

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 9.45am

Cuppa in English \$3.00

Available for all abilities who are looking to improve English speaking skills.

Wednesday 12 - 2pm

Thursday 3 - 5pm

Friday 9.30 - 11.30am

Frankston South Youth

Programs are offered for aged 12 - 24.

Youth Hangout Contact Tilly 0488 591 855

Mon 3 - 5pm

FSCRC Program Drop in or call 9293 7122

Tue - Fri 3 - 5pm

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

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 strength and flexibility and get your heart pumping. All ages.

Thursday 1.30pm

Friday 10.30am

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 *Bus*

Wednesday 10.30am

11.30am

Thursday 11.30am

Frankston South Community and Recreation Centre

Programs and Activities - May 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. If you are interested please contact us on 9293 7122 or email us at fscrc@frankston.vic.gov.au

Upcoming Events

International Day against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT) on 17 May 2022. To mark the day & to celebrate LGBTQIA+ people globally, and raise awareness for the work still needed to combat discrimination, FSCRC will be baking rainbow cupcakes for the flag raising ceremony. We will also be delivering rainbow cookies to various locations in Frankston. Wear something rainbow on the day and have a cuppa on us ☺

Frankston South Community and Recreation Centre

55 Towerhill Road, Frankston South 3199

fscrc@frankston.vic.gov.au

Phone: 9293 7122

frankston.vic.gov.au/fscrc



Ready Steady Go

Introduces kids to a variety of sports.

Contact: 1300 766 892

readysteadygokids.com.au

Mon	9.15am	1.5 - 2.5yo
	9.45am	2.5 - 4yo
	10.30am	4 - 6yo
Wed	9.15am	1.5 - 2.5yo
	9.45am	2.5 - 4yo

Little Kickers

Learn footy skills, keep fit, have fun.

Contact: Nick 03 5975 8637

melbourne@littlekickers.com.au

Sat	9am	18mth - 2.5yo
	9.50am	2.5 - 3.5yo

Kanga Training

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

Tue	10.30 - 11.30am
------------	-----------------

Overport Allstars Basketball

Contact: overportbasketball@gmail.com

Mon	3.30 - 4.30pm
Tue	8 - 9am
	3.30 - 4.30pm, 5.30 - 6.30pm
Wed	8 - 9am
	3.30 - 6.30pm
Thur	8 - 9am
	3.45 - 5.45pm
Fri	8 - 9am
	3.30 - 4.30am

Sounds Like This

Grow, play and create together through hand on music experiences

Contact: Julie 0416 318 516

Sat	9am	Mixed Juniors 0 - 4 yo
	9.45am	Kinders 3 - 5 yo
	10.30am	Babies 0 - 18 Mth
	11.15am	Big Kids 5 - 10 yo
	11.50am	Percussion 5-10 yo

Body barre Pilates

The ultimate workout to tone and define your whole body.

Contact: Jacqui 0408 754 410

pilatespt@hotmail.com

Mon	6pm	Barre Attack
Tue	6pm	Piloxing Barre
Thu	6pm	Pilates
Sat	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

Tue	9.15am	Adult
	4pm	Kid's (TBC)
Wed	6.30pm	Adult
	7.45pm	Adult

Melbourne Ayumi Japanese Lesson

For children with a Japanese background

Contact: Hiromi 0419 584 083

hiromi@ayuminihongo.com

Tue	4 - 6pm
------------	---------

Westernport Special Olympics

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

Contact: Tina 0409 542 238

Wed	6.30 - 7.30pm
------------	---------------

Kelly Mini Sports

Contact: Simon 0432 355 020

Tue	10.15 - 11.15am
Fri	9.30am - 12pm

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

Mon	6pm, 7.15pm
Tue	6pm, 7.15pm
Wed	9.30am
Thu	9.30am
Fri	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

Thu	6.30pm - 7.30pm
------------	-----------------

Yoga with Soga

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

Contact: Lily 0458 458 048

bvladimi@gmail.com

Wed	7 - 8pm
Sun	6 - 7.30pm

Tai Chi : Arthritis Foundation

Always welcome new members

Contact: Dorothy 9789 0632

Tue	11.45am - 12.45pm
------------	-------------------

Queen of My Own Universe

Women circles and workshops

Contact: Margaret 0405 755 526

Mon	7pm - 9pm
------------	-----------

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

Thu	9.30am - 12.30pm
------------	------------------

Social Badminton

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

Contact: Ben 0412 150 514

Sat	4pm - 6pm
------------	-----------

Junior Badminton Coaching

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

Contact: Greg 0412 721 958

badminton@mpb.org.au

Thu	6pm - 7.30pm
------------	--------------

Sat	2pm - 3.30pm
------------	--------------

Bosnian Soccer Group

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

Contact: Alen 0404 620 458

Red Ruby Dancers

Dancing group for elderly and disadvantaged people to raise fund to charity

Contact: Audrey 0409 783 393

Fri	11.30am - 12.30pm
------------	-------------------

Mornington Peninsula Family History

Contact: 9783 7058 or mpfhs.org

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

Sun	2 - 5pm
------------	---------

Wed*	7 - 9pm
-------------	---------

*(Term 1 and 4 only - 1st and 3rd Wed of month)