

Office Hours:

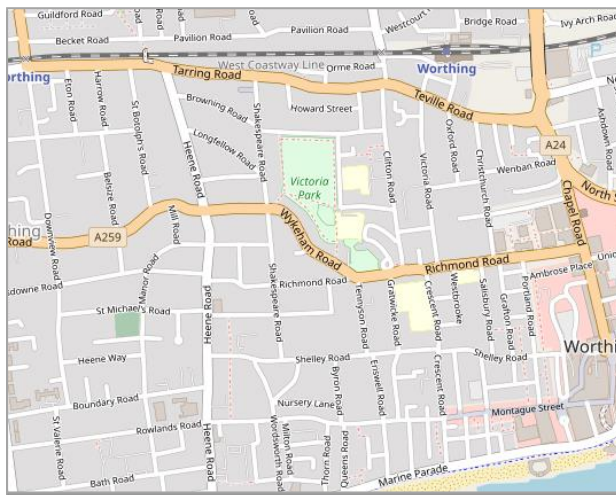
Open 9am – 5pm
Mondays – Fridays
9am – 12pm Saturdays
We are closed on all
Bank Holidays

Centre Hours:

8am – late

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 in Worthing. Access to the car park and The Heene is off Winchester Road with disabled parking.



The HEENE

Community Centre



At the heart of the community

Activities Programme



Room Hire:

Varying sized rooms available for hire suitable for all events, including Celebrations, Social Functions, Classes, Choirs, Drama Groups, Community Events, Dances, Wedding Receptions, Training Courses, Meetings and Children's Parties.

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 (printed in bold italic overleaf)
Social Bowls, Monday Dance, French, Italian, Spanish, Card-making,
Friday Art, Saturday Art & Bridge.

Important Dates:

Friday 8th May 2020 - Bank Holiday – Centre Closed
Friday 12th June – Centre Closed
Saturday 13th June 2020 – Summer Fayre
Friday 4th December – Centre Closed
Saturday 5th December 2020 – Christmas Fayre

Café one22 Usual Hours:

Open between 9am – 2pm Mondays
9am – 4pm Tuesdays – Fridays
8.30am – 12pm Saturdays



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

MONDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0945 – 1045 Chair Yoga & Meditation – Martina (07813 071923)
1000 – 1100 Fitness League – Pat Holden (01903 782209)
1015 – 1200 French
1100 – 1200 Chair Yoga & Meditation – Martina (07813 071923)
1300 – 1600 Card-making - 2nd & 4th week of month
1320 – 1410 Charlotte Reader Adult Tap – Beginners (07946 734599)
1400 – 1600 Spanish
1330 – 1630 Monday Dance (Tea-Dance/Ballroom Dancing)
1430 – 1630 Marcus Finch Art Classes – Marcus (01903 531004)
1700 – 1800 Tai Chi (Advanced) – Ian (01903 367043)
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043)
1905 – 2035 Iyengar Yoga – Darren (07801 481801)

TUESDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
1000 – 1145 My French – Aurelie (07515 276773) Starts 24/9/19
1000 – 1130 Yogabellies – Mum & Baby - Nicky (07887 647886)
1000 – 1200 Tuesday Italian
0915 – 1015 HIPHOP TOTS (3-5yrs) (kerry@wannadostreetdance.com)
1130 – 1230 Yogabellies – Baby Massage - Nicky (07887 647886)
1140 – 1230 Zumba Gold in the Circuits – Katherine (07787 515584)
1315 – 1415 WellBalance Strength and Balance – Debbie (01444 657099)
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room
1530 – 1845 Grace Dance Academy – Fiona (07746 240621) Shelley Room
1700 – 1800 Rosie Chesson Dance (5yrs+) – (Rosie@rosiechessondance.co.uk)
1845 – 2130 Social Bowls
1900 – 2000 Defined Pilates – Charlotte (07584 900325)
1930 – 2100 Holistic Core Restore – Erica (07918 641672)
1945 – 2145 Relaxation & Wellbeing Evening - Miiko (07843 625168) 1st week

WEDNESDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall
0930 – 1030 Gentle Yoga – Linzi (linzi@linzirodinayoga.co.uk)
1000 – 1200 The Chat Room – Just turn up (only £1.00pp) – Tennyson Room
1000 – 1200 IT Junction – Free computer guidance. Just turn up - I.T.Suite
1040 – 1140 Fitness Pilates - Claire (07926 188740)
1115 – 1215 Silver Steps – Over 60s - Sundari (07599 233799)
1315 – 1515 U3A Ukulele – 2nd & 4th week of month - Shakespeare Hall
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room
1530 – 1930 Grace Dance Academy – Fiona (07746 240621) Shelley Room
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)
1715 – 1815 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)
1830 – 1930 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)
1915 – 2015 Line Dance – Improvers - Maggie (01903 233770)
1935 – 2035 Adult Ballet – Improvers – Charis (gracedanceworthing@gmail.com)

THURSDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0915 – 1215 Sky Blue Art Class – Jane (01903 856999)
1000 – 1200 IT Junction – Free computer guidance. - Just turn up - I.T.Suite
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814)
1030 – 1200 Rock Choir - (01252 714276)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking babies) (07792 007812)
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1400 – 1600 Circle Dancing – 2nd and 4th week of month (01903 261660)
1300 – 1500 Marcus Finch Art Classes – Marcus (01903 531004)
1545 – 1800 Grace Dance Academy – Fiona (07746 240621) Shelley Room
1630 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)
1730 – 1830 Lost & Found Crew (10yrs+) – (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
1915 – 2130 Cancer United Choir – Jan (07957 829505)

FRIDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0930 – 1130 Social Bowls
0930 – 1130 Weight Watchers – Wordsworth Lounge
1000 – 1200 Friday Italian
1000 – 1130 U3A Singing for Pleasure Group – Shelley Room
1300 – 1600 Bridge
1315 – 1615 Heene Woodside SMBC – Maureen (01903 265275)
1400 – 1600 Friday Art Group
1600 – 2200 Voice & Performance – Holly (07950 474282)
1530 – 1615 Grace Dance Academy – Fiona (07746 240621) Byron Room
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)
1615 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1715 – 1815 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)
1830 – 1930 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)

SATURDAY

0845 – 1145 Grace Dance Academy – Fiona (07746 240621) Shelley Room
0845 – 1235 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
0900 – 1600 Saturday Art Group
0900 – 1030 Kundalini Yoga – Miguel – (kundlinirealm@hotmail.com)
1100 – 1230 Kundalini Yoga – Miguel – (kundlinirealm@hotmail.com)
1430 – 1730 The Hebraic Way – Margaret (07542 182226) 3rd week of month
1900 – 2200 Lady Amethyst Spiritual Centre's Charity Events – 2nd week of month

SUNDAY

0900 – 1300 New Creation Life Ministries – Arthur (01903 539003)
1000 – 1300 Life Drawing – Dudley Sawyer (01903 232746) Monthly
1000 – 1600 Loving Mosaic – Rachel (07968 345656) See website
1400 – 1600 The Chat Room – Just turn up (only £1.00pp) NEW