

IMPORTANT INFORMATION



Centre Opening Hours:

Mondays to Sundays: 8am – closing times vary
Closed on all Bank Holidays

Office Opening Hours:

Mondays to Fridays: 9am – 4.30pm
Saturdays: 9am – 12pm

Where to Find Us:

From the pier, walk west along the seafront to Heene Road. The Heene is at the junction of Heene Road and Winchester Road. Access to the car park and The Heene is off Winchester Road with disabled parking

Heene Club:

Everyone is welcome to become a member to support The Heene with a small Annual Membership fee & session fee. Classes for Members only, see overleaf in bold italic.

Cafeone22 Current Opening Hours:

Mondays: 9am – 2pm
Tuesdays to Fridays: 9am – 5pm
Saturdays: 8.30am – 2pm



Room Hire:

Varying sized rooms available for hire whilst following the current Government's guidelines on social distancing etc.

Health & Safety – Covid-19 Secure:

Face Coverings/Masks to be worn walking in the Centre
Entrance - Use the wall mounted hand sanitisers
Floor Markings - Follow the arrows in the corridors
Social Distancing - Keep at least 1 metre from everyone
Keep Safe - Wash your hands frequently
If you are feeling unwell, leave the Centre immediately



The **HEENE**
Community Centre



At the heart of the community since 1986

ACTIVITIES PROGRAMME



Room Hire for all Events

Competitive Prices

Many Classes to choose from

Heene Club

Gardens & Play Areas

Free Car Park

Fabulous Café one22

122 Heene Road, Worthing, BN11 4PL
T: 01903 209997

E: info@heenecommunitycentre.org
www.heenecommunitycentre.org
www.facebook.com/heenecommunity

Centre Manager: Joanna Barden

Registered Charity No.290117

(Changes amended 21/09/2020)

MONDAY

- 0900 – 1400 Laugh & Learn Preschool – (07809 254917)
0945 – 1045 Chair Yoga & Meditation – Martina (07813 071923) **OCT 5**
1015 – 1200 **French**
1100 – 1200 Chair Yoga & Meditation – Martina (07813 071923) **OCT 5**
1300 – 1600 **Card-making** - 2nd & 4th week
1330 – 1630 **Monday Dance** (Tea-Dance/Ballroom Dancing)
1700 – 1800 Tai Chi (Advanced) – Ian (01903 367043)
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043)
1900 – 2000 Clubbercise – Hannah (07736 297533) **SEPT 21 NEW**
1905 – 2035 Iyengar Yoga – Darren (07801 481801)

TUESDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
1000 – 1130 Yogabellies–Mum & Baby - Nicky (07887 647886)
1000 – 1200 **Tuesday Italian**
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking (07792 007812)
1130 – 1230 Yogabellies – Baby Massage - Nicky (07887 647886)
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1300 – 1345 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1315 – 1415 WellBalance Strength & Balance – Debbie (01444 657099)
1400 – 1900 Theta Energy Healing – Lumi (07407 048913)
1530 – 1830 Grace Dance Academy – Fiona (07746 240621)
1645 – 1745 Beat Crew (Aged 4-8) (Rosie@rosiechessondance.co.uk)
1745 – 1845 Lost & Found Crew (Aged 8/9+) (Rosie@rosiechessondance.co.uk)
1845 – 2130 **Short Mat Bowls**

WEDNESDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall
0930 – 1030 Gentle Yoga – Wendy (07990 626442) Shelley Room **OCT 7 NEW**
1000 – 1200 **The Chat Room** - Just turn up £1.00 pp
1040 – 1140 Fitness Pilates – Clarence (07926 188740)
1115 – 1215 Silver Steps – Over 60s - Sundari (07599 233799)
1400 – 1900 Theta Energy Healing – Lumi (07407 048913)
1545 – 2015 Grace Dance Academy – Fiona (07746 240621) Shelley
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Hall
2015 – 2115 Adult Ballet – Charis (gracedanceworthing@gmail.com)

THURSDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0915 – 1215 Sky Blue Art Class – Jane (01903 856999)
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking) (07792 007812)
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1300 – 1345 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1530 – 1745 Grace Dance Academy – Fiona (07746 240621) Shelley Room
1530 – 2030 Grace Dance Academy – Fiona (07746 240621) Hall
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)
1715 – 1845 Competition Crew (invite only) (Rosie@rosiechessondance.co.uk)
1800 – 2130 Guitar Club – Peter (07876 597559)
1800 – 1915 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com
1925 – 2040 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com

FRIDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0930 – 1130 **Short Mat Bowls**
0930 – 1130 Weight Watchers – Wordsworth Lounge
1400 – 1600 **Friday Art Group**
1615 – 1815 Grace Dance Academy – Fiona (07746 240621) Hall

SATURDAY

- 0830 – 1230 Grace Dance Academy – Fiona (07746 240621) Shelley Room
0900 – 1245 Grace Dance Academy – Fiona (07746 240621) Hall
0900 – 1700 **Saturday Art Group**
0900 – 1030 Kundalini Yoga – Miguel (kundlinirealm@hotmail.com)
1100 – 1230 Kundalini Yoga – Miguel (kundlinirealm@hotmail.com)

Here is the up-to-date Activity Programme (Revised 21/9/2020)

We are still waiting for some of our hirers to return.

Please contact the individual hirer

for further information on availability and class prices.

Look on the website: www.heenecommunitycentre.org

The Heene Club groups are in **bold italic** and you can just turn up to them.

There is a small membership fee to join The Heene Club.