

## Centre-run activities

### Walking Group \$3.00

Get some fresh air and enjoy the benefits of walking. All ages.

**Tuesday** 9.30am

### Stories at South \$3.00

Join us for some fun and make friends along the way. The session is perfect for 0-5 years.

**Wednesday** 10am

### Cuppa in English \$3.00

Available for all abilities over the age of 18 who are looking to improve English speaking skills.

**Wednesday** 12 - 2pm

**Thursday** 3 - 5pm

### Frankston South Youth Hangout

Recreational activities and support for young people aged 12 - 18.

Drop in, call 9293 7122

**Mon - Fri** 3 - 5pm

### Mornington Pen. Family History Society

Visit the resource library to search your family history and access genealogy sites. \$10 Non-members

**Contact:** 9783 7058 or mpfhs.org

**Tue & Thur** 10.30am - 2.30pm

**Sun** 2 - 5pm

**Wed\*** 7 - 9pm

\*(Term 1 and 4 only - 1<sup>st</sup> and 3<sup>rd</sup>

Wed of month)

## Centre-run exercise classes

### Fitness Exercise \$8.50

Improve your overall fitness, strength and flexibility. All ages.

**Monday** 9.30am

**Wednesday** 9.30am

### Seated Zumba \$8.50

Improve balance, strength and flexibility in this gentle class. All ages.

**Thursday** 1.30pm

### Twinges in the Hinges \$8.50

Improve balance, strength and flexibility in this gentle class. All ages.

**Thursday** 9.30am

### Stretch Floor Workout \$8.50

Gently improve balance, strength and range of motion. All ages

**Thursday** 10.30am

### Zumba Gold \$8.50

Dance your way to fitness. All ages.

**Friday** 9.30am

### Age Strong \$7.00

#### Referral essential

Run by Peninsula Health and Frankston City Council. Classes increase strength, flexibility and balance for mature age people. Contact: 1300 665 781.

**Monday** 10.30am

11.30am

**Wednesday** 10.30

11.30am *Bus*

**Thursday** 11.30

If you are interested in something else, please let us know. We are here to meet community needs.

# Frankston South Community and Recreation Centre



Programs and Activities - March 2022

opportunity >> growth >> lifestyle



Training Programs: Café Creations & Catering with Frankie's

We have 2 exciting courses in 2022. **Café creations** Monday to Wednesday and **Catering with Frankie's** Thursday to Friday. Both courses are ACFE funded and provide the learner with hands on learning experience at Frankie's Café. Frankie's Café is the Centre run Café serving the community hot/cold beverages and snacks.

The programs are designed for learners to develop entry level techniques and skills in food preparation, basic cookery, menu preparation, food handling, OH&S compliance and a range of skills in hospitality. Intake for the March round is currently open. If you are interested please contact us on 9293 7122 or email us at [fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au)

### International Women's Day (IWD)

Our students from ACFE programs at Frankie's Café will be baking cookies and delivering to 22 locations across Frankston to celebrate IWD.

### Share a dish @ South on Harmony Week

Frankie's Café invites you to bring your favourite dish to share to mark Harmony week on 23 March 2022 at 12pm.

Frankston South Community and Recreation Centre

55 Towerhill Road, Frankston South 3199

[fscrc@frankston.vic.gov.au](mailto:fscrc@frankston.vic.gov.au)

Phone: 9293 7122

[frankston.vic.gov.au/fscrc](http://frankston.vic.gov.au/fscrc)



### Ready Steady Go

Introduces kids to a variety of sports.

**Contact:** 1300 766 892

readysteadygokids.com.au

<b>Mon</b>	9.30am	2.5 - 3yo
	10.15am	3 - 4yo
	11am	4 - 6yo
<b>Wed</b>	9.15am	1.5 - 2yo
	9.45am	2.5yo
	10.30am	3 - 4yo
	11.15am	4 - 6yo

### Little Kickers

Learn footy skills, keep fit, have fun.

**Contact:** Nick 03 5975 8637

melbourne@littlekickers.com.au

<b>Sat</b>	9am	18mth - 2.5yo
	9.50am	2.5 - 3.5yo
	10.40am	3.5 - 5yo

### KangaTraining

Exercise with your baby in a way that is safe and fun, while building strength and fitness.

**Contact:** Yolande 0405 860 846

yolande@kangatraining.com.au

<b>Tue</b>	10.30 - 11.30 am
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### Overport Allstars Basketball

**Contact:** overportbasketball@gmail.com

<b>Mon</b>	3.30 - 4.30 pm
<b>Tue</b>	8 - 9am
	3.30 - 4.30 pm
<b>Wed</b>	8 - 9am
	3.30 - 5.30 pm
<b>Thur</b>	8 - 9am
	3.45 - 5.45 pm
<b>Fri</b>	3.30 - 4.30am

### Body barre Pilates

The ultimate workout to tone and define your whole body.

**Contact:** Jacqui 0408 754 410

pilatespt@hotmail.com

<b>Mon</b>	6pm	Barre Attack
<b>Tue</b>	6pm	Piloxing Barre
<b>Thu</b>	6pm	Pilates
<b>Sat</b>	8am	Barre Attack

### Dance Space 88

Learn a range of different dance styles from African to Broadway and more! Kids learn creative dance and choreographic techniques.

**Contact:** Serena 0402 344 122

dancespace88@outlook.com.au

<b>Tue</b>	9.15am	Adult
	4pm	Kid's (TBC)
<b>Wed</b>	6.30pm	Adult
	7.45pm	Adult

### Melbourne Ayumi Japanese Lesson

*For children with a Japanese background*

**Contact:** Hiromi 0419 584 083

hiromi@ayuminihongo.com

<b>Tue</b>	4.15 - 6.15pm
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### Westernport Special Olympics

Providing weekly sports training and regular competition for people with an intellectual disability.

**Contact:** Tina 0409 542 238

<b>Wed</b>	6.30 - 7.30 pm
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### Anahata Yoga

Classes combine gentle stretches and movement with breath awareness, deep relaxation and meditation techniques. Suitable for everybody.

**Contact:** Paula 0433 960 021

paula@anahatayoga.com

<b>Mon</b>	6pm, 7.15pm
<b>Tue</b>	6pm, 7.15pm
<b>Wed</b>	9.30am
<b>Thu</b>	9.30am
<b>Fri</b>	9.30am

### Vita Yoga

A Unique, non-impact exercises with yoga elements to help regain strength and flexibility.

**Contact:** Paola 0416 136 084

pditelart@gmail.com

<b>Thu</b>	6.30pm - 7.30pm
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### Yoga with Soga

Hatha and Vinyasa yoga, with the elements of ashtanga and body stretching

**Contact:** Lily 0458 458 048

bvladimi@gmail.com

<b>Wed</b>	7 - 8pm
<b>Sun</b>	6 - 7.30pm

### Tai Chi : Arthritis Foundation

Always welcome new members

**Contact:** Dorothy

d.roberts39@bigpond.com

<b>Tue</b>	11.45 - 12.45 pm
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### Mornington Pen. Badminton Inc.

#### Ladies Competition Badminton

For women of all ages playing at an intermediate level.

Team selection required.

**Contact:** Carolyn 0400 430 227

<b>Thu</b>	9.30am - 12.30pm
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#### Social Badminton

Come and play with friends and family or join in with other players.

Loan racquet available. **Contact:** Ben 0412 150 514

<b>Sat</b>	4pm - 6pm
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#### Junior Badminton Coaching

Have fun while you're learning the basic skills of badminton.

**Contact:** Greg 0412 721 958

badminton@mpb.org.au

<b>Thu</b>	6pm - 7.30pm
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<b>Sat</b>	2pm - 3.30pm
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### Bobcats Basketball Club

Always welcome new members

**Contact:**

jweidemann@bobcatsports.com.au

<b>Mon</b>	5.30 - 6.30 pm
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### Bosnian Soccer Group

Welcome all new members age over 18 for Men's soccer

**Contact:** Alen 0404 620 458

<b>Thur</b>	8 - 9.30pm
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