

TERM 1 2022



TERM 1 2022 PROGRAMS AND EVENTS

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

46 CITY VISTA COURT, FRASER RISE, 3336



meltonlearning.com.au





ADULT PROGRAMS

TUESDAYS
1 FEB – 5 APR
10 sessions

ZUMBA GOLD

TIME: 9.30am – 10.30am

COST: \$5 per session (paid to the tutor at the beginning of each session)

Zumba Gold is designed for active older adults that recreates the original moves you love to the sound of fabulous Latin music and are low impact.

WEDNESDAYS
2 FEB – 6 APR
10 sessions

5 MINUTES TO MUSIC - GUITAR FOR BEGINNERS

TIME: 7pm – 8pm

COST: Free

Learn how to play beginner guitar in just 10 weeks guided by our teacher Alan! Suitable for ages 12 through to adult.

WEDNESDAYS
2 FEB – 6 APR
10 sessions

FRASER RISE COMMUNITY WALKING GROUP

TIME: 10am – 11am

COST: Free

Put your runners on and join us for a leisurely and picturesque stroll to start reaping amazing health benefits! Morning tea provided.



ADULT PROGRAMS

THURSDAYS
3 FEB – 7 APR
10 sessions

YOGA FOR MEN & WOMEN
BEGINNER TO INTERMEDIATE

TIME: 6.15pm – 7.15pm

COST: \$95/\$85 Concession

Relax your mind and gently move your body in our popular Yoga classes where postures are practised to align, strengthen and promote flexibility in the body.

THURSDAYS
3 FEB – 7 APR
10 sessions

YOGA FOR MEN & WOMEN
ADVANCED

TIME: 7.30pm – 8.30pm

COST: \$95/\$85 Concession

Practice flowing styles of movement with breathing and a series of strong and powerful postures. Each class targets physical strength and flexibility throughout the entire body.

THURSDAYS
3 FEB – 7 APR
10 sessions

YOGA FOR SENIORS

TIME: 5pm – 6pm

COST: \$5 (paid to the tutor at each session)

Yoga for seniors classes provide an opportunity to stretch, unwind, and release tension while strengthening and promoting flexibility in the body.

ADULT PROGRAMS

WEDNESDAYS
16 FEB – 6 APR
8 sessions

TECH CAFÉ

TIME: 11:00am - 11:45am

COST: Free

Flexible sessions focusing on getting to know your device, getting online, mobile banking, social media apps, online shopping and lots more! Booking is essential. BYO device.





KIDS PROGRAMS

TUESDAYS
8 FEB – 29 MAR
8 sessions

ZUMBA FOR KIDS

TIME: 4pm – 4.45pm

COST: \$64

Featuring dance and hip hop music, Latin rhythms and modern beats, Zumba Kids combines child-friendly routines, with games and activities.

WEDNESDAYS
16 FEB – 23 MAR
6 Sessions

JITTERBUGS MUSIC & DANCE

TIME: 10.30am – 11.15am

COST: \$75

The Jitterbugs Music & Dance Program is active and fun. The Jitterbugs program is not only fun and energetic for boys and girls, it also provides opportunities for learning through play with weekly themes and general Music & Dance activities. Suitable for children aged 2-5 years old.

WEDNESDAYS
2 MAR – 6 APR
6 Sessions

HEALTHY & DELICIOUS COOKING FOR KIDS

TIME: 4.30pm – 6pm

COST: \$90

children will learn how to make and enjoy fresh, healthy foods, get to know the ingredients whilst discovering the joys of cooking and making healthier food choices. Suitable for children aged 8-12 years.



KIDS PROGRAMS

THURSDAYS
3 MAR – 7 APR
6 sessions

KIDS IN THE KITCHEN
TIME: 4.30pm – 6pm
COST: \$90

Kids will explore a range of fresh food and desserts, get to know the ingredients and learn to make cakes, bakes, biscuits, slices, snacks and more. Suitable for children aged 8-12 years.



SUPPORTED PLAYGROUPS

Mondays. To register contact the playgroups team:
9747 7136 | playgroups@melton.vic.gov.au

KINDERGARTEN & OCCASIONAL CARE

3 year old Kindergarten and occasional care: please contact BPA Children's Services on 9348 2998.

4 year old Kindergarten: please contact Melton City Council on 9747 7284.

MATERNAL & CHILD HEALTH

Melton City Council provides a free health service for all families with children 0-6 years. To book an appointment please call: 9747 7287

IMMUNISATIONS

Melton City Council provides a range of free immunisation services for infants, children and secondary students as well as any catch up vaccines for eligible individuals. No booking required.

Fraser Rise sessions:

4th Thursday of the month 10am – 12pm **OR**

1st Tuesday of month 5:30pm - 7:30pm

NEW: LIBRARY LOUNGE

Our new library access points are located in the lounge space at Fraser Rise Children's & Community Centre and features a shelf with smart technology which houses a range of adult and children's items including books, DVD's and magazines to browse, a self-checkout station to borrow and a library locker to collect library reservations.



ENROLMENTS

Enrolments for all programs are now online at our website (unless specified). Late enrolments will be accepted, check our website for updates.

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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