

TERM 3 2022



TERM 3 2022 PROGRAMS AND EVENTS

FRASER RISE CHILDREN'S & COMMUNITY CENTRE

46 CITY VISTA COURT, FRASER RISE, 3336



SCAN ME

meltonlearning.com.au



PROGRAMS FOR ADULTS

TUESDAYS
12 JUL – 13 SEP
10 sessions

5 MINUTES TO MUSIC - GUITAR FOR BEGINNERS

TIME: 7pm – 8pm

COST: Free

Learn how to play beginner guitar in just 9 weeks guided by our teacher Alan! Suitable for ages 12 through to adult. BYO Guitar, guitar pick and tuner.

TUESDAY
12 JUL – 13 SEP
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 recreated the original moves you love to the sound of fabulous Latin music and are low impact.





PROGRAMS FOR ADULTS

THURSDAYS
14 JUL – 15 SEP
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.

THURSDAYS
14 JUL – 15 SEP
10 sessions

YOGA FOR MEN & WOMEN

Beginner to Intermediate

TIME: 6.30pm – 7.30pm

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.

WEDNESDAYS
20 JUL – 14 SEP
9 sessions

TECH CAFÉ

TIME: 11am – 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

TUESDAY
19 JUL – 19 SEP
9 session

ZUMBA FOR KIDS

TIME: 4pm – 4.45pm

COST: \$72

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

WEDNESDAY
3 AUG – 7 SEP
6 sessions

BOPPIN' BUBS (6 months - 2 years)

TIME: 10.30am – 11am

COST: \$60

Children will enjoy play time with instruments, props and sensory items, story based activities and more! Parents are required to attend and participate in this session with their child .

WEDNESDAY
3 AUG – 7 SEP
6 sessions

MOVIN' GROOVERS (3 - 5 years)

TIME: 11.15am – 12pm

COST: \$60

Story-based rhymes and songs to support general knowledge, confidence building, social and emotional skills with the use of instruments such as shakers, chime bars, tambourines and more.



KIDS PROGRAMS

WEDSNEDAYS
27 JUL – 14 SEP
8 sessions

KIDZ CODING- PRE-SCHOOL (4 TO 5YO)

TIME: 3.00pm – 4.00pm

COST: \$80

Give your child an educational boost in our coding classes as they learn the language of computers, increasing their employability as an adult. This relaxed program will improve your child's mathematical and analytical skills through fundamental principles, unplugged coding, robot coding, program language basics, creation, and development of individual coding projects. All equipment provided. Adult supervision is required.

WEDNESDAY
27 JUL – 14 SEP
8 sessions

KIDZ CODING- PRIMARY (6 TO 8YO)

TIME: 4.15pm – 5.35pm

COST: \$120

Give your child an educational boost in our coding classes as they learn the language of computers, increasing their employability as an adult. This relaxed program will improve your child's mathematical and analytical skills through fundamental principles, unplugged coding, robot coding, program language basics, creation, and development of individual coding projects. All equipment provided.

KIDS PROGRAMS

THURSDAYS
28 JUL – 11 AUG
3 sessions

KIDS IN THE KITCHEN

TIME: 6.00pm – 7.30pm

COST: \$36

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 8348 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. Booking is essential.

Fraser Rise sessions:

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

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

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.



SCAN ME

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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