

THE HEART OF ALTON FOR



50 YEARS



ACA Leisure Learning

Jan-March 2026



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

www.altoncomcen.org.uk

Alton Psychic & Holistic Fair

Sun 1st March

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**



Index

The Small Print	Page 4
Association Membership Form	Page 5
Art Courses & Workshops	Page 7-10
Modern Foreign Languages	
Italian	Page 10-11
Spanish	Page 12-13
Health & Wellbeing	
Yoga	Page 15
Dance & Fitness	Page 16
Tai Chi & Qigong	Page 17-18
Special Interests Courses & Workshops	Page 19-22
Journaling & Mandala Painting	Page 19
Astrology & Acupressure	Page 21
Art Workshops	Page 21-22
ACA Enrolment Form	Page 25-26

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

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**

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 2026 TERM DATES

Monday 12th Jan—Friday 27th March

Half term 16th—20th Feb (for most courses)

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 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



ALTON
COMMUNITY
ASSOCIATION

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.

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

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

Art Classes & Workshops

B126 Art for All Abilities with Maggie Cole

£135.00 (ACA Mem £121.50) for 10 weeks Monday 12th Jan—23rd March 10.00-13.00 at Alton Community Centre Half term 16th Feb

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Buildings in different settings. We shall be looking at buildings ranging from cathedrals to monuments nationally and internationally and exploring different painting techniques. For the first 5 weeks we will be using watercolours and for the second 5 weeks we will be using acrylics. We shall also be including some soft and oil pastel work as well. 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.

B229 Art for All Abilities with Maggie Cole

£135.00 (ACA Mem £121.50) for 10 weeks Tuesday 13th Jan-31st March 10.00-13.00 at Alton Community Centre. No classes 20th Jan & 24th Feb

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Buildings in different settings. We shall be looking at buildings ranging from cathedrals to monuments nationally and internationally and exploring different painting techniques. For the first 5 weeks we will be using watercolours and for the second 5 weeks we will be using acrylics. We shall also be including some soft and oil pastel work as well. 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.

B432 Art For All (Painting & Drawing for Everyone) with Maggie Cole

£128.00 (ACA mem £115.20) for 10 weeks Thurs 15th Jan—26th March 9.45-12.15 at Alton Community Centre Half term 19th Feb

This is a friendly mixed ability class, and the sessions are fully structured with lots of guidance from Maggie.

This term, the theme will be Buildings in different settings. We shall be looking at buildings ranging from cathedrals to monuments nationally and internationally and exploring different painting techniques. For the first 5 weeks we will be using watercolours and for the second 5 weeks we will be using acrylics. We shall also be including some soft and oil pastel work as well.

B623 Mandala Painting for Beginners with Lyndsay Payne

£39.00 includes materials (ACA mem £35.10) for 1 week Saturday 24th Jan 9.30-12.30 at Alton Community Centre

Join mandala artist Lyndsey Payne for a gentle morning of calm, focus and creative expression as you learn to paint mandalas. Designed for beginners and experienced creatives alike, this session blends simple artistic techniques with mindfulness practices 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, choosing harmonious colours 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 art experience required and all materials will be provided. All materials are included but please bring an apron.



B620 Art for Fun—Moonlit Woodland Watercolour Workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 31st Jan 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop and create an atmospheric woodland scene. Kate will guide you step by step through the techniques of negative painting and using masking fluid, building up layers to produce a rich, multi-layered forest.

It's a wonderful opportunity 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 and creating.

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



B621 Art for Fun — Long Tailed Tit Watercolour Workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 28th Feb
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create a beautiful watercolour painting of long-tailed tits. Kate will guide you step by step in a friendly, welcoming environment — perfect for all skill levels.

This enjoyable workshop offers a wonderful chance to immerse yourself in the creative process and connect with fellow art lovers. Making art is a lovely 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

B622 Art for Fun —Little Landscapes Watercolour workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 28th March
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop and create a series of small, layered landscape paintings.

Kate will guide you through the process, step by step, highlighting a range of creative options and techniques along the way.

This is a fun opportunity to experiment, explore, and immerse yourself in the painting process alongside fellow art enthusiasts. Making art is a wonderful way to relax, unwind, and lose yourself in creativity.

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



Modern Languages Italian

B335 Italian Beginners (Level 1) with Stella Hawkins

£79.00 (ACA Mem £71.10) for 9 weeks Wednesday 7th Jan-11th March 15.30-16.30 at Alton Community Centre Half term 18th Feb

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

B236 Italian Elementary (Level 2) with Stella Hawkins

£98.00 (ACA Mem £88.20) for 9 weeks
Tuesday 6th Jan—10th March 12.15-13.30 at
Alton Community Centre Half term 17th Feb

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



B334 Italian Lower Intermediate (Level 3) with Stella Hawkins

£108.00 (ACA Mem £97.20) for 9 weeks
Wednesday 7th Jan—11th March 13.30-15.15 at
Alton Community Centre Half term 18th Feb

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

B235 Italian Upper Intermediate (Level 4) with Stella Hawkins

£117.00 (ACA Mem £105.30) for 9 weeks
Tuesday 6th Jan—10th March 13.30-15.30 at
Alton Community Centre Half term 17th Feb

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

B192 Spanish Beginners term 2 with Soraya Fernandez

£102.00 (ACA mem £91.80) for 11 weeks
Monday 12th Jan—30th March 9.30-10.45 at
Alton Community Centre. Half term 23rd
Feb

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

B190 Spanish Higher Intermediate with Soraya Fernandez

£138.00 (ACA mem £124.20) for 11 weeks
Monday 12th Jan—30th March 13.00-15.00
at Alton Community Centre. Half term
23rd Feb

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.

B191 Spanish Lower Intermediate with Soraya Fernandez

£122.00 (ACA mem £109.80) for 11 weeks
Monday 12th Jan—30th March 11.00-12.30
at Alton Community Centre. Half term
23rd Feb

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

B390 Spanish Advanced with Soraya Fernandez

£138.00 (ACA mem £124.20) for 11 weeks
Wed 14th Jan—1st April 10.00-12.00 Via
Zoom. Half term 25th Feb

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.

A591 Spanish Beginners Plus with Soraya Fernandez

£110.00 (ACA Mem £99.00) for 10 weeks Friday 9th Jan—27th March 9.30-11.00 at Alton Community Centre No classes 27th Feb & 20th March

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.

A590 Spanish Lower Intermediate with Soraya Fernandez

£125.00 (ACA Mem £112.50) for 10 weeks Friday 9th Jan—27th March 11.15-13.15 at Alton Community Centre No classes 27th Feb & 20th March

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 learning and improving. You will need a notepad and pen.



**See page 18-23
for details of our
Special Interests
Courses & Workshops**



LEARN
LANGUAGES



HOLISTIC



Languages

Exercise & Fitness

Art, Craft & Hobbies

Holistic & Wellbeing



C

**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 / 01420 85057 / www.altoncomcen.org.uk

Health & Wellbeing (Yoga)

B239 Mixed Ability Yoga with Lorraine Grocott

£110.00 (ACA Mem £99.00) for 10 weeks
Tuesday 13th Jan—24th March 10.00-11.30 at
Liss Village Hall, Half term 17th Feb

The focus for the Summer Term will be developing our understanding of the healing benefits of Ayurveda and its relationship with yoga.

What is it? - Perhaps the oldest healing tradition in the world, Ayurveda is based on maintaining harmony of the mind, body and spirit for optimal wellness, and can easily be incorporated into today's lifestyles.

What can it do for you? – Simple routines based on the age-old secrets of India's revered sages will bring you home to your body. Ayurveda can help you re-awaken your body's powers to create balance energy, vitality, and beauty from the inside out.

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).

B343 Yoga for Everyone with Christine Clist

£110.00 ACA Mem £99.00) for 10 weeks Wed
14th Jan –1st April 19.00-20.30 at Alton
Community Centre, Half term 11th Feb & No
class 11th March

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)

B330 Body Moves (Dance Fitness) All Abilities - Dance Your Way To Fitness with Sheron Gillard

£91.00 (ACA Mem £81.90) for 10 weeks 14th Jan—25th March 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.

B500 Salsa Dance Class—Mixed Ability with Armando Lao Alvarez

£87.00 (ACA Mem £78.30) for 10 weeks 16th Jan—27th March 18.30-19.30 at Alton Community Centre. Half term 20th Feb

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!



Fiesta Latina

Saturday 7th Feb
7.30-10.30pm
£8.00 per person

Come and dance the night away to
lively Latin music & classic 80s hits!
No need for a partner!
Bar Open

Alton Community Centre, Amery Street, Alton GU34 1HN
Tickets available online/at reception/on the door
01420 85057/acaenquiries@altoncommunitycentre.org.uk



Health & Wellbeing

Tai Chi

B171 Tai Chi For All with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Monday 12th Jan—23rd March 17.15-18.15 at
Whitehill Village Hall. Half term 23rd Feb

This class is for anyone wishing to participate in Tai Chi. The class is a mix of beginners and improvers and welcomes all abilities. This term we are learning the 24 form Beijing Style and some Dao Yin Qigong. This class can be done standing or seated. Tai Chi is a gentle exercise that aids health and wellbeing. 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.

B172 Tai Chi –Mixed Ability with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Monday
12th Jan—23rd March 19.15-20.15 at Alton
Community Centre. Half term 23rd Feb

This class is for anyone wishing to participate in Tai Chi. The class is a mix of beginners and improvers and welcomes all abilities. This term we are learning the 24 form Beijing Style and some Dao Yin Qigong. This class can be done standing or seated. Tai Chi is a gentle exercise that aids health and wellbeing. 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.

B271 Tai Chi For All with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Tuesday 13th Jan—24th March 12.30-13.30 at
Alton Community Centre. Half term 24th
Feb

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

At present we are studying the Yang style 16 form along with some Qigong

Tai Chi is a great way to improve posture, balance, wellbeing and health
Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

B373 Qigong Beginners with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Wed 14th Jan– 25th March 10.30-11.30 at
Alton Community Centre Half term 25th
Feb

This is a beginners course that has been running for 10 weeks. We are learning the Ba Duan Jin plus Dao Yin 24 solar exercises along with a building Qi session. Qigong is an ancient art that can be learned alongside Tai Chi or learnt independently. It includes breathing exercises linked to flowing hand movements which help to improve mental health, along with physical health and wellbeing.

This class can be done seated or standing
Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

B373 Tai Chi For All with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Wed 14th Jan—25th March 13.30-14.30 at Alton Community Centre Half term 25th Feb

This class has the opportunity to practice Tai Chi seated, standing or a mixture of both so this class is available to all and is suitable for wheelchair users. This class follows a simplified form adapted for suitability for all ages and abilities. In this class you will be following the Sun style Tai Chi also will also learn some Qigong exercises to help balance, flexibility and overall health and wellbeing. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A372 Tai Chi Mixed Ability Evening Class- with Sue Kelly

£110.00 (ACA Mem £99.00) for 10 weeks Wed 14th Jan—25th March 18.30-20.00 at Arlebury Park Café Half term 25th Feb

Although this class is for people with some experience of Tai Chi, however we are also happy to welcome beginners. We will continue working of the Yang form and some Qigong.

We are also learning the Dao Yin 24 Solar forms which can be done either sitting on the floor or in a chair

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.

B471 Tai Chi for Beginners with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Thursday 15th Jan –26th March 9.15-10.15 at Alton Community Centre Half term 26th Feb

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 learns a simple Tai Chi form , 24 Beijing style which is a relaxing routine which promotes positive benefits for both your physical and mental health. This class also learns the Dao Yin Solar terms Qigong.

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

Special Interests Courses & Workshops

B473 Creative New Year Reset: Journaling & Goal setting with Chrissy Humphrey

£87.00 (ACA Members £78.30) Thurs 15th Jan—26th March 18.30-19.30 at Alton Community Centre Half term 19th Feb

Start your year with intention, creativity and clarity.

Join us for a cozy, inspiring workshop where we'll blend goal setting and creative journaling to help you reflect on the past year and design the one ahead. Through guided prompts, reflection exercises, mindful writing, you'll uncover what truly matters, set meaningful achievable goals and create a personalised journal that keeps you inspired all year long.

No writing experience needed—just bring along your favourite pens and pencils, an open mind and a desire to make this your most intentional year yet!

Lets make 2026 the year you create with purpose, plan with joy and live with clarity

Please bring a blank journal, pens and maybe an old journal from 2025 to reflect on if you have one.

B623 Mandala Painting for Beginners with Lyndsay Payne

£39.00 includes materials (ACA mem £35.10) for 1 week Saturday 24th Jan 9.30-12.30 at Alton Community Centre

Join mandala artist Lyndsey Payne for a gentle morning of calm, focus and creative expression as you learn to paint mandalas. Designed for beginners and experienced creatives alike, this session blends simple artistic techniques with mindfulness practices 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, choosing harmonious colours 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 art experience required and all materials will be provided. Please bring an apron.



ALTON COMMUNITY CENTRE



AUTHENTIC 80S AEROBICS!



RETRO WORKOUTS FOR MODERN BODIES! JOIN SOLID GOLD FITNESS
FOR AN 80S AEROBICS SESSION! AGES 15+ ALL FITNESS LEVELS
WEDNESDAY 4TH FEBRUARY * 7:30-8:30PM * £8 ADVANCE BOOKING ADVISED
01420 85057 * ALTON COMMUNITY CENTRE, AMERY ST, ALTON GU34 1HN

B571 9 Star Ki Japanese Astrology Workshop with Sue Kelly

£35.00 (ACA Mem £31.50) Saturday 17th Jan
9.30-12.30 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. Learn the tools to work out your numbers for 2026 and how this affects us.

This workshop is suitable for people with no knowledge of 9 Star Ki or those who have attended a previous workshop.

B572 Self Help (High Touch) Acupressure Workshop with Sue Kelly

£35.00 (ACA Mem £31.50) Saturday 14th Feb

9.30-12.30 at Alton Community Centre

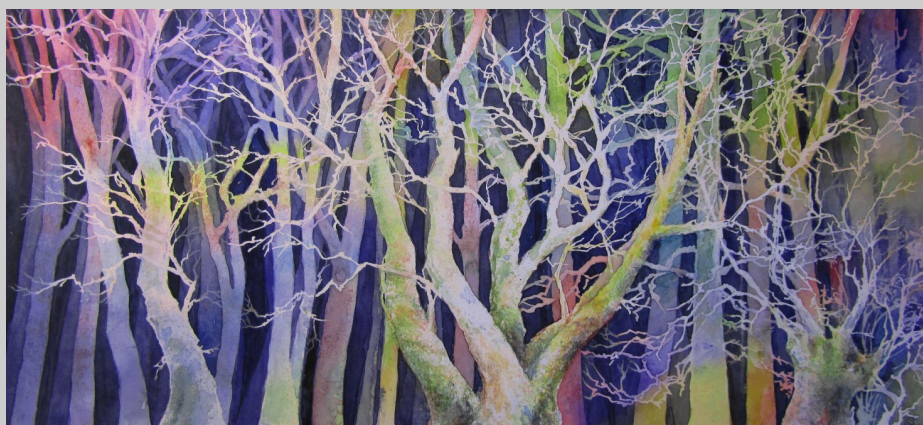
Learn 24 energy points and how to Combine them for a variety of common ailments. Colds, aches and pains, give yourself more energy and enthusiasm for the coming months. Learn a routine to help you sleep All done with clothes on! This workshop is suitable for people with no knowledge of Acupressure or those who have attended a previous workshop.

B620 Art for Fun—Moonlit Woodland Watercolour Workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 31st Jan 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop and create an atmospheric woodland scene. Kate will guide you step by step through the techniques of negative painting and using masking fluid, building up layers to produce a rich, multi-layered forest. It's a wonderful opportunity 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 and creating.

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



B621 Art for Fun — Long Tailed Tit Watercolour Workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 28th Feb
13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour workshop and create a beautiful watercolour painting of long-tailed tits.

Kate will guide you step by step in a friendly, welcoming environment — perfect for all skill levels.

This enjoyable workshop offers a wonderful chance to immerse yourself in the creative process and connect with fellow art lovers. Making art is a lovely 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).



B622 Art for Fun — Little Landscapes Watercolour workshop with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 28th March 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3-hour watercolour workshop and create a series of small, layered landscape paintings.

Kate will guide you through the process, step by step, highlighting a range of creative options and techniques along the way.

This is a fun opportunity to experiment, explore, and immerse yourself in the painting process alongside fellow art enthusiasts. Making art is a wonderful way to relax, unwind, and lose yourself in creativity.

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



Fiesta Latina

Saturday 7th Feb

7.30-10.30pm

£8.00 per person



Come and dance the night away to
lively Latin music & classic 80s hits!

No need for a partner!

Bar Open



Alton Community Centre, Amery Street, Alton GU34 1HN

Tickets available online/at reception/on the door

01420 85057/acaenquiries@altoncommunitycentre.org.uk



SCAN ME

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

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					

Childrens Disney Disco

TUES 17TH FEB
5.00-6.30PM

ALTON COMMUNITY CENTRE
ADULTS £2.50 & CHILDREN £4

FAMILY HALF TERM FUN

MUSIC AND PLENTY OF TREATS '
THERE WILL ALSO BE A 'BEST OUTFIT'
COMPETITION FOR BOTH CHILDREN AND ADULTS
AS WELL AS A BEST DANCER COMPETITION FOR
CHILDREN.

ACTIVITIES IN OUR 'QUIETER ROOM'

HOT DOGS, AND OTHER REFRESHMENTS
AVAILABLE

TO BOOK PLEASE CALL 01420 85057 OR SCAN THE CODE TO BOOK ONLINE
CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES



SCAN ME



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