

QUICK GUIDE CALENDAR TERM 2 2021

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| MONDAY | CLASS | TIME | DATES | COST |
|--------|------------------------------------|------------------|------------------|-------------------|
| | Chi Ball | 9:15am – 10:15am | 19 Apr – 21 June | \$136 |
| | Pilates with a difference – Online | 9:15am – 10:15am | 3 May – 7 June | \$36 |
| | EAL Intermediate Conversation | 9:30am – 12:30pm | 19 Apr – 21 June | \$100 |
| | Numeracy and Literacy Skills | 10am – 12pm | 19 Apr – 21 June | \$207 |
| | Walking For Fitness | 10am – 11:30am | 19 Apr – 21 June | \$135 |
| | Strength Training | 12pm – 1pm | 19 Apr – 5 July | \$185, \$109 Conc |
| | Artbeat | 2pm – 4pm | 19 Apr – 5 July | \$199, \$156 Conc |

| TUESDAY | CLASS | TIME | DATES | COST |
|---------|-----------------------------|------------------|------------------|-------------------|
| | Fit and Fabulous | 9:15am – 10:15am | 20 Apr – 6 July | \$185, \$109 Conc |
| | Kitchen Club - Tues AM | 10am – 12:30pm | 20 Apr – 22 June | \$295 |
| | Sandybeach Social Club | 1pm – 3pm | 20 Apr – 6 July | \$185, \$109 Conc |
| | Zoom in on Tuesday - Online | 1pm – 3pm | 20 Apr – 22 June | \$207 |

| WEDNESDAY | CLASS | TIME | DATES | COST |
|-----------|---|------------------|------------------------------|-------------------|
| | Pilates - Intermediate | 9:15am – 10:15am | 21 Apr – 23 June | \$170 |
| | Medical Reception | 9:15am – 12:15pm | Wed & Thur 5 May – 27 May | \$159 |
| | Kitchen Club - Wed AM | 10am – 12:30pm | 21 Apr – 23 June | \$295 |
| | Artbeat | 11am – 1pm | 21 Apr – 7 July | \$217, \$170 Conc |
| | Get Ready for Work | 12:45pm – 3:45pm | Wed & Thur 5 May – 27 May | \$159 |
| | Kitchen Club - Wed PM | 1pm – 3:30pm | 21 Apr – 23 June | \$295 |
| | Art in Action | 1:30pm – 3:30pm | 21 Apr – 23 June | \$380 |
| | Creative Writing Intensive Workshops – Online | 6pm – 9pm | 5 May – 23 June | \$250 |

| THURSDAY | CLASS | TIME | DATES | COST |
|----------|-----------------------------|------------------|------------------|-------------------|
| | Writing Skills | 9:15am – 2:15pm | 22 Apr – 24 June | \$215 |
| | Yin Yoga and Meditation | 9:30am – 10:30am | 22 Apr – 24 June | \$170 |
| | Community Access | 10am – 12pm | 22 Apr – 24 June | \$207 |
| | Strength Training | 11am – 12pm | 22 Apr – 8 July | \$185, \$109 Conc |
| | Mentoring and the Workplace | 1pm – 3pm | 22 Apr – 24 June | \$207 |
| | Strength Training | 1:30pm – 2:30pm | 22 Apr – 8 July | \$185, \$109 Conc |

| FRIDAY | CLASS | TIME | DATES | COST |
|--------|--------------------------------------|-------------------|------------------|-------------------|
| | Core Pilates - Beginner/Intermediate | 9am – 10am | 23 Apr – 25 June | \$170 |
| | Mind, Health and Connect | 10:30am – 12:30pm | 23 Apr – 25 June | \$207 |
| | Writing Skills – Online | 12:30pm – 4pm | 23 Apr – 25 June | \$150 |
| | Sandybeach Social Club | 1pm – 3pm | 23 Apr – 9 July | \$185, \$112 Conc |
| | Expressive Arts | 1pm – 3pm | 23 Apr – 25 June | \$275 |

Note: There are no classes on public holidays.

Costs and the programs are subject to change so please check website for any updates.

PURPLE

STEP programs are designed for people with an intellectual disability. We offer friendly classes with low numbers aimed at giving participants a safe place to explore their interests and expand their potential.

GREEN

REACH activities offer support and interest based, stimulating activities for seniors and people with age related conditions. Transport may be available. Concessions apply for clients referred via My Aged Care.



Childcare and Early Learning Centre

Term 2: Monday 19 April – Friday 25 June

Monday, Tuesday and Thursday:

8:30am-12:30pm

\$52 per session

Wednesday and Friday:

8:30am-1:30pm

\$58 per session



Our organisation acknowledges the support of the Victorian Government. Programs are also supported by the Australian Government Department of Health. Member of the Learn Local sector.