

Cheltenham Community Centre

COURSE & ACTIVITY GUIDE

July - December 2017



CHELTENHAM
Community Centre

www.chelt.com.au

Reach your potential

Adult Education
Children's Activities
Childcare
Recreation
Computers
School Holiday Activities

About

Cheltenham Community Centre (CCC) is a not for profit organisation that strengthens community by offering people a diverse range of community services, learning opportunities and resources for personal development.

CCC has over 1000 participants attending a wide variety of services and programs each year, including adult education, childcare, recreational programs for adults and children and social support groups.

CCC is supported by funding from a number of organisations. These include Adult Community and Further Education Board, the Department of Health and Human Services, the Department of Education and Training and the City of Kingston. CCC is one of the largest community providers of the Adult Migrant English Program.

CCC believes in working in partnership with local agencies, learning institutes and government to provide individuals and the community with quality programs. CCC enjoys a positive working relationship with Southern Community Church of Christ to deliver community festivals, improve facilities for community programs and work on special projects.

All programs at CCC are conducted by highly qualified and experienced staff while governance of the CCC is overseen by a volunteer Board of Governance.

Refund Policy – Children's and Adults' Recreational Programs

If withdrawal from a course is made 7 days or more prior to commencement, CCC will refund any course fees paid, less an administration fee of \$20. Fees cannot be refunded when the withdrawal is made with less than 7 days notice. In the event that a course has to be cancelled by CCC a full refund will be paid. If the cost of a course prevents enrolment, please contact centre management to discuss.

**CCC is a Registered Training Organisation | RTO No. 6507
ABN 89 194 090 141 | Inc. No. A0024484L**

 www.chelt.com.au |  Follow us on Facebook
(03) 9583 0095 | 8 Chesterville Road Cheltenham

Events

Free Children's Festival – Saturday 21st October

As part of National Children's Week celebrations, the Cheltenham Community Centre will hold a free Children's Festival on **Saturday 21st October from 10am – 1pm**. The Festival will be jam packed with family entertainment –jumping castle, fire engine ride, chair-o-plane ride, face painting, craft activities, childcare open day and much, much more.

Soul Café 'World Wednesday lunches'

Soul Café 'World Wednesday lunches' run every 2 weeks during school terms, and involve a team of volunteers of various cultural backgrounds who offer foods from different cultures such as Thai, Chinese, Ukrainian, Egyptian and Japanese. Lunch is provided for a \$5 donation from 12pm. We are always looking for volunteers to join the team – no experience or expertise required. Self-serve coffee and tea available daily. For more information contact Customer service on 9583 0095 or visit www.chelt.com.au for further details.



CCC acknowledges the support of the Victorian Government.

Children's Recreation

Chinese Speaking Playgroup

A fun playgroup with lots of activities, free play and social interaction conducted entirely in Chinese.

Saturday 2pm – 4pm

Term 3 (22 Jul – 23 Sep, 9 weeks)

Term 4 (14 Oct – 16 Dec, 8 weeks)

Term price \$30 child, \$40 family

Casual price \$4 child, \$5 family

Mandarin Monkeys

Learn about Chinese Culture and the Chinese characters through games, stories and singing in this interactive class for children aged 3-6 years old. Suitable for children who speak Mandarin in the home.

Saturday 2pm – 3pm

Term 3 (22 Jul – 23 Sep, 9 weeks) \$90

Term 4 (14 Oct – 16 Dec, 8 weeks) \$80

Kids' Yoga for 6-10 year olds

Get your youngster off to a fantastic start with yoga. Yoga is great for helping kids feel confident and to have a positive body image. It will focus on developing excellent motor skills, improving focus and learning a consciousness of breathing and relaxation. This will assist with increasing your child's ability to deal with stress.

Tuesday 4pm - 4.45pm

Term 3 (18 Jul – 19 Sep, 10 weeks) \$120

Term 4 (10 Oct – 12 Dec, 9 weeks) \$108

Cooking with Maths

Classroom maths not really adding up? Do you have a Grade 3 or 4 child who needs a bit of help with maths concepts? Perhaps they like to use their fingers, hands (and toes!) to add up and subtract? Cook, measure, count, estimate and engage your child to learn maths in a fun, practical, creative way with our specialised "Cooking with Maths" class for children in grades 3 and 4. The course has been designed and is supported by a qualified educator. A new, creative way to learn real practical maths!

Thursday 4pm – 5pm

Term 3 (3 Aug – 21 Sep, 8 weeks) \$120

Term 4 (26 Oct – 14 Dec, 8 weeks) \$120

FunNet 6-9 year olds (Beginner Netball Skills)

Learn how to play netball in this fun program. Develop footwork, ball skills and teamwork with an encouraging instructor. Great preparation to join a netball team, or learn a team sport.

Monday 3.45pm - 4.30pm

At Mentone Primary School (outdoor court)

5 week program

Term 3 (Aug 14, 21, 28, Sep 4, 11) \$50

Term 4 (Oct 16, 23, 30, Nov 13, 20) \$50

Wednesday 4.15pm – 5pm

At Cheltenham Secondary College

Term 3 (19 Jul -20 Sep, 10 weeks) \$100

Term 4 (11 Oct – 6 Dec, 9 weeks) \$90

Book and pay online at www.chelt.com.au

CCC Bolts Netball Club

Join a great community grass roots netball club to make new friends while getting fit and having fun.

Season 2 – August to November

Games are played at LePage Primary School until new courts are developed at Kingston and District Netball Association, Dales Park – 570 Warrigal Road South Oakleigh in 2018.

Training sessions are at various local schools. Please see www.cccbolts.vic.netball.com.au for detailed information.



Proudly sponsored by:



For more Children's Recreation activities see inside brochure...

Childcare

(26 place Licenced Childcare Centre)

CCC offers a variety of childcare options.

Family Grouping:

Family Grouping Care is available to children from 6 months to 5 years of age. Children from the same family can attend sessions together.

Pre-Kinder:

Pre-Kinder is available for children aged between 2 to 4 years. These sessions are similar to a 3 year old pre-school program but children can attend from 2 years of age.

3 Year Old Activity Group:

3 Year Old Activity Group is a play-based group. The program provides a great introduction to and preparation for 4 year old kindergarten. This session also includes a Jolly Phonics session introducing children to letter sounds through phonics, stories and songs.

Pricing

All pricing based on a 10 week term.

3hr

Family Grouping 3 hour program
Monday/Wednesday/Thursday
9am – 12pm \$270

5hr

5 hour program
Wednesday 9am – 2pm \$450
Thursday 10am – 3pm \$450

3yo

3 Year Old Activity Group
Tuesday 5 hour 9.30am – 2.30pm \$450
Thursday 3 hour 12pm – 3pm \$270

Pre

Pre-Kinder
3 hour Pre-Kinder Wednesday 12pm – 3pm \$270
5 hour Pre-Kinder Friday, 9.30am – 2.30pm \$450

Occ

Occasional one off care \$12.00 per hour
(subject to availability)

All programs are planned according to children's interests, including group story & song sessions.



Adult Education

Certificate Courses

10361 NAT - Course in Preliminary Spoken & Written English

For clients beginning their English language learning journey. Includes alphabet, pronunciation and numbers as well as speaking and reading simple sentences.

10362 NAT - Certificate I in Spoken & Written English (CSWEI)

A course for students starting to learn English or who have had minimal exposure to English.

10363 NAT - Certificate II in Spoken & Written English (CSWEII)

This course will help students with the language required to satisfy their own simple everyday transactional and social needs.

10364 NAT - Certificate III in Spoken & Written English (CSWEIII)

This course will improve English language skills to assist with student's social needs, requirements of everyday situations and preparation for employment in Australia.

For full course and entry details visit our website at www.chelt.com.au/learn-english

Grammar, Conversation & Writing (3 Levels available)

Build your English language skills in grammar, conversation and writing. This course will provide hands on, practical activities to improve your English in a wide variety of everyday situations.

Everyday Conversation (Beginner/Intermediate/Advanced)

This ESL Conversation Class offers a fun and friendly way to improve your everyday English listening and speaking skills. Small group discussions with different themes/topics each week including Australian idioms, slang and culture. Learn everyday English in a relaxed atmosphere.

Improve your Reading & Writing

Improve your literacy and numeracy as a pathway to further study.

Literacy for Living

A life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction.

Introduction to Hospitality

This pre-accredited, introductory short course is ideal for those interested in returning to work or who have completed a basic English language course and are looking for employment pathways into hospitality.

It will include formal learning, practical demonstrations and hands on participation.

The course covers terminology, occupational health and safety, basic food preparation skills (including literacy & numeracy where necessary) and customer service. A Food Handling Certificate can also be obtained at an additional cost (optional).

Introduction to Computers

This course is for people with little to no experience with computers. Topics covered include:

- becoming familiar with Windows icons and the Start Menu
- how to create a document using a word processing program
- developing file management skills and saving your files to a USB stick

Thursday 9.30am - 12pm

Term 3 (3 Aug - 21 Sep, 8 weeks)

Term 4 (26 Oct - 14 Dec, 8 weeks)

\$48 Concession | \$80 Non Concession

Computers - The Next Step

Refresh your memory on how to use your computer. Topics covered include a basic introduction to Word, PowerPoint and Excel, computer terminology, software, file management, email, internet access and searching. Designed for beginners who have already completed basic computer literacy. Fluency in English and basic literacy skills an advantage.

Thursday 12.30pm - 3pm

Term 3 (3 Aug - 21 Sep, 8 weeks)

Term 4 (26 Oct - 14 Dec, 8 weeks)

\$48 Concession | \$80 Non Concession

iPads, Tablets & More

Learn how to use your iPad, Android tablet or phones.

Discover the world of Facebook, Skype and Pinterest. Note: BYO charged iPad/Android tablets and phones.

Friday 9.30pm - 12pm

Term 3 (4 Aug - 22 Sep, 8 weeks)

Term 4 (27 Oct - 15 Dec, 8 weeks)

\$48 Concession | \$80 Non Concession

Build Your Own Website

Set up a blog or simple website for yourself or your small business, group or club. Learn how to get started on website creation platform WordPress to build an online presence. Come with a basic idea of what you want your website to achieve. You'll create a site and your first posts to showcase your work.

Friday 12.30pm - 3pm

Term 3 (4 Aug - 22 Sep, 8 weeks)

Term 4 (27 Oct - 15 Dec, 8 weeks)

\$48 Concession | \$80 Non Concession

Get that job!

This course is designed to assist students with communication, presentation and IT skills with the view to look for work, prepare a CV/resume, search and apply for jobs online, undertake an interview, presentation skills, understand Australian workplace culture and build confidence in employability skills.

Tuesday 9am - 1pm

Term 3 (25 Jul - 22 Aug, 5 weeks)

Term 4 (14 Nov - 12 Dec, 5 weeks)

4 hours per week (25 hours including homework)

\$48 Concession | \$80 Non Concession

The Adult Migrant English Program (AMEP) is funded by the Australian Government Department of Education and Training.



Adult Recreation

Beginner Yoga

This class is designed for those new to yoga and at all levels who want to learn better alignment. Ideal for relaxation and improving flexibility. Join expert yoga tutor Rita Madou Yi and learn yoga from the ground up.

Monday 6.15 - 7.15pm

Term 3 (17 Jul - 18 Sep, 10 weeks) \$110

Term 4 (9 Oct - 11 Dec, 10 weeks) \$110

Wednesday 5.45pm - 6.45pm

Term 3 (19 Jul - 20 Sep, 10 weeks) \$110

Term 4 (11 Oct - 13 Dec, 10 weeks) \$110

Intermediate to Advanced Yoga

This is a powerful and energising class with challenging poses to elevate the heart rate and create strength in the body. It is a condensed and dynamic version of Hatha Yoga, which has flowing postures that focus on balance, strength, flexibility and inversion.

Monday 7.30pm - 8.45pm

Term 3 (17 Jul - 18 Sep, 10 weeks) \$140

Term 4 (9 Oct - 11 Dec, 10 weeks) \$140

Chi Yoga

Chi Yoga is influenced by Taoism and Tai Chi. It focuses on breath control and relaxation to integrate the body and mind.

Wednesday 12pm - 1pm

Term 3 (19 Jul - 20 Sep, 10 weeks) \$110

Term 4 (11 Oct - 13 Dec, 10 weeks) \$110

Pilates

Pilates is a form of strength and flexibility training that can be done by anyone at any level of fitness. It is an exercise program that promotes a feeling of physical and mental well-being and develops inner physical awareness. Pilates is helpful in preventing and rehabilitating injuries, improving posture and increasing flexibility, circulation and balance.

According to Joseph Pilates, "you will feel better in 10 sessions, look better in 20 sessions and have a completely new body in 30 sessions."

Tuesday 7pm - 8pm

Term 3 (18 Jul - 19 Sep, 10 weeks) \$150

Term 4 (10 Oct - 12 Dec, 9 weeks) \$135

Gentle Exercise

No matter your age or fitness level, gentle exercise can provide many benefits. This class uses carefully designed movements to deliver increased flexibility, mobility and muscle strength in a social and comfortable setting.

Wednesday 11am - 12pm

Term 3 (19 Jul - 20 Sep, 10 weeks) \$8 per class

Term 4 (11 Oct - 13 Dec, 10 weeks) \$8 per class

Zumba® Gold

Especially designed for active older adults. Enjoy dancing and moving to the hypnotic Latin rhythms and music with easy-to-follow moves.

Friday 10.45am - 11.45am

Term 3 (21 Jul - 22 Sep, 10 weeks) \$10 per class

Term 4 (13 Oct - 15 Dec, 10 weeks) \$10 per class

Painting & Drawing

Whether you're a beginner or a Picasso, this is the art class for you! Here is your chance to extend and practice your skills in a friendly and relaxed atmosphere. Be guided by our expert tutor, Nicole Kemp, to harness and enhance your inner artistic abilities with individual attention. Join one or more classes.

Term 3

Tuesday 1pm - 3pm (18 Jul - 19 Sep, 10 weeks)

\$170 concession | \$190 non concession

Thursday 1pm - 3pm (20 Jul - 21 Sep, 10 weeks)

\$170 concession | \$190 non concession

Term 4

Tuesday 1pm - 3pm (10 Oct - 12 Dec, 9 weeks)

\$153 concession | \$171 non concession

Thursday 1pm - 3pm (12 Oct - 14 Dec, 10 weeks)

\$170 concession | \$190 non concession

Creative Arts & Crafts

with Nicole Kemp

Explore painting, printing, embroidery, crochet, felt making and much, much more. For beginners to advanced. Individuality encouraged.

Wednesday 1pm - 3pm

Term 3 (19 Jul - 20 Sep, 10 weeks) \$190

Term 4 (11 Oct - 13 Dec, 10 weeks) \$190

Cooking with Culture

Learn the art of cooking International cuisine. A hands on and interactive cooking workshop. Find out where to source the ingredients, the techniques used and have lots of fun!

Term 3

7pm - 9pm

Portuguese (Monday 24th July) \$20

Somalian (Wednesday 30th August) \$20

Indian (Tuesday 19th September) \$20

Term 4

7pm - 9pm

Sri Lankan (Thursday 26th October) \$20

Chinese (Wednesday 22nd November) \$20

New - Children's Workshops

Kids Dumplings Making Workshop

A fun and hands on dumpling making workshop for kids 8-12 years old. Learn the art of making and cooking dumplings with Rita!

Term 3

Saturday 12th August 12.30pm - 2pm \$20

Halloween Kids Cupcake Decorating Workshop

A hands on workshop for 7-10 year olds Learn to decorate cupcakes in fun and scary ways. Create a jack 'o' lantern, spiders, bats and more!

Term 4

Saturday 28th October 12.30pm - 2pm \$20

Book and pay online at www.chelt.com.au

Holiday Activities

Holiday Activities for Primary School Children and 3-5 year olds

• January School Holidays (1 week program)

• April School Holidays

• July School Holidays

• Sept / Oct School Holidays

Book and pay online at www.chelt.com.au



Children's Recreation

Primary Colours

Children develop their artistic expression through this fun and nurturing class with our in-house artist, Di. Learn how to master shapes and form, as well as proportions, perspective, light and shadow. Experiment with a variety of media to produce work in stunning colour and striking black and white. (Children aged 6-10).

Thursday 4pm - 5pm

Term 3 (20 Jul - 21 Sep, 10 weeks) \$100

Term 4 (12 Oct - 14 Dec, 10 weeks) \$100

Music for Tots

Music for Tots is a program conducted by volunteer parents. This fun and interactive program is for children 0-5 years old with their parent, grandparent or carer. Great for improving the brain and physical development.

Monday 9.30am - 10.30am

Term 3 (17 Jul - 18 Sep, 10 weeks)

Term 4 (9 Oct - 11 Dec, 9 weeks)

Term price \$30 child, \$40 family

Casual price \$4 child, \$5 family

Wednesday 9.30am - 10.30am

Term 3 (19 Jul - 20 Sep, 10 weeks)

Term 4 (11 Oct - 13 Dec, 10 weeks)

Term price \$30 child, \$40 family

Casual price \$4 child, \$5 family

Dancing Tots

A great class for little ones that is loads of fun and a great learning experience. Dancing Tots will introduce your child to moving with the beat with style.

Wednesday 2pm - 2.45pm

Term 3 (19 Jul - 20 Sep, 10 weeks) \$80

Term 4 (11 Oct - 13 Dec, 10 weeks) \$80

Jolly Cooking

In this fun and interactive session for 3-5 year olds, children will join their love of literacy with their love of cooking! Each week children will be introduced to a new sound using the Jolly Phonics program through stories, songs and puppetry. Then it's time to cook something yummy related to the new sound we have learned. BYO apron!

Monday 12.30pm - 1.45pm

Term 3 (17 Jul - 18 Sep, 10 weeks) \$150

Term 4 (9 Oct - 11 Dec, 9 weeks) \$135

For more Children's Recreation activities see other side of brochure...

