

HEALTH & FITNESS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Strength Training*		9:15am - 10:45am		9:15am - 10:45am			
	Yoga		8:45am - 9:45am					
	Gentle Exercises - Energy	9:30am - 10:30am		9:30am - 10:30am				
	Gentle Exercises - Easy	10:30am - 11:30am						
	Bayside Tai Chi		12noon - 1:30 pm					
	Zumba Fitness Infuzion						8am - 9am 9am - 10am	
	Line Dancing*				1pm - 3pm			
HIGHETT	Pilates#	6pm - 7pm						
	MetaFit	9:15am - 9:45am						
	MetaPWR			9:15am - 9:45am				
	Boxing for Fitness		6pm - 7pm					
	Kanga Training					9:45am - 11:15am		
	Movement to Music#		10:30am - 11:30am					
	Tai Chi#	10am - 1pm						
	Qi Gong#					11:30am		
	Lift for Life#					2pm - 3pm		
	Pranic Healing & Meditation Group			7:30pm - 9:30pm				

CREATIVE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Acrylic Painting				1pm - 3pm			
	Drawing				10am - 12noon			
	Pottery	12:30pm - 2:30pm			6pm - 8pm			
	Craft Group			9:30am - 12noon				
	Bayside Artists		7:30pm - 9:30pm					
HIGHETT	Paint, Draw & Create				1pm - 3pm			
	Explore Abstractionism†		1pm - 3pm					

DANCE, MUSIC & THEATRE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Bayside Ukes		7pm - 9:30pm					
	ParkinSong (Fortnightly)					1pm - 3pm		
	HMPN Dance Club (3rd Sat month)						6pm - 11pm	
	JAM Music Therapy				3:30pm - 8pm			
	Line Dancing*				1pm - 3pm			
	ATADS - Adult Dance				www.atads.com.au			
	ATADS - Dance School				www.atads.com.au			
	O'Grady Drama			5pm - 6pm				
HIGHETT	KinderBallet	www.kinderballet.com.au						
	BAM - All Abilities Hip Hop			6pm - 7:30pm				
	ATADS - Dance School	www.atads.com.au						
	Antz Pantz - Dance School	www.antzpantzdance.com.au						

EDUCATION & LANGUAGE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Creative Writing with Janet	1pm - 3pm						
	Spanish - Beginners (A)			12noon - 1:30pm				
	Spanish - Beginners (B)			2pm - 3:30pm				
	Spanish A1		7pm	10:30am - 12noon				
	Spanish A2			9am - 10:30am				
	Spanish A2 via Zoom			5.30pm - 7pm				
	Spanish B1			11:45am - 1:15pm				
	Spanish B1 via Zoom		5pm - 6:30pm					
	Spanish chat, nibbles & wine (1st Mon month)	7pm - 8:30pm						
Italian Language for Children						10am - 12noon		
HIGHETT	Creative Writing with Megan [#]					12noon - 2pm		
	Toast Masters (2nd & 4th Tues month)		7pm - 10pm					

CHILDREN & TEENS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HIGHETT	Dad's Playgroup			10.30am - 12noon				
	Tutoring - Free	3:30pm - 6pm						
	Chinese Playgroup				9:30am - 11am			
	Hungarian Playgroup				10:30am - 12noon			
	Chinese Kinder						9:30am - 10:30am	

SOCIAL & SUPPORT GROUPS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Gardening Club							
	Book Club (1st Tue month) [#]		1:30pm - 3pm					
	The Bayside Polio Group (1st Tue month) [#]		12:30pm - 2:30pm					
	Food Addicts [#]		7pm - 9:30pm					
	Bayside Bushwalking Club (1st Mon month)	7:30pm - 9:15pm						
	Hampton Games Club [#]						12noon - 6pm	
	Oasis Church							9am - 1pm
	Walk & Talk			11am - 11.45am				
HIGHETT	Seniors Table Tennis [#]			9:15am - 11:15am		9:15am - 11:15am		
	Hightt Greek Seniors [#]				9am - 2pm			
	Seniors Canasta [#]		10am - 2pm				12noon - 3pm	
	Melbourne Men's Group (2nd Tue month)		7:30pm - 9:30pm					

[#]Classes run continuously throughout the year. ^{*}Loyalty card can be used. [†]Short Course
Times are subject to change. Please check our website for the latest information.

Please refer to our website for further information & to book www.baysidecommunitycentres.org.au

  @highttcommunityhouse   @hampton_community_centre

HEALTH & FITNESS

Strength Training

Have an exercise program tailored to your strength training needs.

Yoga with Ellen

Be guided through stretches, breathing & concentration exercises.

Gentle Exercises

Easy: Group exercise activity led by an instructor. Go at your own pace. Chair based exercises can be included in your workout.

Energy: Group exercise activity led by an instructor. A more energetic class, allowing you to go at your own pace.

Zumba Fitness Infuzion

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance & flexibility.

Bayside Tai Chi - Hampton

An ancient Chinese exercise of flowing movement & deep breathing that promotes the balance of the body & mind.

Tai Chi - Highett

Fun, energizing, flowing Tai Chi class for the mature aged person. An effective means of alleviating stress & promoting serenity & inner peace.

Pilates

Pilates improves flexibility, core strength, balance & body awareness. You will feel an improvement in your breathing & body posture.

Qi Gong

Qi Gong is an ancient Chinese exercise & healing practice which involves mindfulness, gentle movements, & breathing. Suitable for all ages & abilities.

Lift for Life

Lift for Life is a resistance training program for people with, or at risk of, type 2 diabetes & other chronic conditions.

Kanga Training

Mums & Bubs post natal fitness dance-based choreographed workout that is perfect for mothers to socialise & exercise.

Pranic Healing & Meditation

Guided group meditation to bless our earth & ourselves with transforming energies & practice yogic breathing techniques.

MetaFit Body with Sara

Join the fat burn revolution with bodyweight fitness training.

MetaPWR with Sara

Push yourself to the limit with this 30 minute HIIT class incorporating battle ropes, kettlebells, slam balls & more to give all over body workout.

Boxing for Fitness

Fun group workout that is great for building strength, endurance, toning & weight loss.

Movement to Music

Gentle Exercise for the mature aged person. Let's begin with some low impact easy to follow aerobics then on to balance & core strength exercises.

CREATIVE

Acrylic Painting with Craig Penny

With demonstrations, each week, explore the acrylic medium, its techniques & creative possibilities. Please note: Fully booked out.

Drawing with Bernadette

Explore mediums & techniques including pencil, charcoal, line & tone.

Pottery with Beata Dorain

Learn the basics of building & glazing & progress to mastering various artistic techniques from pinch pots to coiling.

Print Making

From Beginners to Advanced, with or without prior printmaking experience, there is something for everyone.

Craft Group

Come along with your craft projects & enjoy great company with a cup of tea.

Paint, Draw, Create

In this friendly & relaxed class, our tutor encourages beginners to the more advanced to explore a wide variety of ideas, techniques, & mediums.

CHILDREN & TEENS

Tutoring - Free

University students are here to assist with your homework, covering all subjects in Primary & Secondary year levels.

DANCE, MUSIC & THEATRE

Line Dancing with Evelyn

Have loads of fun while exercising your body & mind! A friendly & encouraging environment.

Bayside Ukles

Come & play in a relaxed environment & enhance your ukulele & performance skills. The group is only for adults.

JAM Music Therapy

Music Therapy for people with disabilities. Harnessing the power of music to help achieve your personal goals with a fun session of song, dance & creating music in a small group.

BAM - Hip Hop

BAM Allstars deliver dynamic, exciting dance & drama classes for people of all ages & all abilities, in locations across Melbourne.

ATADS Dance

ATADS offers top quality dance instruction & education without the stress & pressure of examinations or competitions.

Antz Pantz Dance

Casual, fun, dance classes for kids, for ages 2 to 7. Step into the magical world of dance.

Kinder Ballet™

The aim of Kinderballet™ is to introduce the basics of Classical Ballet through imagination & creative movement.

O'Grady Drama

Boost your child's creativity, confidence & communication skills.

EDUCATION & LANGUAGE

Creative Writing

For beginners to advanced writers. Workshop your ideas & receive constructive feedback.

Italian Language Centre for Children

Italian language school for Children in a relaxed & stimulating environment.

Toast Masters – Public Speaking

Gain confidence with public speaking. Meet new people, increase self-confidence & communicate effectively in a friendly, safe environment.

Spanish Language

Spanish for Beginners – Ideal for absolute beginners, step into the language & learn the basics of conversation & grammar.

Spanish A1, A2 & B1 - These courses are carefully structured in levels & organised into sections by skills, vocabulary, grammar & pronunciation.

SOCIAL & SUPPORT GROUPS

Hampton Games Club

The Hampton Games Club provides a venue for tabletop wargames, board games like Warhammer Fantasy & more.

Gardening Club

Join our Gardening Club for some social gardening & a cuppa. No need to bring anything other than your green thumb. Please enquire.

Book Club

Share your enthusiasm for your favourite book with a healthy discussion on books whilst enjoying a cuppa. 3rd Tues of each month.

Bayside Polio Group

Our meetings generate friendship & understanding. Speakers share their expertise & experience at our meetings. 1st Tues of the month.

Melbourne Men's Group

Melbourne Men's Group - Bayside enrich the lives of men by promoting authentic, meaningful relationships, connecting the head with the heart, & enabling personal growth & wellbeing.

Bayside Bushwalkers

Enjoy the beautiful sights, sounds & smells - not to mention the serenity & adventure of outdoor activities in the Australian bush with the friendly group at Bayside Bushwalking Club.

Food Addicts

Food Addicts in Recovery Anonymous is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia.

Oasis Church



Oasis Church are a Pentecostal church affiliated with the Australian Christian Churches.

Walk & Talk

Meet at Hampton reception & walk to the beach & back in a relaxed and friendly environment. Free! During school terms. Weather dependent.

Please refer to our website for further information & to book www.baysidecommunitycentres.org.au

  @highettcommunityhouse

  @hampton_community_centre