

A photograph of a blue sign for the Frankston South Community and Recreation Centre, set against a background of a modern building with vertical glass panels and some greenery. The sign is partially obscured by a large, abstract, purple and pink graphic element on the right side of the image.

FRANKSTON SOUTH COMMUNITY
AND RECREATION CENTRE

Frankston South Community and Recreation Centre Programs and Activities

Everyone Welcome!
Come Connect, Learn and Play

Last Update: 10 August 2026

55 Towerhill Road, Frankston South
(03) 9293 7122 | fscrc@frankston.vic.gov.au

About Us

The Frankston South Community and Recreation Centre (FSCRC), operated by Frankston City Council, is a vibrant and welcoming hub committed to supporting community growth and well-being. We strive to create a safe and inclusive environment that fosters social connections, skill development and overall health and wellness.

At FSCRC, we work closely with the local community to develop and deliver programs and activities that are inclusive, engaging and aligned with community interests, skills and needs. Our approach is rooted in community development principles and strengthened by partnerships with local organisations and service providers.

FSCRC offers welcoming, versatile **spaces for hire**, access to the Council's **Library Service** where you can join, borrow, reserve and return books, and **Mornington Peninsula Family History** where you can explore your family heritage.

We invite everyone to discover all that FSCRC has to offer by dropping in, chatting with our friendly team, following us on social media and joining our mailing list. We can't wait to welcome you!



Graeme, Natalie, Lucette & Steve
NB: Kasia Missing

Frankie's Cafe



Frankie's Café is our dedicated training café, providing students with practical experience in a real-world café environment. Through our Learn Local Café Creations and Barista pre-accredited training courses, students gain essential skills in basic cooking and coffee preparation.

Students in the Café Creations course prepare hearty, homemade lunches like shepherd's pie, curries and pasta dishes, available for just \$4 from 12.00pm to 1.30pm on Monday to Wednesdays when the course is running.

From 10.00am to 1.30pm on weekdays, Frankie's Café serves barista-style coffee for \$3. Your coffee will be crafted either by our enthusiastic students or by our amazing volunteers, many of whom are graduates of our training courses. We are proud to use locally produced Common Folk coffee.

Frankie's Café is more than just a place to eat—it's a welcoming space to catch up with friends, meet new people or unwind with one of our many board games.

Learn Local Training Courses

Our Learn Local programs, funded by the State Government of Victoria through the *Adult Community and Further Education (ACFE)* program, are designed to get people job-ready by upskilling and building real-life experience and confidence.

Hospitality Training: Cafe Creations & Coffee

Our four-week "Café Creations & Coffee" gives participants entry-level skills for the hospitality industry, aiming to support future employment or further study. The program covers basic cooking and barista skills and includes Food Handling Certificate. All conducted in our hands-on training space at Frankie's Café.

\$25 Full | \$15 concession

Course Dates - 2026

Monday 3 August - Wednesday 26 August

Monday 5 October - Wednesday 28 October

Barista Training: Barista Basics & Crash Course Coffee

Take the first step towards becoming a skilled barista with our two-day pre-accredited courses.

\$25 | \$15 concession

Course Dates - 2026

Thursday 23 July - Friday 24 July

Thursday 3 September - Friday 4 September

ALL courses start at 9.00am - finish 3.00pm



Eligibility criteria applies.

For further information or to book your place, contact FSCRC on (03) 9293 7122 or email fscrc@frankston.vic.gov.au



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Centre Run Programs

**NB: Programs will
have Price increase
from 1 July**



Active Movers

**Monday | Wednesday: 10.30am-11.30am & 11.30am-12.30pm
Thursday: 11.30am - 12.30pm**

\$8.30 Per Session

Run by Peninsula Leisure (PARC) instructors. This program is designed for those who want a low intensity circuit workout. Benefits include improved balance and strength.

Due to demand, booking required. Please call FSCRC from 2pm the business day before class.



Twinges in the Hinges Exercise Class

Thursday: 10.30am - 11.30am

\$9.40 Per Class

Designed for people wanting medium intensity exercise workout to improve balance, strength and range of motion.



Walk Group @ South

Tuesday: 9.30am - 10.30am

\$3.20 Per Session

Catering to those over 50, enjoy some fresh air, meet new friends, and discover what Frankston has to offer on a relaxed walk! Contact FSCRC for more information.



Playgroup

Monday: 9.30am - 11.00am

\$5.60 Per Family

For children aged 0-5 years, Playgroup is a fun way for children to learn and interact in a supportive and safe environment. Everyone welcome!



Crafty Kids

Tuesday: 3.30pm - 4.45pm

FREE

Perfect for children aged 5-12 years, Crafty Kids offers fun activities from painting and drawing to crafting with various materials.

Parents must accompany children.

Centre Run Programs Cont.



Walking Soccer

Tuesday: 1.00pm - 2.30pm

\$3.20 Per Session

Created for players aged 50 and over, this slower-paced, modified version of soccer is perfect for everyone, regardless of ability, to enjoy, stay active and have fun! Contact FSCRC for more details.



Book Club

Fourth Friday of the month: 1.00pm - 3.00pm

\$3.00

Do you enjoy reading? Come along to the FSCRC book club. The club meets on the fourth Friday of every month. Contact FSCRC for more information.



Prymeball

Friday: 1.00pm - 2.00pm

\$5.60 Per Session

Prymeball is a fun twist on volleyball where you catch the ball instead of hitting it! Perfect for those aged 50 and over. Contact FSCRC to learn more.



Fab & Fit Exercise Class

Monday, Wednesday & Thursday: 9.30am - 10.30am

\$9.40 Per Class

Designed for over 50's to improve your overall fitness, strength and flexibility using steps, weights and bands.

Due to demand, booking required. Please call FSCRC from 3pm the business day before class.



Art @ South

Every Second Friday: 1.00pm - 4.00pm

August: 14, 28

September: 11, 25

October: 9, 23

\$6.00 Per Class

Join our art therapy program to spark creativity, self-expression, and reflection for well-being. Materials provided. **Call FSCRC to book!**

Centre Run Programs Cont.



Chatty Cafe

Friday: 10am - 11.30am

Free

Join us for a chance to meet new people, enjoy engaging conversations, share some laughs, all while savoring a complimentary cuppa! No booking required.



Cook and Chat

Thursday: 10.30am - 12.30pm

\$8.30 Per Session

A weekly men's social cooking program that gives men opportunity to learn, make nutritious meals and enjoy friendly chat and banter over lunch.

NB: Session not running on days barista Course is held.



Warhammer

Friday: 4.30pm - 5.30pm

Free

For ages 12-17, unleash your creativity by building and painting awesome miniatures and tell epic stories about your armies. All materials provided. No booking, but parent consent required.



Kirtan

Wednesday: 11.15am - 12.15pm

\$3.30 Per Class

Suitable for everyone. Kirtan is an ancient Indian call and response chant to music to reconnect our hearts and connect to the moment through sound. Great for mental health and relaxation.

Youth Hangout

Monday 3.00pm-5.00pm

Free

A laid-back place to spend time during the week where you can connect with others - play games, be creative or play pool. Friendly youth workers available to support and connect. Free snacks provided.

**Youth
SERVICES**

Centre Run Programs Cont.



Mahjong

Monday 1.00pm-3.00pm

\$5.20 per session

Mahjong is a great way to meet people, improve your cognitive and strategic thinking and most importantly have fun! Everyone welcome



Stitch Happens

Wednesday 1.00pm-3.00pm

\$5.20 Per Session

Stitch Happens is a friendly craft-knitting group where people can bring their own projects to the centre and enjoy working on them alongside others over a free cuppa. Beginner crafters welcome!

More programs coming soon.

Got a skill you wish to share or a great program idea...please let us know!

Snaps @ South



Cafe



Community Cultural Cooking



Storytime



Art @ South

Monday	Tuesday	Wednesday
Ready Steady Go Kids 9:30am - 12.00pm	Dance Space 88 9:15am - 10:15am	Ready Steady Go Kids 9:30am - 12.00pm
Fab & Fit 9:30am - 10:30am	Walk Group 9:30am - 10:30am	Fab & Fit 9:30am - 10:30am
Play Group 9:30am - 11.00am	Kelly Mini Sports 9.15am-10.15am	Anahata Yoga 9:30am - 11.00am
Active Movers 10:30am - 11:30am	Mornington Peninsula Family History 10:30am - 2:30pm	Active Movers 10:30am - 11:30am
Active Movers 11:30am - 12:30pm	Pilates (Vita Yoga) 10:30am - 11:30am	Kirtan 11:15am - 12.00pm
Mahjong 1.00pm-3.00pm	Early Parenting Drop In 11.30am to 2.00pm	Active Movers 11:30am - 12:30pm
Youth Hangout 3.00pm - 5.00pm	Tai Chi Arthritis 11.30am - 12:30pm	Stitch Happens 1.00pm-3.00pm
Table Tennis 6.00pm - 9.00pm	Walking Soccer 1.00pm - 2.30pm	Dance Space 88 6:30pm - 8:45pm
Body Barre Pilates 6.00pm - 6:45pm	Crafty Kids 3.30pm - 4.45pm	Westernport Special Olympics 6:30pm - 7:30pm
Anahata Yoga 6.00pm - 7.00pm	Vera Dance 4.00pm - 8.00pm	Yoga With Soga 7.00pm - 8.00pm
Anahata Yoga 7:15pm - 8:45pm	Anahata Yoga 6.00pm - 7.00pm	NA Womens Support Group 7:30pm - 8:30pm
Ballet Eternel 7.30pm-9.00pm		

Thursday	Friday	Saturday
Anahata Yoga 9:30am - 10:30am	Anahata Yoga 9:30am - 10:30am	AA First Steps 7.00am - 8.00am
Fab & Fit 9:30am - 10:30am	Storytime 9:30am - 10.00am	Body Barre Pilates 8.00am - 8:45am
Badminton Ladies Comp 9:30am - 12.00pm	 Chatty Cafe 10.00am - 11:30am 	Mini Soccer Stars 9.00am - 11:30am
Twinges in the Hinges 10:30am - 11:30am	Kelly Mini Sports 10:30am - 12.00pm	Badminton Coaching 12.00pm - 1:30pm
Mornington Peninsula Family History 10:30am - 2:30pm	Pryme Ball 1.00pm - 2:30pm	Badminton Coaching 2.00pm - 3:30pm
Cook and Chat 10.30am - 12:30pm	Book Club 1.00pm - 3.00pm (fourth Friday of the month)	Badminton Social 4.00pm - 6.00pm
Active Movers 11:30am - 12:30pm	Art @ South 1.00pm - 4.00pm (Fortnightly)	Sunday
Table Tennis 1.00pm - 3.00pm	Warhammer Club 4:30pm - 5:30pm	Mornington Peninsula Family History 2.00pm - 5.00pm
Body Barre Pilates 6.00pm - 6:45pm		
Pilates (Vita Yoga) 6:30pm - 7:30pm		
Bosnian Soccer 7pm- 9:30pm		

Hirer Programs



Ready Steady Go Kids

Monday & Wednesday: 9.00am-11.30am

Enquiries: 1300 766 892

Join Australia's largest multi-sport program for children aged 1.5 to 6! Age-based classes focus on building coordination, social skills, and teaching 10 different sports.



Anahata Yoga

Monday: 6.00pm - 7.00pm & 7.15pm - 8.45pm

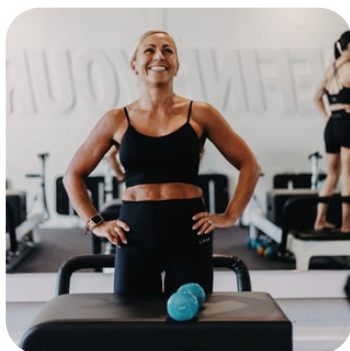
Tuesday: 6.00pm - 7.00pm

Wednesday & Friday: 9.30am - 11.00am

Thursday: 9.30 am - 10.30am

Enquiries: Paula 0433 960 021

Classes combine gentle stretches and movement with relaxation and meditation.



Body Barre Pilates

Monday: Barre 6.00pm - 6.45 pm

Thursday: Pilates mat work 6.00pm - 6.45pm

Saturday: Barre 8.00am - 8.45am

Enquiries: Jacqui 0408 754 410 or pilatespt@hotmail.com

Barre is a group Pilates class offering a full-body workout using Pilates balls, hand weights, and bands. Led by Jacqui, winner of Melbourne City News' Best Instructor 2023.



Tai Chi (Arthritis Foundation)

Tuesday: 11.30am - 12.30pm

Enquiries: Dorothy 9789 0632

Tai Chi is suitable for all ages, featuring slow, gentle movements adaptable to any fitness level. It's especially beneficial for older adults, including those with arthritis, as this program is specifically designed to support them.

Kelly Mini Sports

Tuesday: 9.15am-10.15am

Friday: 10.30am - 12.00pm

Enquiries: 0403 908 854

Kelly Mini Sports run a range of sports programs for 1-5 year olds that are delivered by expert coaches in a safe and fun environment.



Hirer Programs Cont.



Badminton

Thursday: 9.30am - 12.00pm (Women's Competition/social)

Saturday: 12.00pm - 6.00pm

Enquiries: 0492 912 385

The Mornington Peninsula Badminton Association run badminton sessions for people of all abilities and ages. New players welcome!



Vera Dance

Tuesday: 4.00pm - 8.00pm

Enquiries: 0421 597 771 (text please)

Learn cheer dance, ballet, or general dance from Vera, a choreographer and coach of European Dance Championship winners.



Vita Yoga & Pilates

Tuesday: 10.30am - 11.30am

Thursday: 6.30pm - 7.30pm

Enquiries: Paola 0416 136 084

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



Dance Space 88

Tuesday: 9.15am - 10.15am

Wednesday 7.45pm - 8.45pm

Enquiries: Serena 0402 344 122

Dance Space 88 is a fun dance-stretch-fitness class where you can learn a range of dance styles. It caters for all levels and abilities.



Table Tennis

Monday: 6.00pm - 9.00pm

Thursday: 1.00pm - 3.00pm

Enquiries: MFTTA 5975 7168

The Mornington & Frankston Table Tennis Association run sessions for people of all abilities from social to competitive standards. Come and play and make new friends. First session FREE, bats and balls provided!



Hirer Programs Cont.

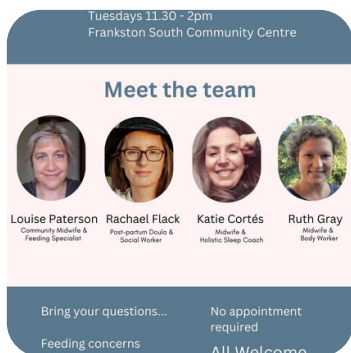


Mini Soccer Stars

Saturday: 9.00am - 11.30am

Enquiries: Nick 03 5975 8637 or hello@minisoccerstars.com.au

Mini Soccer Stars teaches children aged 18 months to 7 years coordination, agility, balance and social skills through soccer in a fun environment.

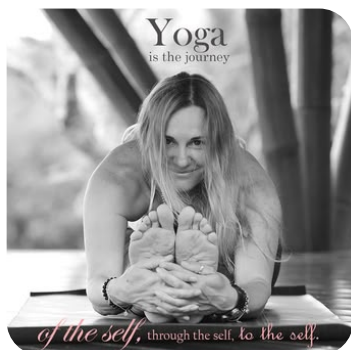


Early Parenting Drop-in

Tuesday: 11.30am - 2.00pm

Free

Support for parents with babies and young children. Bring your questions about feeding (breast / bottle/ solids), sleep support and transition into parenthood. All welcome, no booking required.



Yoga With Soga

Wednesday: 7.00pm - 8.00pm

Enquiries: Lily 0458 458 048

Hatha and Vinyasa yoga with the elements of Ashtanga and Stretching.

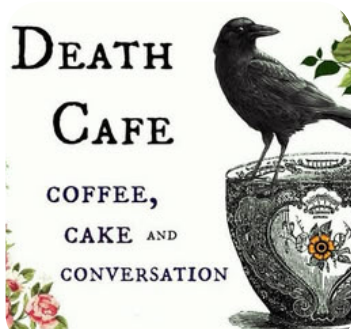


Bosnia Soccer Group

Thursday: 7.00pm - 9.30pm

Enquiries: 0404 620 458

Calling all new soccer players aged 18+ who want to have fun! Players of all nationalities are welcome!



Death Cafe Australia

Join Jennifer from Death Cafe Australia for a gentle, supportive, and open conversation about death, dying, and life's final chapter. Jen creates a welcoming space where the community can talk freely, explore grief, consider future planning, and learn about available options and important legal matters during this sensitive time. Sessions run throughout the year. Contact FSCRC.

Hirer Programs Cont.



Ballet Eternel for Adults

Monday 7.30pm - 9.00pm

Enquiries: Nicole - 0480 801 221 www.balletforadults.com.au

Adults with at least 12 weeks of prior ballet experience are invited to step into a space that values curiosity, individuality, and creative exploration. Expect fluid transitions, bold shapes, and moments that feel both grounded and expansive — a chance to rediscover classical ballet as something alive, expressive, and deeply satisfying.



Narcotics Anonymous Women's Support program

Wednesday: 7.30pm -8.30pm

Enquiries: 1300 652 820 | na.org.au

A simple, spiritual, not religious program for recovering addicts to support each other to stay clean. The Women's NA Meeting offers a safe, non-judgemental space for women in recovery to share experiences, build connection, and develop new ways of living.

If you have a program that meets the interests and needs of our community, contact FSCRC to consider hosting it at the centre.

Snaps @ South



Badminton



Cafe



Art @ South



Active Movers

Services at FSCRC



Mornington Peninsula Family History

The MPFHS can show you how to get started or further your research into your family history with their extensive library, computers and friendly staff.

Tuesday & Thursday, 10:30am - 2:30pm and
Sunday 2.00pm - 5.00pm

Tel: 9783 7058

Email: info@mpfhs.org

www.mpfhs.org



Frankston Library

FSCRC is part of the Frankston City Library network. You can reserve and borrow books as well as return books from other Frankston City Libraries at the Centre. We have great range of books including children's, travel, cooking, fiction and non-fiction and on Friday's we have Free Storytime for pre-schoolers.

Not a member? You can join free, just bring photo ID.



Computers

FSCRC has two computers available for everyone to use located in Frankie's Cafe at no cost. You are welcome to use during opening hours.

Your information is private as it is removed when you log out. NB printing not available.

Frankston Youth Service

Frankston Youth Hangout operates at FSCRC on Monday from 3.00pm - 5.00pm.

Come and chill. Play pool or games or talk to our amazing youth workers.

Cost: Free



Frankston Community Centres

Our community centres and neighbourhood houses play an important role bringing residents together. There are nine community centres and neighbourhood houses across Frankston City, each offering programs and services to meet community need and interest.



Belvedere Community Centre

Healthy Futures Hub

151 East Road, Seaford

p: 9776 8922

w: belvedere.org.au



Lyrebird Community Centre

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: lyrebird.org.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

p: 9789 7653

w: langwarrincc.org.au



Orwil Street Community House

16 Orwil Street, Frankston

p: 9783 5073

w: orwilst.org.au



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

p: 9783 1521

w: djambana.org.au

Community Centres Cont.



Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston

p: 9293 7102

w: frankston.vic.gov.au



Frankston North Community Centre

26 Mahogany Avenue, Frankston North

p: 8773 9545

w: frankston.vic.gov.au



Karingal Place Neighborhood Centre

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: frankston.vic.gov.au

Room Hire

FSCRC has a multi-purpose stadium, two meeting rooms and two exercise rooms available for ongoing or casual hire at very reasonable hourly pricing. These rooms are not available for parties. If you would like to enquire about a room to hire, please email us on fscrc@frankston.vic.gov.au or visit; <https://www.frankston.vic.gov.au/Things-To-Do/Venue-Bookings-and-Enquiries>

Room	26/27 Community Rate	26/27 Commercial Rate
Stadium	\$41	\$48
Energise Room	\$29	\$37
Relaxation Room	\$27	\$29
Meeting room 1	\$26	\$29
Meeting room 2	\$29	\$33



NB: Prices subject to change from 1 July each year

Come Find Us - Everyone Welcome



2/55 Towerhill Road, Frankston South 3199

Phone: 03 9293 7122

Email: fscrc@frankston.vic.gov.au

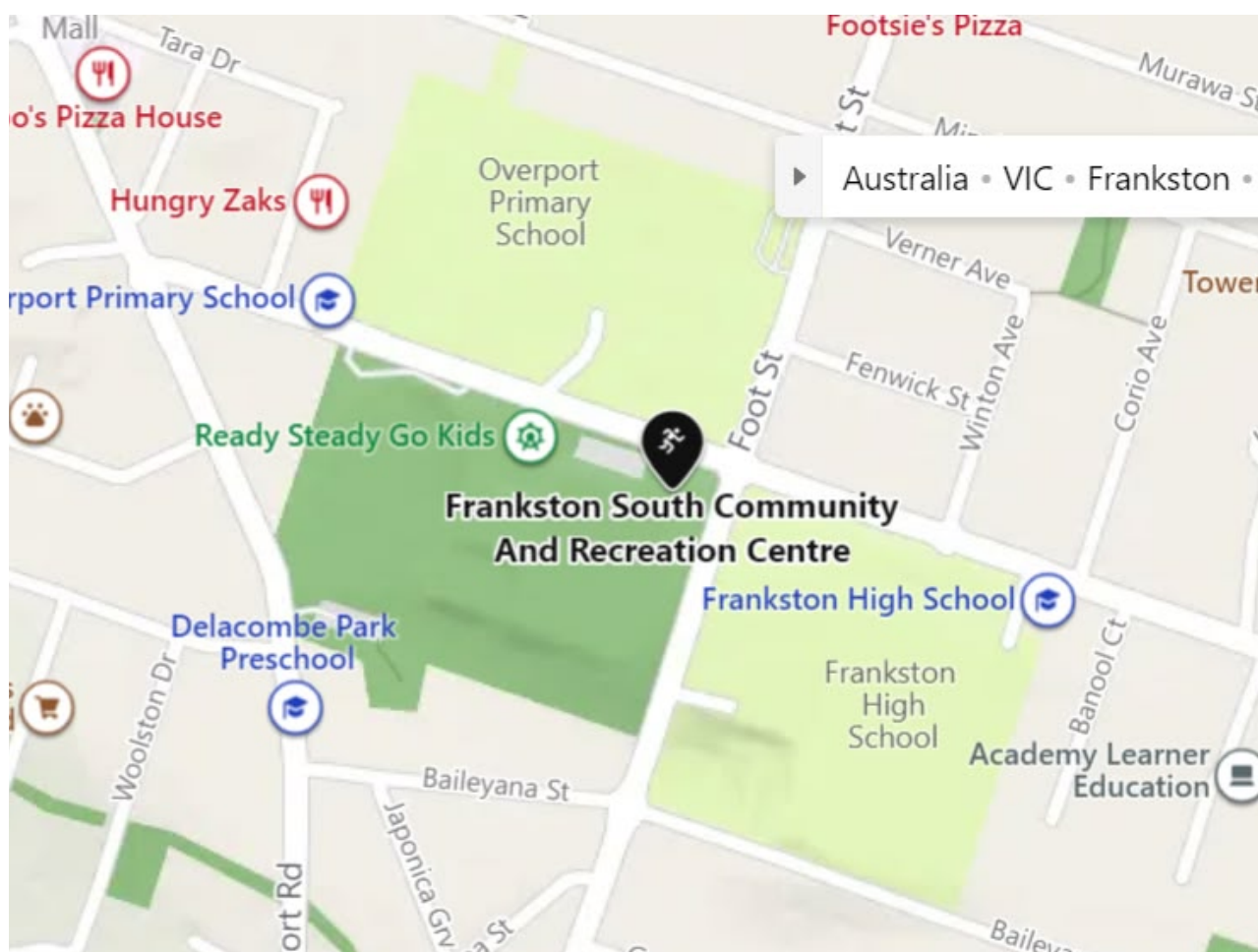
Web: frankston.vic.gov.au/fscrc



Frankston South Community and Recreation Centre



@FrankstonSouthCommunityandRecreationCentre



Send us an email to join our mailing list and receive our newsletters, event and program updates.



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