

REGULAR ACTIVITIES AND GROUPS AT SEABROOK COMMUNITY CENTRE – 2017

SEABROOK COMMUNITY CENTRE



TERMS 3 and 4 – 2017

PROGRAMS AND EVENTS

GROUP / CLASS	FOR	WHEN	CONTACT
Aerobatics Global Leading the way in robotics education	Children	School holiday program and afterschool workshops	P: 1800 237 626 W: www.aerobaticsglobal.com
ARTea Art School After school sessions and school holiday program- develop your child's creativity-drawing, painting and sculptural processes	Children 5 to 12 years FREE trial first session available	Monday Cottage 3.45pm and 5pm sessions School Holiday sessions weekdays	Helen M: 0415 039 791 E: artea.studio.cafe@gmail.com www.artea.com.au
Aryze Therapy	For adults	By appointment	Nicole Blake - Therapist E: nicoleblake@aryzetherapy.com P: 0433 256 085 www.aryzetherapy.com
Balagokulam Hindu Dharma for children and parents. Enables children to appreciate their culture and learn Hindu values in a fun space.	Parents and children	Sunday 3.30pm CR 1 and 2	Abhijit M: 0402 081 193
BODYFIRM Pilates Inhale. Exhale. Repeat and enjoy your pilates happy hour	Adults BYO mat and towel	Mat Classes Monday and Wednesday 7pm and 8pm	Lauren E: info@bodyfirmPilates.com.au W: www.bodyfirmPilates.com.au
Boxing For Fitness One hour boxing session with pad work, body weight and circuit. High intensity for calorie burning and stress release. First session free	All fitness levels. Child friendly 5 sessions for \$60 – first free	Monday CR 1 and 2 9.15am to 10.15am	Precision Personal Training Melissa Moorfoot M: 0418 132 780
Didi Rugby Creates active, confident and skillful children through balance, co-ordination and motor skills	Boys and Girls from 18 months to 6 years	Sunday morning sessions	P: 0423 765 885 E: gemma.wallace@didrugby.com W:www.didyugby.com.au
Messy Monsters A sensory and messy activity session - children can play, create, investigate and explore	Preschool children from 0 to 5 years	Wednesday Morning 9.30am and 10.30am	P: Freya 0481 141 766 P: Jo 0422 642 836 E: mesymonsterssensoryplay@gmail.com W: www.mesymonsters.net
Metafit Point Cook Jump Into Life PT High Intensity 30 minute interval workout. Brigitte is a qualified personal trainer for all ages	Adults-tailored to all fitness levels	Friday 9.15am to 9.45am	Brigitte M: 0421 647 414 E: jumpintolifept@bigpond.com
Nrithyo Mel Arts Indian arts and cultural group	Learning and sharing Indian dance and music. For 5 yrs and above	Monday 6.30pm to 8.30pm Saturday 9am to 11am Cottage	P: 0429 313 826 E: nrithyolalitha@gmail.com
Padma Yoga Improve balance. Flexibility and lower stress levels	Adults and postpartum mums	Friday morning Beginner: 10am to 11am Mummy and Me: 11.30am to 12.30pm	Kayla M: 0428 757 694 E: padmayogaandwellness@outlook.com W: www.padmayogaandwellness.com.au
Playgroup Looking for a regular weekly play session with your child?	Pre school children and parents/carers are welcome to Stay and Play at Seabrook CC	Wednesday morning 10.00am to 11.30am	Phone the centre on 9932 3010 E: seabrook@hobsonsabay.vic.gov.au W: www.seabrookcc.com.au
Wyndham Twins Plus Inc. All new members welcome. For friendship, support and activities.	For members regular programs	Weekly sessions for members	P: 0490 021 336 E: membership@wyndhamtwinsplus.org.au W: wyndhamtwinsplus.org.au
Yoshin Kai Jujitsu Introductory sessions available Yoshin Kai is a carefully structured form of Martial Arts (Jujitsu) that anyone can try. Gain confidence and get into shape	Suitable for all ages. Primary school (from seven years) to adult	Tuesday and Thursday CR 1 and 2 6.30pm and 7.30pm classes Come along and have a go	Stephen M: 0438 156 647 www.jujitsuweb.com



LET'S SPRING INTO TERMS 3 AND 4

with new programs for semester 2, and new programs in the Hobsons Bay City Council September Spring Into Life program. It's also tax time with weekly Tax Help appointments available from August.

Our end of year centre celebration will be on Thursday 14 December from 12pm.

Hobsons Bay community centres are proudly supported by the Council

SPRING INTO LIFE



CHILDREN'S BEAD MAKING WORKSHOP

Let your child design and create their own clay baked beads for a beautiful necklace or bracelet. Talented artist Carolyn from PyreWorks studio will show how.

Morning tea, materials and equipment provided. Book early - limited places

When Wednesday 21 September
Time 10am to 12.30pm
Cost \$10 per person

GLUTEN FREE SOLUTIONS

Are you coeliac, choose to eat strictly gluten free or cooking for someone at home who is?

This informal workshop will lead you through the maze of foodstuffs, food labelling, food handling and eating out. Find the clear path to cooking and eating strictly gluten free with ease.

When Monday 25 September
Time 7pm to 8.30pm
Cost \$10 per person
Bookings required



TAX HELP

This approved ATO program assists you with lodgment of your online tax return. If your income is up to \$50,000 you may be eligible for this free program. Confidential appointments with a trained volunteer available on Wednesdays from August to October.

Phone the centre for more information or to book.

FOR PARENTS AND CHILDREN



WHAT'S NEW?

We are very pleased to welcome



AEROBOTICS GLOBAL

Leading the way in robotics education, now conducting school holiday and term workshops.

Call 1800 237 626
aeroboticsglobal.com

BODYFIRM PILATES

Monday and Wednesday evening beginner, progressing and advanced sessions 7pm and 8pm class times.

ARTea ART PROGRAM

Gingerbread house workshop for children coming up in December and January School holiday programs. Keep up to date on the website
artea.studio.cafe.com.au

See back page for more details of these groups



MATERNAL AND CHILD HEALTH CENTRE

The Council's Maternal and Child Health Service is a family-centered, primary health service to improve health and development outcomes for young children and their families.

The service is available to all families within the municipality who have children aged from birth to school age. There is no cost for this service.

Nurse Catherine
Consulting hours Wednesday, Thursday, and Friday by appointment only

Contact 9932 1300 for central booking appointments



CENTRE CELEBRATION EVENT

All welcome Please join us for lunch to allow us to say 'thank you' celebrate the end of the year with centre friends, staff and neighbours. Light lunch and entertainment provided. Please rsvp for catering purposes.

When Thursday 14 December
Time 12.00pm- 2.00pm



VENUE HIRE

Looking for a venue to run a group, activity or for your next family function or celebration?

The centre is a small family centre with a community room, cottage and small consulting room available for hire for casual or regular group activity or meeting.

See the website for more details. Competitive rates apply.



CHILDREN'S PARTIES

Bookings for daytime birthday celebrations for pre-schoolers now available weekday afternoons between 2pm and 5pm to suit kindergarten and activity groups. Call for more information and availability.



PAEDIATRIC FIRST AID

Valuable two hour course for parents and carers of babies and young children. Bookings essential Conducted by accredited trainer from Emergcare

When 16 September
9.15am to 11.30am
Register for next course

Where Laverton Community Hub
Cost \$48.00 including morning tea

IMMUNISATION PROGRAM

Immunisation protects children and adults against harmful infections before they come in contact with them in the community.

The Council holds 16 monthly day sessions in Maternal and Child Health Centres throughout the municipality. All sessions are interchangeable with no need to make an appointment.



Thursday 12.30pm to 1.30pm

Dates	
20 July	16 November
17 August	21 December
19 October	

All welcome to attend
No eligibility or appointment

SEABROOK KINDERGARTEN

Three and four year old kindergarten and activity group enrolments are accepted from the child's second birthday.

Enrolment to four year old program is via Hobsons Bay City Council on 9932 1000.

Parent information evening and AGM Wednesday 22 November at 7.30pm.

Contact 9395 3012
www.seabrookkindergarten.org.au