

TERM 3 2024 PROGRAMS AND EVENTS

HILLSIDE COMMUNITY CENTRE

71 ROYAL CRESCENT, HILLSIDE, 3037



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TERM 3 2024
HILLSIDE COMMUNITY CENTRE

MONDAYS
15 JUL - 16 SEP

ZUMBA GOLD

TIME: 10am - 11am

COST: \$5 per class (pay online)

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.

MONDAYS
15 JUL - 16 SEP

At Parkwood Green
Children's &
Community Centre

HATHA YOGA

TIME: 6:15pm - 7:15pm OR 7:30pm - 8:30pm

COST: \$90

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.



TERM 3 2024
HILLSIDE COMMUNITY CENTRE

THURSDAYS
18 JUL – 19 SEP

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
18 JUL - 19 SEP

HILLSIDE SINGING GROUP

TIME: 1:30pm - 3pm

COST: \$8 on per person (pay online)

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

THURSDAYS
18 JUL – 19 SEP

At Fraser Rise
Children's &
Community Centre

PATCHWORK QUILTING

TIME: 7pm - 9pm

COST: \$120

Relax and enjoy the company of fellow quilters in our Thursday patchwork quilting program, led by Bridget.

FRIDAYS
19 JUL - 20 SEP
(EXCL. 6 SEP)

At Fraser Rise
Children's &
Community Centre

PATCHWORK QUILTING

TIME: 12pm - 2:30pm

COST: \$135

Relax and enjoy the company of fellow quilters in our Friday patchwork quilting program, led by Bridget.

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HILLSIDE COMMUNITY CENTRE

FRIDAYS
19 JUL - 20 SEP

LINE DANCING BEGINNER

TIME: 10am - 11:30am

COST: \$8 per class (pay online)

Suitable for all fitness levels and abilities. We have an interval between dance classes, you can choose to stay for both classes, or as suited to your needs. No partner required.

FRIDAYS
19 JUL - 20 SEP

LINE DANCING ADVANCED

TIME: 11:45am - 1:30pm

COST: \$8 per class (pay online)

Suitable for all fitness levels and abilities. We have an interval between dance classes, you can choose to stay for both or as suited to your needs. No partner required.



TERM 3 2024
HILLSIDE COMMUNITY CENTRE

FEATURE EVENT
MAKE & CREATE ART FUN FOR PRESCHOOLERS
SCIENCE THEME

WEDNESDAY 14 AUGUST
10:30am - 11:30am | \$5 per child | Bookings Essential

Have fun participating in activities with your child and be inspired to try art activities at home. These sessions offer hands-on experiences that encourage 2–5-year-olds to play, experiment and have fun with art.

Activities are selected for their developmental benefits and include painting, drawing, tearing, cutting, gluing, threading and sensory experiences.



TERM 3 2024
HILLSIDE COMMUNITY CENTRE

SATURDAYS
20 JUL – 14 SEP

MAT PILATES

TIME: 8:30am - 9:30am

COST: \$81

If you're looking to incorporate gentle exercise combined with strength-based movements into your fitness routine, our new mat Pilates program is the perfect way to start your weekend.

SATURDAYS
20 JUL – 14 SEP

HATHA YOGA

TIME: 9:45am - 10:45am

COST: \$81

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.

SATURDAYS
20 JUL – 14 SEP

YIN YOGA

TIME: 11am - 12pm

COST: \$81

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.

SATURDAYS
20 JUL – 14 SEP

At Brookside
Children's &
Community Centre

BUSYFEET

TIME: 11am - 11:45am

COST: Gold coin donation

BusyFeet is a fun program that expands horizons with dance, music and movement for children with intellectual & physical disabilities. Ages 6-16.

TERM 3 2024
HILLSIDE COMMUNITY CENTRE

FEATURE PROGRAM
ART THERAPY FOR ADULTS

MONDAYS 22 JUL - 9 SEP

6:30pm - 7:30pm | \$80 for the term | Bookings Essential

Art Therapy can help you to reduce stress and anxiety, improve mood and self-esteem, and foster social connection with others.

Different from a regular art class, Art Therapy focuses on empowering participants to unpack and express their feelings through creativity. This eight-week program is facilitated by a qualified Art Therapist, offering a range of materials and art themes.

Please wear clothing that you don't mind getting dirty.

Art Therapy for Children and Seniors also available.



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MONDAYS
22 JUL - 9 SEP

ART THERAPY FOR CHILDREN

TIME: 5pm - 6pm

COST: \$72

Art therapy can help children improve emotional regulation, self-esteem, motor skills and foster social connection with others.

MONDAYS
29 JUL - 19 AUG

ART THERAPY FOR SENIORS

TIME: 1pm - 2pm

COST: \$32

Through the power of creating art and engagement with art materials, art therapy can help people reduce stress and anxiety, improve mood and self-esteem, and foster social connection with others.







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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