

# HEALTH & FITNESS

|         | MON                               | TUE               | WED               | THURS           | FRI              | SAT               | SUN        |
|---------|-----------------------------------|-------------------|-------------------|-----------------|------------------|-------------------|------------|
| HAMPTON | Strength Training*#               |                   | 9:15am - 10:45am  |                 | 9:15am - 10:45am |                   |            |
|         | Yoga with Ellen                   | 9am - 10am        |                   |                 |                  |                   |            |
|         | Gentle Exercises - Energy#        | 9:30am - 10:30am  |                   |                 |                  |                   |            |
|         | Gentle Exercises - Easy#          | 10:30am - 11:30am |                   |                 |                  |                   |            |
|         | Bayside Tai Chi                   |                   | 12noon - 1:30 pm  |                 |                  |                   |            |
|         | Zumba Gold#                       |                   |                   |                 |                  | 9:45am - 10:30am  |            |
|         | Zumba with Steph                  |                   |                   |                 |                  |                   | 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                           |                   |                   |                 |                  | 11:15am - 12:45pm |            |
|         | Lift for Life                     |                   |                   |                 |                  | 2pm - 3pm         |            |
|         | Pranic Healing & Meditation Group |                   |                   | 7:30pm - 9:30pm |                  |                   |            |

# CREATIVE

|  | MON                     | TUE              | WED        | THURS | FRI           | SAT | SUN |
|--|-------------------------|------------------|------------|-------|---------------|-----|-----|
|  | Acrylic Painting        |                  | 9am - 11am |       | 1pm - 3pm     |     |     |
|  | Drawing                 |                  |            |       | 10am - 12noon |     |     |
|  | Pottery                 | 12:30pm - 2:30pm |            |       | 6pm - 8pm     |     |     |
|  | 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 |            |     |  |
|                             | HMPTN Dance Club (3rd Sat month) |                                     |              |                   |           | 6pm - 11pm |     |  |
|                             | JAM Music Therapy                |                                     |              | 3:30 pm - 8:30 pm |           |            |     |  |
|                             | Line Dancing*                    |                                     |              |                   | 1pm - 3pm |            |     |  |
|                             | O'Grady Drama                    | 5pm - 6pm                           |              |                   |           |            |     |  |
|                             | ATADS - Dance                    | www.atads.com.au                    |              |                   |           |            |     |  |
|                             | Baby Ballet®                     | www.atads.com.au/babyballet-classes |              |                   |           |            |     |  |
| Kinderballet™               | www.kinderballet.com.au          |                                     |              |                   |           |            |     |  |
| BAM - All Abilities Hip Hop |                                  |                                     | 6pm - 7:30pm |                   |           |            |     |  |

#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](http://www.baysidecommunitycentres.org.au)

  @highettcommunityhouse   @hampton\_community\_centre

# EDUCATION & LANGUAGE

|         |  | MON          | TUE          | WED              | THURS | FRI          | SAT           | SUN |
|---------|--|--------------|--------------|------------------|-------|--------------|---------------|-----|
| HAMPTON | Creative Writing with Janet                  | 1pm - 3pm    |              |                  |       |              |               |     |
|         | Spanish - Beginners via Zoom                 |              |              | 12noon - 1:30pm  |       |              |               |     |
|         | Spanish A1                                   |              |              | 2pm - 3:30pm     |       |              |               |     |
|         | Spanish A1 via Zoom                          |              | 7pm - 8:30pm | 10:30am - 12noon |       |              |               |     |
|         | Spanish A2 via Zoom                          |              | 6:30pm - 8pm | 9am - 10:30am    |       |              |               |     |
|         | Spanish B1                                   |              |              | 11:30am - 1pm    |       |              |               |     |
|         | 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 |               |     |
|         | Toastmasters (2nd & 4th Tues month)          |              | 7pm - 10pm   |                  |       |              |               |     |

# CHILDREN & TEENS

|         |                     | MON          | TUE | WED           | THURS         | FRI           | SAT              | SUN |
|---------|---------------------|--------------|-----|---------------|---------------|---------------|------------------|-----|
| HIGHETT | Hungarian Playgroup |              |     |               |               | 10am - 12noon |                  |     |
|         | Tutoring - Free     | 3:30pm - 6pm |     |               |               |               |                  |     |
|         | Dad's Playgroup     |              |     | 9.30am - 11am |               |               |                  |     |
|         | Chinese Playgroup   |              |     |               | 9:30am - 11am |               |                  |     |
|         | Chinese Kinder      |              |     |               |               |               | 9:30am - 10:30am |     |

# SOCIAL & SUPPORT GROUPS

|         |  | MON             | TUE              | WED               | THURS     | FRI              | SAT          | SUN       |
|---------|--|-----------------|------------------|-------------------|-----------|------------------|--------------|-----------|
| HAMPTON | Walk & Talk                              |                 |                  | 10:45am - 11:30am |           |                  |              |           |
|         | Book Club (3rd 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 |
| HIGHETT | Chatty Cafe                              |                 | 10am - 11am      |                   |           |                  |              |           |
|         | Seniors Table Tennis#                    |                 |                  | 9:15am - 11:15am  |           | 9:15am - 11:15am |              |           |
|         | Highett Greek Seniors#                   |                 |                  |                   | 9am - 2pm |                  |              |           |
|         | Seniors Canasta#                         |                 | 10am - 2pm       |                   |           |                  | 12noon - 3pm |           |
|         | Melbourne Men's Group (2nd Tue month)    |                 | 7:30pm - 9:30pm  |                   |           |                  |              |           |



| FREE ACTIVITIES |                    | WEDNESDAY         |   |
|-----------------|--------------------|-------------------|---|
| HAMPTON         | Walk & Talk        | 10:45am - 11:30am | Join us for a walk to the beach   |
|                 | Chatty Cafe        | 11:30am - 12:30pm | Enjoy a cuppa and a good chat with friendly volunteers from Chatty Cafe |
|                 | Nourish Lunch      | 12:30pm - 1:30pm  | Enjoy a nutritious free lunch with us and members of your community     |
|                 | Wildcard Wednesday | 2pm - 3pm         | Trial one of our fabulous classes, classes will change each week        |

Please refer to our website for further information & to book [www.baysidecommunitycentres.org.au](http://www.baysidecommunitycentres.org.au)

## HEALTH & FITNESS

### Zumba Gold

A specialised Zumba class for seniors - designed for beginners, an easy group exercise activity combining gentle cardio, muscle conditioning, balance & flexibility.

### Zumba with Steph

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

### 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.

### Lift for Life

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

### Movement to Music

Low impact 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.

### Strength Training

Have an exercise program tailored to your strength training needs.

### Yoga

Be guided through stretches, breathing & concentration exercises.

### Pilates

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

### Tai Chi

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

### Qi Gong

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

### 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 yoga 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, kettle bells, 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.

## CREATIVE

### Drawing with Bernadette

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

### 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.

### Pottery with Beata Dorain

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

### Printmaking

From beginners to advanced, with or without prior printmaking experience, there is something for everyone.

### Acrylic Painting with Craig Penny

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

## DANCE, MUSIC & THEATRE

### Line Dancing

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. 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.

### Kinder Ballet™

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

### ATADS Dance

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

### Baby Ballet®

The babyballet® offers four stages of dance classes that your child can progress through, plus a tap class for the over 3s.

### O'Grady Drama

Boost your child's creativity and confidence skills.

## EDUCATION & LANGUAGE

### Creative Writing

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

### 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.

### Italian Language Centre for Children

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

### Toastmasters – Public Speaking

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

### FREE TRIAL CLASSES ON WILDCARD WEDNESDAY

Ever wanted to try Yoga Drawing or a Exercise class?

Explore what we have on offer with a free trial class. Hosted by one of our experienced tutors, each class runs 2–3pm Wednesday, at Hampton Community Centre.

Bookings required via our website.

## SOCIAL & SUPPORT GROUPS

### Walk & Talk

Meet at Hampton reception & walk to the beach & back in a relaxed & friendly environment.

### Chatty Cafe

The Chatty Café is a chance for you to meet informally with a volunteer and others in your community for a good ol' fashioned chat and cuppa.

### Hampton Games Club

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

### Book Club

Share your enthusiasm for your favorite 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 Bushwalking Club

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.

## CHILDREN & TEENS

### Tutoring - Free

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

### Playgroups

We have a variety of Playgroups on offer for Dads, Hungarian & Chinese Playgroups.

Please refer to our website for further information & to book [www.baysidecommunitycentres.org.au](http://www.baysidecommunitycentres.org.au)

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