



MONDAY

Adagio Dance school – Adult Ballet 9:45-10:45 in the **Avery Hall**

Strouden Park Community Event – Warm Welcome coffee morning

– 10:00-12:30 in the **Vanguard**

– All welcome to join for tea/coffee, cake and conversation

Private Education Group – 10:00-14.30 in the **Haddon Hall**

Every day dance – Move together 11:15-12:45 – A fun, relaxed movement class for adults with learning disabilities and additional needs.

Balance and Boogie especially for adults aged 60 and over 13:00-14:00

Bollywood Dance (for children) 17.30-18.30 in the **Avery**

WiggleGig Dance Academy in the **Vanguard/Haddon Hall**

Making Music – 10:00-11:00 – for parents and toddlers aged 6months plus in the **Vanguard/Haddon Hall** – **1st Tuesday of the month**

Adagio Dance School – Adult Jazz – 18:30-19:15

Adagio Dance School – Adult tap – 19:15-20:00

Making Memories – Young carers dance class 16:45-18:00

– **1st Monday of the Month in the Vanguard/Haddon Hall**

Adagio Dance school – Adult Ballet and tap 19:30-21:00 in the **Avery Hall**

31 Vanguard Road, Bournemouth, BH8 9NU

Tel: **01202 980161** Email: stroudenparkcc@gmail.com

www.stroudenparkcc.co.uk



TUESDAY

The Pilates shed in the Avery Hall

Mat exercise class for intermediate level – 9:30-10:30

Mat exercise class for beginners' level – 9:30-10:30

Chair exercise class – 11:45-12:30

G.L.A.D – waltz and sequence dancing 11:15-12:45 in the
Vanguard/Haddon Hall

Private Education group – 13:15-14:45 in the **Haddon Hall**

Adagio Dance School – Children's ballet and tap classes 16:00-21:00 in the
Avery Hall

Team Nexus – Gaming evening 18:00-23:00 at **Vanguard/Haddon Hall**

STEM Ventures (monthly) a science class for home-educated students,
dates/times vary

Bingo – 3rd Tuesday afternoon of the month

Just Good Friends Whist game 13:00 – 16:00 Monthly – dates vary in the
Vanguard Hall

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WEDNESDAY

Baby ballet – Young children's dance class 09:15-13:00 in the **Vanguard/Haddon Hall**

Tai Chi – in the **Avery Hall**

Intermediate adult class 10:00-11:00

Beginners class 11:30-12:30

WiggleGig Dance Academy in the **Avery Hall**

Adult Tap 13:30-14:30

Adult Ballet 14:45-15:45

Children's Cheerleading 16:00- 16:45

Future Scholars Ltd – 17:00-18:00 in the **Vanguard/Haddon Hall**

– an education class for teenagers.

Adagio Dance School – 17:00-20:45 in the **Avery Hall**

Various classes, teen ballet, pointe work, musical theatre

Drumming and Meditation Group Monthly – dates vary in the

Vanguard/Haddon Hall 19:00-21:00

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**Strouden Park
Community Centre**

**What's on
January 2026**

Charity Number: 1003737

THURSDAY

Amethyst Choir – 10:00-11:45 in the **Avery Hall**

Adagio Dance school – Adult tap 13:00-14:30 in the **Avery Hall**

Strouden Park Community Lunch club – 12:00-14:00 in the **Vanguard/Haddon Hall**. £5 two-course lunch and hot drink. Booking essential

Whist Game – 14:00-16:30 all welcome in the **Vanguard/Haddon Hall**

Adagio Dance school in the **Avery hall**

Children's ballet and tap 16:00-18:15

Adagio Dance school – Children's musical theatre 18:15-19:45 in the **Vanguard/Haddon Hall**

The Pilates Shed

Mat exercise class 19:00-20:00 in the **Avery Hall**

Self-Protection – self-defence 20:15-21:45 in the **Avery Hall**

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FRIDAY

Yoga with Nicky – 10:00-11:30 in the **Avery Hall**

Strouden Park Community Event – Baby and Toddler group (Busy Bees)
– 13:00-14:30 Under 5's stay and play session in the **Avery Hall**

Private Education group – 12:30-14:30 in the **Haddon Hall**

Adagio Dance school – Children's musical theatre, teen ballet and tap dance
– 16:30- 19:45 in the **Avery Hall**

Children's musical theatre – 16:30-18:00 in the **Vanguard/Haddon Hall**

Indian Dance – 18:15-19:45 in the **Vanguard/Haddon Hall**

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SATURDAY

Adagio Dance School – Children's ballet and tap dance classes
– 09:00-12:00 in the **Avery Hall**

Adagio Dance School – 09:00-12:00 Children's tap and ballet dance in the
Vanguard/Haddon Hall

Heaven Care Foot Clinic – Toenail care for the over 55's every 9 weeks
– 11.30-13:00 in the **Vanguard Hall**

G.L.A.D – Afternoon Tea Dance – 14:00-16:00 3rd sat of each month in the
Avery Hall

The Drama Den – Accessible theatre group for children/young adults, fortnightly
– 17:15-19:30 in the **Avery Hall**

Spiritualist church meeting – 15:00-19:00 fortnightly in the
Vanguard/Haddon Hall

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SUNDAY

Bulgarian language school – 10:00-14:00 in the **Vanguard/Haddon Hall**

Zumba – 16:15-17:15 in the **Avery Hall**

Reuda de Algeria – Cuban dance for experienced participants
– 14:00-16:00 in the **Avery Hall (monthly)**

Drumming and Meditation Group Monthly – dates vary in the
Vanguard/Haddon Hall – 14:00-20:00

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