

Thursday

Kindergym 2 x Sessions 9.30am-10.15am
For parents and children under 5yrs 10.30am-11.15am
School term only

Creative Writing 10.00am-12.00pm
Learn to write creatively using simple exercises

Pentland Lunch Club 11.45am-1.00pm
Lunch and a blether for older people

Thursday Social Club 1.30pm-4.00pm
Tea, dancing, bingo and fun!

The Reel Creative Hub P6 –S2 6.30pm-8.30pm
Get involved in various creative digital projects.
School term only

Centre Closed 4.50pm to 5:50pm

Five Winds - Tai Chi Chuan 7.00pm-8.45pm
Teaching hand forms including pushing hands and weapon form

Area Labour Party Meeting 7.00pm-8.45pm
3rd Thursday of the month

Pentland Joggers
meet at Centre -
In winter @ 5.30pm
In summer @ 6.00pm
For experienced joggers 5-10km runs.

Friday

PEEP 9.15am-10.30pm
Parents Early Education Partnership
Group for parents/carers and children 0-3yrs
School term only

All Talk At Pentland (ESOL) 10.00-12.00pm
Is English your second language? Practice your speaking and listening skills in our new conversational group

Tryst Patchwork Group 10.00am-12.00pm
Machine demonstrations + hand sewn projects

Seated Exercise Class 11.00am-12.00pm
Exercise for the over 50's to improve fitness
Waiting List

U3a Chess Club (fortnightly) 10.00am-1.00pm
Serious chess and serious fun!

Bumblebee Sports 12.50pm - 1.50pm

A fun and sporty class for 2-5 year olds.

Carpet Bowls 12.30am-3.00pm
Lots of fun for young and old!

U3ACards + Games (fortnightly) 2.00pm.4.00pm

U3A Crafts (Fortnightly) 10am to 12pm

Centre Closes @ 5:50pm

Weekend Bookings

Space may be available to groups, classes or private functions. **This is subject to janitorial availability**, please enquire at reception for further details.

Written enquiries/questions for the Management Committee can be left at reception and shall be dealt with at the next meeting. After which, you will receive a reply.

PLEASE NOTE, THE PROGRAMME IS SUBJECT TO CHANGE



Programme

June 2019 - August 2019

Pentland Community Centre
Oxgangs Brae
Edinburgh
EH13 9LS
0131 445 2871

OPEN Mon to Thurs 9 am - 8:45pm
CLOSED between 4:50pm - 5:50pm
OPEN Friday all day 9am - 5:45pm

www.pentlandcommunitycentre.com



• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

Monday

Kindergym 2 x Sessions 9.30am-10.15am
For parents and children under 5 yrs 10.30am-11.15am
School term only

Tryst Art Group- Waiting List 10.00am-12.30pm

Hatha Yoga

Suitable for beginners to intermediate. Alternatives for remaining seated throughout will be available

2.00pm to 3.00pm

Little Tigers 3.45am-4.25pm
A fun martial art for children aged 3-5yrs
www.uktc.co.uk

Centre Closed 4.50pm - 5.50pm

Taekwondo 6.00am-7.00pm
A fun martial art for children aged 5yrs+
www.uktc.co.uk

Cycling Fitness 7.20pm—8.20pm

A series of practical classes developing core stability and strength with a focus on cycling. Strength building, tension relieving, function restoring, injury resisting, performance enhancing.

Tuesday

Kindergym 1 x Sessions 9.30am-10.15am
For parents and children under 5yr
School term only

Computer Group 9.30am-12.00pm
Share your computing skills (not tut or led)

Patchwork Group 10.00am-12.00pm
A Group designing and making quilts

Pentland Retired Men's Group 10.00am-12.00pm
Great company, activities and trips out!

Line Dancing 12.00pm-1.00pm
Dance to good music, get fit + have fun

Carpet Bowls 12.30pm-3.00pm
Lots of fun for young and old!

Linus Project Group (fortnightly) 1.30pm-4.00pm
A group making lovely quilts for charity

Simon Says Dance - www.simonsaysdance.com
Dance Class Information
Nursery age - New 2.00pm-2.30pm

Centre Closed 4.50pm - 5.50pm

P1-P4 Youth Club 6.15pm-7.45pm
Drop in for young people
School term only

EDAM 7.00am-8.45pm

Edinburgh & District Institute of Advanced Motoring.
Monthly Meetings

Brave Blood 7.15pm - 8.15pm

Fitness Class—see Brave Blood Website for details

Wednesday

Kindergym 2 x Sessions 9.30am-10.15am
For parents and children under 5yrs 10.30am-11.15am
School term only

Baby Ballet - Baby Ballet.co.uk 10.00am-12.00pm
Dance for parents and children together
School term only

Computing Group 10.00am-12.00pm
Share your computing skills (not tutor led)

Surestart 1.15pm—3.15pm

Health In mind 1.00m—4.00pm

Are you feeling low or stressed? Would you like to make changes in your life? The service is open to people aged 18 to 64 who are registered with a GP in South West Edinburgh

Tai Chi—Lee Style 2.00pm- 3.00pm
Self run center class - experience required

Fitness Pilates - all levels 3.45pm-4.30pm

Centre Closed 4.50pm - 5.50pm

Management Committee Meeting
1st Wednesday of each month 6.00pm-8.00pm

P5-P7 Youth Club 6.15pm-7.45pm
Drop in for young people - **School term only**

D.I.Y. Crafting 6.45pm-8.45pm

Variety of craft activities with emphasis on fun and creativity

Clubbercise with Lauren 7.15pm-8.15pm

Clubbercise®- simple, fun dance fitness routines using glow sticks to club anthems from the 90's classics to the latest chart hits