

A photograph of a blue sign for the Frankston South Community and Recreation Centre. The sign is mounted on a white structure with several vertical metal poles. The background shows some greenery and a building. The image is framed by a purple and blue abstract graphic.

FRANKSTON SOUTH COMMUNITY
AND RECREATION CENTRE

Frankston South Community and Recreation Centre Programs and Activities

**Be Welcomed
Feel Valued and Respected
Connect, Learn and Play**

Last Update
7 October 2025

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 individual interests, skills and talents. Our approach is rooted in community development principles and strengthened by partnerships with local organisations and service providers.

FSCRC offers versatile spaces for hire, access to the Council's Library Service and the friendly Frankie's Café. We invite everyone to discover what FSCRC has to offer by visiting us, speaking with our friendly team, following us on social media and signing up for our mailing list.



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 pm to 1.30 pm on Monday to Wednesdays when the course is running.

From 10 am to 1 pm 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

Next Course

Monday to Wednesday from 9am - 3pm over 4 weeks

2025 Courses are completed.

2026 TBC

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

Next Course

2025 Courses are completed.

2026 TBC



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



Active Movers

Monday: 10.30am-11.30am & 11.30am-12.30pm

Wednesday: 10.30am-11.30am & 11.30am-12.30pm

Thursday: 11.30am - 12.30pm

\$8.00 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.



Twinges in the Hinges Exercise Class

Tuesday: 10.30am - 11.30am

Thursday: 9.30am - 10.30am

\$9.10 Per Class

Designed for seniors wanting gentle exercise to improve balance, strength and range of motion.



Walk Group @ South

Tuesday: 9.30am - 10.30am

\$3.10 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

\$5.40 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: 4pm - 5pm

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: 1pm - 2pm

\$3.10 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.



Stretch Exercise Class

Thursday: 10.30am - 11.30am

\$9.10 Per Class

Stay active and maintain flexibility with our stretch class for older adults! Focused on core strength and flexibility, these exercises are designed to keep you feeling strong and limber. Contact FSCRC for more information.



Prymeball

Friday: 1pm - 2pm

\$5.40 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: 9.30am - 10.30am

\$9.10 Per Class

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



Art @ South

Every Second Friday: 1pm - 4pm

October 10 & 24

November 7, 21

December 5, 19

\$5.00 Per Class (Booking Recommended)

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.



Book Club

Fourth Friday of the month: 1pm - 3pm

\$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.



Motherly Connections

Tuesday: 9.30am - 11am

Free

A supportive group of mothers sharing their journey, building connection and finding understanding along the way. Facilitated by Matrescene coach, Emma Reddie. No booking required. Proudly Supported by...



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

\$3.20 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.



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.

Centre Run Programs Cont.



Cook and Chat

Next Program: Tuesdays: 11 November - 2 December

10.30am - 12.30pm

\$8.00 Per Session

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

Please note that some Centre Run programs do not run during school holidays. Please contact FSCRC on 9293 7122 for information.

Snaps @ South



Chatty Cafe



Crafty Kids



Art @ South



Cook and Chat

Monday	Tuesday	Wednesday
Ready Steady Go Kids 9:30am - 12pm	Dance Space 88 9:15am - 10:15am	Ready Steady Go Kids 9:30am - 12pm
Fab & Fit 9:30am - 10:30am	Walk Group 9:30am - 10:30am	Fab & Fit 9:30am - 10:30am
Play Group 9:30am - 11am	Motherly Connections 9:30am - 11am	Anahata Yoga 9:30am - 11am
Active Movers 10:30am - 11:30am	Kelly Mini Sports 10 am - 11am	Active Movers 10:30am - 11:30am
Active Movers 11:30am - 12:30pm	Mornington Peninsula Family History 10:30am - 2:30pm	Kirtan 11:15am - 12pm
Youth Hangout 3:15pm - 4:45pm	Pilates (Vita Yoga) 10:30am - 11:30am	Active Movers 11:30am - 12:30pm
Table Tennis 6pm - 9pm	Twinges in the Hinges 10:30am - 11:30am	Dance Space 88 6:30pm - 8:45pm
Body Barre Pilates 6pm - 6:45pm	Cook & Chat 10:30am - 12.30pm	Westernport Special Olympics 6:30pm - 7:30pm
Anahata Yoga 6pm - 7pm	Early Parenting Drop-in 11:15am - 2pm	Yoga With Soga 7pm - 8pm
Anahata Yoga 7:15pm - 8:45pm	Tai Chi Arthritis 11.30am - 12:30pm	NA Womens Support Group 7:30pm - 8:30pm
	Walking Soccer 1pm - 2pm	
	Crafty Kids 4pm - 5pm	
	Vera Dance 4:30pm - 6:30pm	
	Anahata Yoga 6pm - 7pm	

Thursday	Friday	Saturday
Anahata Yoga 9:30am - 10:30am	Feel Good Moves 5:45am - 7am	AA First Steps 7am - 8am
Twinges in the Hinges 9:30am - 10:30am	Anahata Yoga 9:30am - 10:30am	Body Barre Pilates 8am - 8:45am
Badminton Ladies Comp 9:30am - 12pm	Storytime 9:30am - 10am	Mini Soccer Stars 9am - 11:30am
Stretch Exercise 10:30am - 11:30am	Kelly Mini Sports 10:30am - 12pm	Badminton Coaching 12pm - 1:30pm
Mornington Peninsula Family History 10:30am - 2:30pm	 Chatty Cafe 10am - 11:30am 	Badminton Coaching 2pm - 3:30pm
Active Movers 11:30am - 12:30pm	Dementia Carers Program 10.30am-1pm (last Friday of the month)	Badminton Social 4pm - 6pm
Table Tennis 1pm - 3pm	Pryme Ball 1pm - 2:30pm	Sunday
Body Barre Pilates 6pm - 6:45pm	Book Club 1pm - 3pm (fourth Friday of the month)	Badminton 11am - 1pm
Pilates (Vita Yoga) 6:30pm - 7:30pm	Art @ South 1pm - 4pm (Fortnightly)	Mornington Peninsula Family History 2pm - 5pm
Bosnian Soccer 8pm- 9:30pm	Warhammer Club 4:30pm - 5:30pm	
	Vera Dance 4:30pm - 6:30pm	

Hirer Programs



Ready Steady Go Kids

Monday & Wednesday: 9am-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: 6pm - 7pm & 7.15pm - 8.45pm

Tuesday: 6pm - 7pm

Wednesday & Friday: 9.30am - 11am

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 6pm - 6.45 pm

Thursday: Pilates mat work 6pm - 6.45pm

Saturday: Barre 8am - 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: 11.30pm - 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: 10am - 11am

Friday: 10.30am - 12pm

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 - 12pm (Women's Competition/social)

Saturday: 12pm - 6pm

Sunday: 11am - 1pm

Enquiries: 0412 150 514

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



Vera Dance

Tuesday: 4.30pm - 6.30pm

Friday: 4.45pm - 6.45pm

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: 6pm - 9pm

Thursday: 1pm - 3pm

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: 9am - 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.

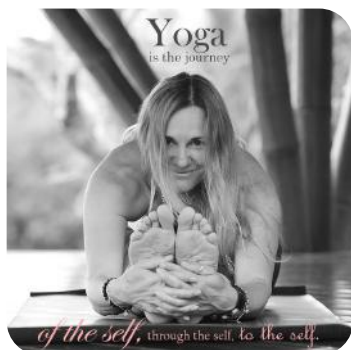


Early Parenting Drop-in

Tuesday: 11.15am - 2pm

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: 7pm - 8pm

Enquiries: Lily 0458 458 048

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



Feel Good Moves

Friday: 5.45am - 7am

Enquiries: Alix 0451 461 979 or hello@feelgoodmoves.com

This class mixes contemporary mat pilates with loud music to create a fun space where all levels and abilities are welcome to come along and move their bodies to feel good!



Bosnia Soccer Group

Thursday: 8pm - 9.30pm

Enquiries: 0404 620 458

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

Hirer Programs Cont.



Dementia Australia Carers Wellness Program

Last Friday of the month: 10.30am-1pm

Enquiries: 0408 301 800 booking required

Designed by Dementia Australia to provide a program to carers living with people with dementia giving them a safe place to openly discuss the good, the bad and plan for the future.



Belly Chats

Sundays 10.30 -11.30

12 October - 30 November (no class on 9 November)

12 people only

\$15.00 Per Session

Deep dive into pre-natal mindfulness. Suitable on those on the pregnancy journey. For enquiries contact Susan on 0493 407 026 or hello@bellychats.com

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



Barista Graduation



Health Information Session



Story Time



War Hammer with Vincent

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 - 5pm

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 Service operates at FSCRC on Monday from 3:15pm - 4:45 pm.

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.

Room	25/26 Community Rates ₁ (Hr)	25/26 Commercial Rates ₂ (Hr)
Stadium	\$39	\$46
<u>Energise Room</u>	\$28	\$35
Relaxation Room	\$26	\$28
Meeting Room 1	\$25	\$28
Meeting Room 2	\$28	\$32

1. **Community Rate:** A Not-for-Profit (NFP) hirer that does not receive funding to deliver programs/ initiatives.

2. **Commercial Rate:** A for profit business or a NFP organisation which has funding to deliver programs / initiatives.



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

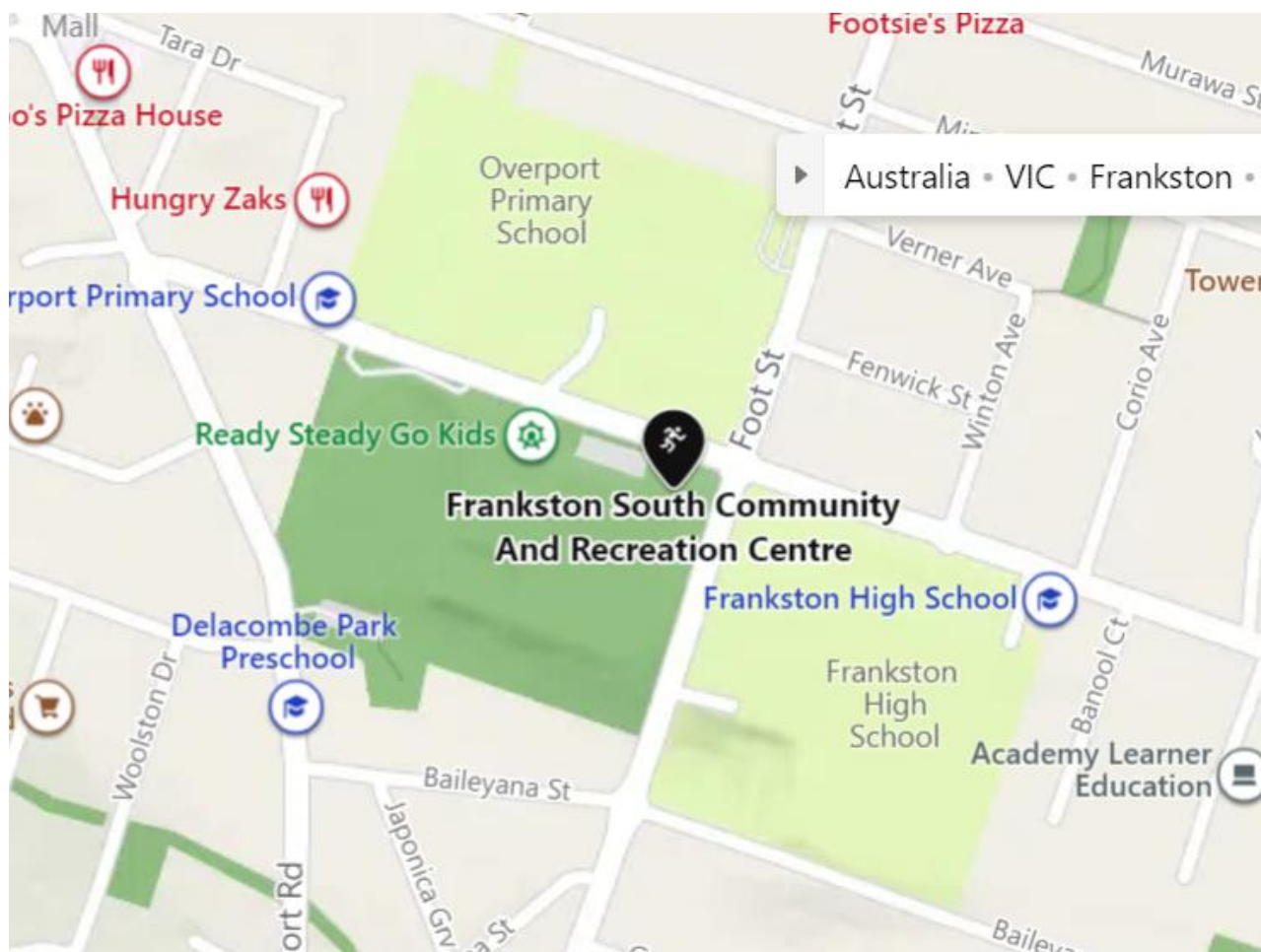
Web: frankston.vic.gov.au/fscrc



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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