50

(includes free talks/Demos)

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



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**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 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

ACA Leisure Learning Office hours are 9.00-13.00 Mon/Wed/Fri & 9.00-17.00 Tues/Thurs

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.

### **Not sure which course to choose?**

Information advice and guidance are an integral part of our service. For further information on our courses please contact our staff.

### **SPRING 2025 TERM DATES**

**Tuesday 22nd April—Mon 14th July**

**Half term 126th –30th May**

**Summer Short Courses Term 1st July—18th Sept**

**Some courses may have different dates, 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 the membership benefits and support our important community services and centre

### **Membership Benefits**

- **10% off all ACA Leisure Learning classes (no limit)**
- **10% off Minibus hire (Self drive)**
- **10% off Room Hire when hiring for one-off functions**
- **10% off Shopmobility short term hire**
- **Free Entry to Movie Club**
- **50% off Photocopying**
- **A chance to vote at our AGM— Have your say**

### **Support your Community Services**

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

**See Over for Joining Form**



# MEMBERSHIP APPLICATION 2024/2025

**PRICE FREEZE UNTIL AUGUST 2025!**  
**HALF PRICE MEMBERSHIP APRIL-AUG 2025**

Type of Membership Required (please tick as required)

- INDIVIDUAL OVER 18 £10.00
- SENIOR £7.50

**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

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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**

£129.00 (ACA Mem £116.10) for 10 weeks Monday 28th April-28th July 10.00-13.00 at Alton Community Centre No classes 5th & 26th May and 16th & 23rd June

Maggie's classes are friendly, informal and include lots of guidance. The term will be divided into 2 themes. For the first 5 weeks we will be using watercolours and painting Wild Animals – snow leopard, zebra and rhino. For the second 5 weeks we will be using acrylics and painting portraits.- including a family member and a self-portrait. With each theme there will be the opportunity to develop and improve your observational skills, draw what you see and not what you think you see and check your accuracy and measuring techniques.

Break down basic shapes and lines and then build up forms to create completed images. 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. Whether you love painting landscapes, seascapes, wildlife or still life in watercolours, acrylics, pastels or mixed media – anything goes! The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own materials. 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**

£129.00 (ACA Mem £116.10) for 10 weeks Tuesday 22nd April—15th July 10.00-13.00 at Alton Community Centre. No classes 27th May, 17th & 24th June

Maggie's classes are friendly, informal and include lots of guidance. The term will be divided into 2 themes. For the first 5 weeks we will be using watercolours and painting Wild Animals – snow leopard, zebra and rhino. For the second 5 weeks we will be using acrylics and painting portraits.- including a family member and a self-portrait. With each theme there will be the opportunity to develop and improve your observational skills, draw what you see and not what you think you see and check your accuracy and measuring techniques.

Break down basic shapes and lines and then build up forms to create completed images. 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. Whether you love painting landscapes, seascapes, wildlife or still life in watercolours, acrylics, pastels or mixed media – anything goes! The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own materials. 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.

## **C432 Art For All (Painting & Drawing for Everyone) with Maggie Cole**

£123.00 (ACA mem £100.80) for 10 weeks Thurs 24th April—17th July 9.45-12.15 at Alton Community Centre No classes 29th May, 19th & 26th June

This is a friendly mixed ability class, and the sessions are fully structured with lots of guidance from Maggie. The term will be divided into 2 themes. For the first 5 weeks we will be using watercolours and painting Wild Animals – snow leopard, giraffe, zebra, monkey and rhino. For the second 5 weeks we will be using acrylics and painting portraits.- including, a family member, a self-portrait. and studying individual facial features. With each theme there will be the opportunity to develop and improve your observational skills. Draw what you see and not what you think you see, check your accuracy and measuring techniques. And how to break down basic shapes and lines and then build up forms to create completed images. There will be structured tuition with demonstrations by the tutor every week. The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own materials and an apron when using acrylic

## **D121 Art for Fun Mini Course—Mapping Memories, turning maps into personalised Art**

£49.00 (ACA Mem £44.10) For 3 weeks Mon 4th-18th Aug 10.00-13.00 at Alton Community Centre

Join artist Kate Davis for a three-week creative workshop, repurposing outdated map books to craft a unique series of personalized artworks. Whether for yourself, a loved one, or a special gift, these pieces can celebrate a place, person, occasion, or even an entire family.

**Week One – Butterflies and Birds Collections:** Representing people and places through map-based designs.

**Week Two – Portraits on Maps:** Learn to create intricate pen portraits on maps, turning them into striking decorative artworks.

**Week Three – Celebration Piece:**

Design a multi-image celebration piece on watercolour paper using pen and wash, commemorating a person, place, or event. You'll receive detailed instructions beforehand on what to bring with you and what personal references to collate to make your artworks truly unique. Kate will guide you step by step in a fun, friendly, and supportive environment, welcoming all skill levels, with advice and guidance throughout.





## **C623 Art for Fun Watercolour Workshop — The Dandelion Field with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 24th May 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop to paint the beauty of a sunlit dandelion field.

Kate will guide you step by step in creating this vibrant landscape using watercolour and masking fluid, helping you capture the delicate glow of dandelions in the sunlight.

In this friendly and welcoming environment, all skill levels are welcome—from petrified beginners to confident improvers—with plenty of guidance throughout.

Making art is a wonderful way to boost mental well-being, allowing you to relax, unwind, and immerse yourself in the joy of creation. This workshop offers a chance to experience the positive effects of artistic expression alongside fellow painters and leave with your own beautifully crafted watercolour landscape. Please bring your own art materials (a suggested list will be provided).

## **D230 Art for Fun Workshop— Preparing Paintings for an Exhibition with Maggie Cole**

£32.00 (ACA Mem £28.80) Tuesday 22nd  
July 10.00-13.00 at Alton Community  
Centre

There are strict rules of entry for many exhibitions with specific materials required to be used.

This workshop will give details of how to source these materials, how to assemble frames, mounts, and your paintings together ready for an exhibition. It will cover – which tools to use for hanging canvases and frames. Also, what to use to present paintings as portfolios. How to remove dents from stretched canvases. (It will not cover how to cut glass, frames or mounts or any mitring techniques) This workshop is suitable for anyone wishing to enter their artwork in an exhibition. Please bring your own painting and materials to assemble.

Also bring hammer, bradawl, D rings, framing tape, hanging cord, ruler, pencil, string, Phillips screwdriver, clear cellophane and Sellotape



# Art and Craft Classes & Workshops (Cont)

## **D624 Art for Fun Watercolour Workshop — Shoreline Perch with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 5th July  
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop where you'll create a striking coastal scene featuring a seagull perched on an old wooden post.

Kate will guide you step by step through the process, teaching techniques to bring your painting to life. You'll learn how to capture the texture of weathered wood, paint the soft hues of a dynamic sky, and add movement with wheeling seagulls overhead. Whether you're new to watercolours or looking to refine your skills, this workshop offers a relaxed and supportive environment to experiment and grow in confidence as you create your coastal composition. This is a fantastic opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating. Please bring your own art materials (a suggested list will be provided).



## **D625 Art for Fun Watercolour Workshop — Stones & Pebbles with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 19th July  
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a fun 3-hour watercolour workshop taking you step by step, creating the beauty of stones and pebbles, bringing out the different colours, textures and patterns.

This friendly and welcoming workshop is perfect for all skill levels, from petrified beginners to improvers, with guidance throughout.

Making art is a great way to boost mental health, help you relax, unwind, and enjoy the process of creating. This workshop provides a great opportunity to enjoy the positive benefits of a creative activity in the company of fellow painters.

Please bring your own art materials (a suggested list will be provided).

## **C651 Make a Mosaic for the Garden Workshop with Fiona Mackie**

£52.00 (ACA Mem £46.80) Saturday 10th May  
9.00-13.00

Make a Mosaic for the Garden

Create a unique decorative tile or dish for your garden using the art of mosaic. This workshop will introduce you to the tools, materials and techniques you will need to design and apply a mosaic decoration that will withstand the elements.

Course fee includes £8.00 for the cost of the materials to include the base (slate or terracotta) and all the materials including a selection of vitreous glass tesserae and reclaimed ceramics.

Please wear sturdy shoes and comfortable clothes.

## **C334 Italian Elementary (Level 2) with Stella Hawkins**

£115.00 (ACA Mem £103.50) for 10 weeks  
Wednesday 23rd April—Wed 9th July 13.30-15.15  
at Alton Community Centre No classes 14th & 28th May

This course is suitable for students who have done at least two years of Italian and are comfortable with using the Present and Past 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 and a notebook & pen.

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

£125.00 (ACA Mem £112.50) for 10 weeks  
Tuesday 22nd April –8th July 13.30-15.30 at Alton Community Centre No classes 13th & 27th May

This course is suitable for students who have studied at least three 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.

**If you would be like to enrol for a**

**Italian Beginners course**

**Or**

**German Conversation Group**

**Please email to register your interest**

**marie@altoncommunitycentre.org.uk**

**NEW**



# Modern Languages

## Spanish

### **C191 Spanish Beginners Plus with Soraya Fernandez**

£106.00 (ACA mem £95.40) for 10 weeks  
Monday 12th May—21st July 11.00-12.30 at  
Alton Community Centre. Half term 26th  
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

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

£132.00 (ACA mem £118.80) 23rd April –23rd  
July for 11 weeks Wed 10.00-12.00 Via Zoom.  
No Classes 30th April & 28th 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.

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

£120.00 (ACA mem £108.00) for 10 weeks  
Monday 12th May –21st July 13.00-15.00 at  
Alton Community Centre. Half term 26th 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.

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

£143.00 (ACA Mem £128.70) for 12 weeks  
Friday 25th April-25th July 11.15-13.15 at Alton  
Community Centre No classes 2nd & 30th  
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.

## **C591 Spanish for Beginners (Third term) with Soraya Fernandez**

£126.00 (ACA Mem £113.40) for 12 weeks Friday 25th April-25th July 9.30-11.00 at Alton Community Centre  
No classes 2nd & 30th May

This course is aimed at students who have a little knowledge of the language and are not absolute beginners. This is the Third term of this course but it is possible to join the class.

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.

Please see the Short Summer courses pages for details of the new Beginners Holiday Spanish Courses

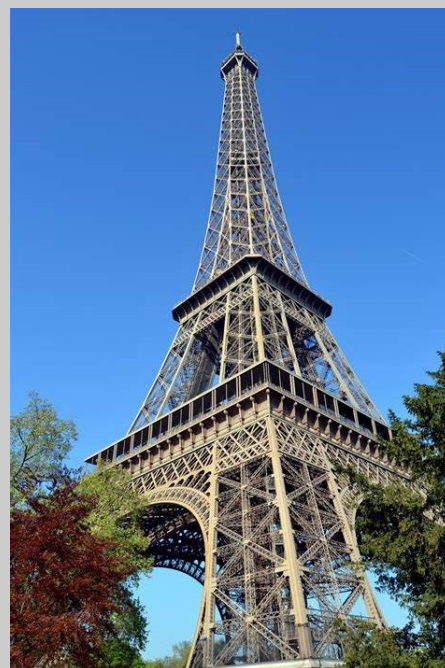
## Modern Languages French

### **C576 French Conversation with Danielle Dowse**

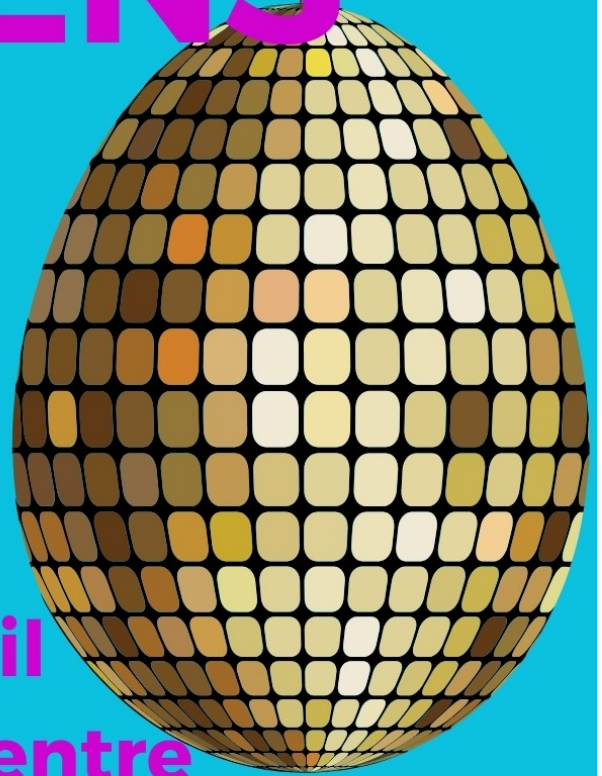
£119.00 (ACA Mem £107.10) for 10 weeks Fri 25th April—4th July 10.00-12.00 at Arlebury Park Half term 30th May

Come and practice your French in this friendly and sociable class which actively encourages discussions in French.

Students should be quite confident in their ability to hold a conversation in the French language but wish to refresh and improve their reading, writing and conversational skills. Topics to include, French news, culture and current affairs. There will be plenty of vocabulary, grammar and group activities. You will need a notebook, pen and English/French dictionary.



# CHILDRENS EASTER DISCO



**Tuesday 8th April**  
**Alton Community Centre**  
**Adults £2.50 & Children £4**

**Family Half term fun from 4.00-5.30pm**  
**Music and plenty of treats**

**Best Outfit & Best Dancer Competitions**  
**Activities in our 'Quieter room'**  
**Hot Dogs & other refreshments available**

**To book call 01420 85057 or scan the code**



# Health & Wellbeing (Yoga)

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

£105.00 (ACA Mem £94.50) for 10 weeks  
Tuesday 22nd April—8th July 10.00-11.30 at Liss  
Village Hall, No classes 10th & 17th June

This term we will take a 'light' look at Muscles and Joints. Yoga carries many physical and emotional health benefits. By practicing yoga, you can improve your posture, balance, flexibility, and strength. You will build stamina and endurance while toning your muscles. Yoga helps with back pain and arthritis by lubricating the joints.

A joint cannot move by itself – it needs muscles to manoeuvre the bones into the correct position. Muscles are attached to bones by connective tissue, and we refer to the ends of the muscles as the origin and the insertion. The origin is the more fixed, stable end and the insertion is usually attached to the bone that moves.

**You are stronger than you think!**

Information about muscles and joints will be supplied

Please wear leggings or comfortable stretch trousers.

You will need to buy or bring a mat.

Please bring a blanket for relaxation.

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**

£105.00 ACA Mem £94.50) for 10 weeks  
Wed 23rd April-16th July 19.00-20.30 at  
Alton Community Centre, No classes 28th  
May, 4th & 11th June

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)

## **C100 Barre Fitness with Emma Healy Roylance**

**NEW**

£59.00 (ACA Mem £53.10) for 7 weeks Mon  
28th April-30th June 13.30-14.30 at Alton  
Community Centre. No classes 5th & 26th  
May

Barre Fitness is a fun, non-impact fitness class, that uses techniques from Ballet and Pilates to help strengthen and shape the arms, glutes, legs and core.

Whilst improving posture, balance and over all fitness.

### **C330 Body Moves (Dance Fitness) All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£78.00 (ACA Mem £70.20) for 9 weeks 23rd April-25th June 9.45-11.00 at Alton Community Centre. 1 Week Half term TBC

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 Introduction to Body Moves (Dance Fitness) All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£34.00 (ACA Mem £30.60) for 4 weeks 6th—27th August 9.45-11.00 at Alton Community Centre.

Ever wanted to try a Dance Fitness class? Come along and try it with this shorter Summer sessions class. Suitable for newbies or existing students, this is a mixed ability class. 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 with Armando Lao Alverez**

£69.00 (ACA Mem £62.10) for 10 weeks 25th April—4th July 18.00-19.30 at Alton Community Centre. Half term 30th May

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!

Please see page 19  
for details of our NEW  
Beginners Salsa Class



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

£83.00 (ACA Mem £74.70) for 10 weeks  
Monday 28th April-14th July 17.15-18.15 at  
Whitehill Village Hall. No classes 5th & 26th  
May

A continuing class that welcomes beginners and improvers of all abilities. This class can be done standing or seated. Tai Chi is a gentle exercise that aids health and wellbeing and is a positive addition to your mental health self care routine. Its beneficial for internal strength and aids good balance. 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.

### **C172 Tai Chi –Mixed Ability with Sue Kelly**

**NEW**

£83.00 (ACA Mem £74.70) for 10 weeks  
Monday 28th April-14th July 19.15-20.15 at Alton  
Community Centre. No classes 5th & 26th May

A class that welcomes beginners and improvers of all abilities. This class can be done standing or seated. Tai Chi is a gentle exercise that aids health and wellbeing and is a positive addition to your mental health self care routine. Its beneficial for internal strength and aids good balance. 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.

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

£83.00 (ACA Mem £74.70) for 10 weeks  
Tuesday 22nd April-1st July 11.30-12.30 at  
Alton Community Centre. Half term 27th May

A Tai Chi class to make you think! We will be practising the Yang style Tai Chi as supported by the Deyin Institute. We will also be practising some seasonal Qigong. Come and relax for an hour we look forward to meeting new faces and welcoming back existing students! Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

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

£83.00 (ACA Mem £74.70) for 10 weeks Wed  
23rd April-2nd July 13.30-14.30 at Alton  
Community Centre Half term 28th May

This class has the opportunity to practice Tai Chi seated, standing or a mixture of both. Its particularly suited to people with mobility issues and/or wheelchair users. We practice the very gentle Sun style form and useful Qigong exercises for the whole body. This is a mixed ability class and is suitable for all, but is particularly useful for those who wish to improve their health both physically and mentally. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

### **C372 Tai Chi Mixed Ability Evening Class- with Sue Kelly**

£106.00 (ACA Mem £95.40) for 10 weeks Wed 23rd April-2nd July 19.15-20.45 at Arlebury Park  
Café Half term 28th May

This is primarily for people with some experience of Tai Chi, however we also be welcoming beginners. We will continue working of the 24 Yang form and seasonal Qigong. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

## **C471 Tai Chi Beginners Plus with Sue Kelly**

£83.00 (ACA Mem £74.70) for 10 weeks Thursday 24th April—3rd July 10.00-11.00 at Alton Community Centre Half term 29th May

This class began in last year, but as an all abilities class we also welcome newcomers. We have been slowly working through the 8 form. This term we will be revising all we have learned so far. We will also begin learning the Yang style tai chi as promoted by the Deyin institute. 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. Its relaxing routine is calming and can promote positive benefits for both your physical and mental health. Please wear comfortable clothing, soft shoes and bring water to drink.

## **Summer Short Courses & Workshops**

### **D373 Introduction to Qigong (Tai Chi) with Sue Kelly**

£25.00 (ACA Mem £22.50) for 3 weeks  
Wednesday 6th –20th August 10.30-11.30 at  
Alton Community Centre

What is Qigong? How can we use it?  
Come on this introductory course to help balance the body by using gentle exercise, breathing and visualisation to enhance your health and well being.  
Learn about meridians and how we can circulate energy around the body to help specific organs

### **D572 Self Help Acupressure with Sue Kelly**

£35.00 (ACA Mem £31.50) Saturday 6th  
September 9.00-12.30 at Alton Community  
Centre

Learn 24 energy points and how to  
Combine them for a variety of common  
ailments. Colds, aches and pains, give yourself  
more energy and enthusiasm for the coming  
months. Learn a routine to help you sleep All  
done with clothes on!

### **D571 9 Star Ki Japanese Astrology Workshop with Sue Kelly**

£35.00 (ACA Mem £31.50) Saturday 13th Sept  
9.00-12.30 at Alton Community Centre

Nine star Ki is a Japanese form of astrology, combining numerology with your year, month and date of birth.  
Learn what the nine numbers mean, and how they combine to give a unique template for ourselves.  
Learn the interaction of these numbers with the others on our chart , looking at clashes and combinations within the year and month numbers. How do others perceive us?  
What is our role in life? How do we interact on a daily basis.



## **D210 Salsa Dance For Beginners with Armando Lao Alverez**

£39.00 (ACA Mem £35.10) for 3 weeks  
Tuesday 5th-19th Aug 18.00-19.30 at Alton Community Centre.

Ever wanted to learn how to Salsa? Join our beginners class and experience the vibrant, energetic world of salsa dancing! In this short 3 week course Armando will guide you through every step, ensuring you have fun while you learn. Learn basic salsa steps, foot-work, turns and spins all set to the infectious rhythms of Salsa music. Come along, meet new people and have fun! No partner needed. Come along and join the party!



**Salsa**  
**EVENING**  
**SATURDAY 26TH APRIL**  
**7.30-10.30PM**  
**ALTON COMMUNITY CENTRE**

Ready to add some rhythm to your week?  
Come and dance the night away at our Salsa Party Evening!  
Whether you're a complete beginner and looking to learn the basics or looking to practice your moves, this event is perfect for everyone.  
No need for a partner!

Licensed bar/cocktail menu.

£8.00 per ticket available from  
Alton Community Centre,  
01420 85057 or online



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## **D331 Introduction to Body Moves (Dance Fitness) All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£34.00 (ACA Mem £30.60) for 4 weeks 6th—27th August 9.45-11.00 at Alton Community Centre.

Ever wanted to try a Dance Fitness class? Come along and try it with this shorter Summer sessions class. Suitable for newbies or existing students, this is a mixed ability class. 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.

## **D101 Barre Fitness (introduction) with Emma Healy Roylance**

£25.00 (ACA Mem £22.50) for 3 weeks Mon 4th-18th August 13.30-14.30 at Alton Community Centre.

Curious to try a new fitness class, want to try something completely different? Then come along and try Barre Fitness!

Barre Fitness is a fun, non-impact fitness class, that uses techniques from Ballet and Pilates to help strengthen and shape the arms, glutes, legs and core.

Whilst improving posture, balance and over all fitness.

# Summer Short Courses & Workshops

## **D291 Holiday Spanish For Beginners with Soraya Fernandez**

£59.00 (ACA mem £53.10) for 5 weeks  
Tuesday 22nd July—19th August 10.00-12.00  
Alton Community Centre

Ever wanted to learn the basics of Spanish for your holidays. This course will enable you to get by whilst on holiday in a Spanish speaking country. Topics that will be covered will include asking for directions, ordering food and drinks, travel and accommodation. There will be lots of opportunities to practice your conversational skills with growing confidence, this class is suitable for the complete beginner.

## **D391 Holiday Spanish For Beginners (Evenings) with Soraya Fernandez**

£59.00 (ACA mem £53.10) for 5 weeks  
Wednesday 23rd July—20th August 19.00-21.00 Alton Community Centre

Ever wanted to learn the basics of Spanish for your holidays. This course will enable you to get by whilst on holiday in a Spanish speaking country. Topics that will be covered will include asking for directions, ordering food and drinks, travel and accommodation. There will be lots of opportunities to practice your conversational skills with growing confidence, this class is suitable for the complete beginner.

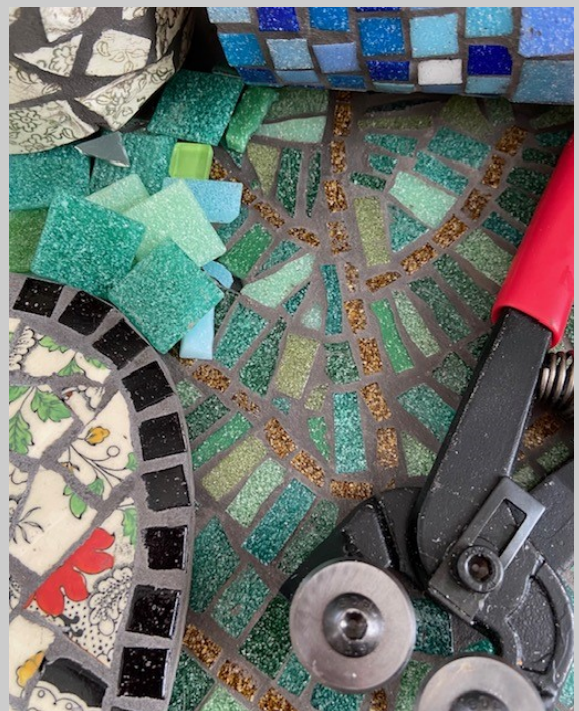
## **C651 Make a Mosaic for the Garden Workshop with Fiona Mackie**

£52.00 (ACA Mem £46.80) Saturday 10th May 9.00-13.00 Course Fee includes all Materials

**Make a Mosaic for the Garden**  
Create a unique decorative tile or dish for your garden using the art of mosaic. This workshop will introduce you to the tools, materials and techniques you will need to design and apply a mosaic decoration that will withstand the elements.

Course fee includes £8.00 for the cost of the materials to include the base (slate or terracotta) and all the materials including a selection of vitreous glass tesserae and reclaimed ceramics.

Please wear sturdy shoes and comfortable clothes.



## **D230 Art for Fun Workshop—Preparing Paintings for an Exhibition with Maggie Cole**

£32.00 (ACA Mem £28.80) Tuesday 22nd July 10.00-13.00 at Alton Community Centre

There are strict rules of entry for many exhibitions with specific materials required to be used. This workshop will give details of how to source these materials, how to assemble frames, mounts, and your paintings together ready for an exhibition. It will cover – which tools to use for hanging canvases and frames. Also, what to use to present paintings as portfolios. How to remove dents from stretched canvases. (It will not cover how to cut glass, frames or mounts or any mitring techniques) This workshop is suitable for anyone wishing to enter their artwork in an exhibition. Please bring your own painting and materials to assemble.

Also bring hammer, bradawl, D rings, framing tape, hanging cord, ruler, pencil, string, Phillips screwdriver, clear cellophane and Sellotape

## **D121 Art for Fun Mini Course—Mapping Memories, turning maps into personalised Art with Kate Davis**

£49.00 (ACA Mem £44.10) For 3 weeks Mon 4th-18th Aug 10.00-13.00 at Alton Community Centre

Join artist Kate Davis for a three-week creative workshop, repurposing outdated map books to craft a unique series of personalized artworks. Whether for yourself, a loved one, or a special gift, these pieces can celebrate a place, person, occasion, or even an entire family.

Week One – Butterflies and Birds Collections: Representing people and places through map-based designs.

Week Two – Portraits on Maps: Learn to create intricate pen portraits on maps, turning them into striking decorative artworks.

Week Three – Celebration Piece:

Design a multi-image celebration piece on watercolour paper using pen and wash, commemorating a person, place, or event. You'll receive detailed instructions beforehand on what to bring with you and what personal references to collate to make your artworks truly unique. Kate will guide you step by step in a fun, friendly, and supportive environment, welcoming all skill levels, with advice and guidance throughout.



### *Coming Soon!*

*Join Jane Beagrie exploring the fascinating subject of Corsetry.*

*Talk on the History Of Corsetry & Corset Making*

*Corset Making for Beginners*

*3 session mini course (all materials provided)  
where you will learn how to make a simple Waist  
Cinch Corset.*

## **C623 Art for Fun Watercolour Workshop — The Dandelion Field with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 24th May 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop to paint the beauty of a sunlit dandelion field.

Kate will guide you step by step in creating this vibrant landscape using watercolour and masking fluid, helping you capture the delicate glow of dandelions in the sunlight.

In this friendly and welcoming environment, all skill levels are welcome—from petrified beginners to confident improvers—with plenty of guidance throughout.

Making art is a wonderful way to boost mental well-being, allowing you to relax, unwind, and immerse yourself in the joy of creation. This workshop offers a chance to experience the positive effects of artistic expression alongside fellow painters and leave with your own beautifully crafted watercolour landscape. Please bring your own art materials (a suggested list will be provided).

## **D624 Art for Fun Watercolour Workshop — Shoreline Perch with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 5th July 13.30-16.30 at Alton Community Centre

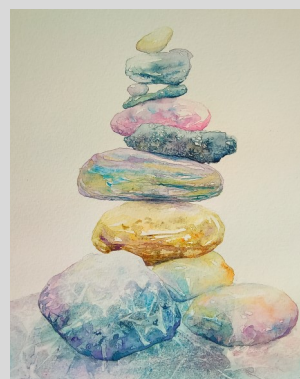
Join artist Kate Davis for a 3-hour watercolour workshop where you'll create a striking coastal scene featuring a seagull perched on an old wooden post.

Kate will guide you step by step through the process, teaching techniques to bring your painting to life. You'll learn how to capture the texture of weathered wood, paint the soft hues of a dynamic sky, and add movement with wheeling seagulls overhead. Whether you're new to watercolours or looking to refine your skills, this workshop offers a relaxed and supportive environment to experiment and grow in confidence as you create your coastal composition. This is a fantastic opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating. Please bring your own art materials (a suggested list will be provided).

## **D625 Art for Fun Watercolour Workshop — Stones & Pebbles with Kate Davis**

£32.00 (ACA Mem £28.80) Saturday 19th July 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a fun 3-hour watercolour workshop taking you step by step, creating the beauty of stones and pebbles, bringing out the different colours, textures and patterns. This friendly and welcoming workshop is perfect for all skill levels, from petrified beginners to improvers, with guidance throughout. Making art is a great way to boost mental health, help you relax, unwind, and enjoy the process of creating. This workshop provides a great opportunity to enjoy the positive benefits of a creative activity in the company of fellow painters. Please bring your own art materials (a suggested list will be provided).



# 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					
	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029
Date renewed					
Membership Type					
Amount paid					
Mem number					







Do you have what it takes to be the ultimate quiz champion?  
Then, gather your friends and join us for Quiz Night!  
This is your chance to show off your knowledge and have fun in  
a friendly competition.

**FRIDAY, 11TH APRIL 7.00 FOR 7.30PM**  
**ALTON COMMUNITY CENTRE**

**£100.00 Cash Prize**

**Tickets £10.00 per person (max 8 per team)**  
or **£19.00 per person to include either**  
**Fish, Chips & Peas or Vegetable Pasta, Garlic Bread & Salad**


**BAR OPEN**

*More Info : 01420 85057*

*acaenquiries@altoncommunitycentre.org.uk*



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

**£5.00 per number  
per month**

**Call 01420 85057 or ask at reception**