

TERM 4 2023 PROGRAMS AND EVENTS

HILLSIDE COMMUNITY CENTRE

71 ROYAL CRESCENT, HILLSIDE, 3037



meltonlearning.com.au



TERM 4 2023
HILLSIDE COMMUNITY CENTRE

MONDAYS
2 OCT - 11 DEC
Excluding 6 Nov

ZUMBA GOLD

TIME: 10am - 11am

COST: \$5 per class

Zumba Gold classes are low impact and incorporate a great warm up and cool down, with easy to follow routines. Move your body at your own pace to Latin inspired dance, including salsa, samba, mambo, cha cha and more.

THURSDAYS
5 OCT - 14 DEC

LADIES MORNING (WALKING GROUP)

TIME: 9:30am - 11:30am

COST: FREE

Community lead, the group usually walks together around the local precinct at 9.30am and then joins for a ladies morning for tea/coffee and chat at the centre around 10am.

THURSDAYS
5 OCT - 14 DEC

HILLSIDE SINGING GROUP

TIME: 1:30pm - 3pm

COST: \$8 on arrival per person

Join our very talented singing teacher, Chris, who has lead group singing for wellbeing and enjoyment for many years. No singing experience necessary.

SATURDAYS
7 OCT - 16 DEC
Excluding 4 Nov

HATHA YOGA FOR MEN AND WOMEN

TIME: 9:45am - 10:45am

COST: \$95 or \$85 concession

This class has been especially designed to offer a blend of poses and moves to stretch, unwind, and release tension while strengthening and promoting flexibility.

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YIN YOGA FOR MEN AND WOMEN

TIME: 11am - 12pm

COST: \$95 or \$85 concession

Yin Yoga is a slow-paced style of yoga, incorporating principles of traditional Chinese medicine, with asanas that are held for longer periods of time than in other styles.

FRIDAY
24 NOV

CHRISTMAS CREATIONS FOR KIDS

TIME: 4pm - 5:15pm

COST: \$6

Designed exclusively for kids, this hands-on workshop will provide your child the opportunity to explore their creativity by decorating a picture frame, a scratch board bauble and a felt Christmas stocking. Parent or guardian supervision is required.



BOOK NOW

ENROLMENTS

Enrolments for all programs are now online at our website (unless specified).

REFUNDS

Please refer to the refund policy on our website.

ROOM HIRE

For information on available rooms to hire at this centre, visit the 'Locations' page on our website.

CONTACT US

For more information about this centre or any of the programs on offer, contact us via phone or email or visit us during business hours.

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ADDRESS

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WEBSITE

meltonlearning.com.au

FACEBOOK

facebook.com/meltonlearning

YOUTUBE

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Neighbourhood Houses
The Heart of Our Community



Melton Learning
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