

# CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



JANUARY TO JUNE 2025

# ABOUT CHELTENHAM COMMUNITY CENTRE (CCC)

Cheltenham Community Centre is a non-profit organisation dedicated to empowering individuals and enriching our community through diverse services, learning opportunities, and resources. With over 1000 weekly participants, CCC offers programs in adult education, childcare, health and wellness, a netball club, and a welcoming community café.

Supported by organisations including ACFE, DFFH, DET, and the City of Kingston, CCC is also a leading provider of the Adult Migrant English Program (AMEP). Collaborating with local agencies and educational institutions, we ensure high-quality programs in a comfortable, engaging environment.

Our experienced team and volunteer Board of Governance are committed to inclusivity, warmly welcoming applications from students with specific needs and disabilities. We provide alternative delivery, and diverse assessment methods to support all students.

For more information, contact us at 9583 0095.

## Volunteering at Cheltenham Community Centre (CCC)

Become a valued part of CCC and help strengthen our community! As a volunteer, you'll enrich the lives of others through a variety of programs and services.

### Why Volunteer with CCC?

- **Make an Impact:** Your contributions directly benefit local individuals and families.
- **Develop Skills:** Gain experience in a supportive environment.
- **Build Connections:** Meet like-minded people and form lasting friendships.
- **Grow Personally:** Experience the joy of making a positive difference.

### Volunteer Opportunities:

Support adult education, customer service, café service, school holiday programs, computer classes, childcare, admin, and more.

### Ready to Join?

Contact us to make a difference!

Email [kimw@chelt.com.au](mailto:kimw@chelt.com.au) | Phone 9583 0095



## COMMUNITY CAFÉ AT CCC

Open weekdays from 10am to 2pm during term time, the CCC Community Café is a welcoming place for everyone! Offering a tasty selection of affordable snacks, light meals, and beverages prepared fresh by our friendly staff and volunteers, it's the perfect spot to relax, catch up with friends, or make new connections. Our café also provides hands-on hospitality training for volunteers, offering valuable experience in a supportive environment. Stop by, enjoy a coffee, and be part of the CCC community spirit!

### Social activities in the cafe during school term time:

Café is open during school terms, Monday to Friday, 10am - 2pm  
Chatty Café Wednesdays and Thursdays, 10:30am - 11:30am  
French Lounge Thursdays, 10:45am - 11:45am  
Scrabble and games table coming soon!

### Contact Us

Cheltenham Community Centre  
8 Chesterville Road Cheltenham Vic 3192  
CCC is a Registered Training Organisation  
RTO No. 6507 | ABN 89 194 090 141 | Inc. No. A0024484L  
[www.chelt.com.au](http://www.chelt.com.au) | (03) 9583 0095  
Follow us on Facebook, Instagram & Tiktok



### Our Supporters



## CCC EARLY LEARNING CHILDCARE

Our 25-place licensed childcare provides high-quality, flexible care for children aged 6 months to 5 years, open 8:30am - 4:00pm, 48 weeks a year. Childcare Subsidy (CCS) is available to eligible families.

### Childcare Programs

- > **Family Grouping:** Children from 6 months to 5 years can attend together, allowing siblings to enjoy their sessions alongside one another.
- > **Pre-Kinder:** For ages 2 to 4, offering a preschool-like experience including a ball skills program to enhance motor skills, hand-eye coordination, and problem-solving.
- > **3-Year-Old Activity Group:** A play-based session designed to prepare children for kindergarten, featuring Jolly Phonics to introduce letter sounds through phonics, stories, and songs.

For more information, please contact us at 9583 0095.

Day	Program
Monday	Family Grouping 6 months - 5 year olds
Tuesday	3 Year Old Activity Group
Wednesday	Family Grouping 6 months - 5 year olds
Thursday	Family Grouping 6 months - 5 year olds
Friday	Pre-Kinder 2 - 4 year olds

*Hourly Rate\*: \$19 permanent places or \$21 for casual places*

*\*Before Government Childcare Subsidy if eligible.*

*Sessions can be adapted to your needs with discussion with the Childcare Coordinator.*



## HOLIDAY ACTIVITIES

Join our exciting two-week Holiday Activity Program each school break! Children enjoy a safe, fun-filled experience with daily themed activities, including movie sessions, arts and crafts, sports, games, cultural exploration, science adventures, and music and dance.

For more details, contact us on 9583 0095.

**January 15th – January 28th (no program on January 27th)**  
**April 7th – April 17th (no program April 18th)**  
**July 7th – July 18th**  
**September 22nd – October 3rd**

### Holiday Activity Program Terms & Conditions

*The program operates from 8:45 am to 4:15 pm. Parents or guardians must arrive by 4:15 pm for pick-up; late fees apply and are due at collection. Bookings are non-refundable unless rebooked by another party.*

## CELEBRATIONS

Join us to celebrate the following events taking place at CCC.

**International Women's Day – 8th March**  
**Cultural Diversity Week – 17th to 23rd March**  
**AGM – Wednesday 26th March**  
**Biggest Morning Tea – Thursday 22nd May**  
**Neighbourhood House Week – 12th to 18th May**  
**Volunteering Week – 19th to 25th May**

### Join our Mailing List

*Sign up to our mailing list to be kept up to date with new courses, activities and events offered throughout the year. You can sign up at [www.chelt.com.au](http://www.chelt.com.au) or using the QR code*



## NETBALL

### CCC Bolts Netball Club



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

**Season 1: February - June 2025**  
**Season 2: July – November 2025**

Games are played at Kingston Districts Netball Association, Dales Park - 570 Warrigal Road South Oakleigh.

Weekly training sessions are conducted at various local school netball courts.

*Please see [www.chelt.com.au](http://www.chelt.com.au) for more information.*

Sponsored by:



## FunNet

### Beginner netball for 7-9 year-olds at Kilbreda College netball courts.

Enjoy an engaging introduction to essential netball skills, encompassing teamwork, footwork, and ball handling. Led by the dynamic players and coaches of CCC Bolts Netball Club, this program is the perfect stepping stone for those looking to embrace team sports or prepare for joining a team.

### Monday 4:15pm-5pm

Term 1 (3 February – 31 March, 8 weeks) \$56  
 Term 2 (28 April – 30 June, 9 weeks) \$63

*Book and pay online at [www.chelt.com.au](http://www.chelt.com.au)*





# ADULT EDUCATION

## Learn English for free

The Adult Migrant English Program (AMEP) provides free English language classes to migrants to help them settle and participate in the Australian community.

Government changes have improved the AMEP:

- ✓ Migrants can now stay in the program longer and the previous 510-hour cap has been removed
- ✓ People who were previously not eligible (including previous students) may now be eligible
- ✓ Free Childcare is available while you are studying

### 免费学习英语

成人移民英语课程 (AMEP) 为移民提供免费的英语语言课程, 帮助他们安顿下来并参与澳大利亚社区。

政府的变化改善了 AMEP:

- 移民现在可以在该计划中停留更长时间, 并且之前的 510 小时上限已被取消
- 以前不符合资格的人 (包括以前的学生) 现在可以进行符合条件的检查
- 学习期间提供免费托儿服务

成人移民英语课程 (AMEP) 是由内政事务部资助



The Adult Migrant English Program (AMEP) is funded by the Department of Home Affairs.

## Certificate Courses



有四个证书课程可供选择。

**22637VIC - Course in English as an Additional Language**

**22638VIC - Certificate I in English as an Additional Language (Access)**

**22639VIC - Certificate II in English as an Additional Language (Access)**

**22640VIC - Certificate III in English as an Additional Language (Access)**

有关每门课程的更多详细信息和资格, 请访问我们的网站 [www.chelt.com.au/learn-english](http://www.chelt.com.au/learn-english)

## Pre-Accredited Courses



### JOB READY SKILLS

#### Better Reading and Writing (\* \$60 Per Term)

Empower your daily interactions with practical skills for today's world.

This course helps you be better at reading, writing, communication, and digital literacy, enabling you to understand online content, stay informed, and express personal needs.

#### Essential Digital Workplace Skills (\* \$35 Per Term)

This course prepares you for success in a modern office environment with hands-on training in essential skills such as using PowerPoint, Excel, writing emails, creating business documents, using Zoom, setting up reminders, managing schedules, and participating in simulated meetings.

#### Be Work Ready (\* \$30 Per Term)

Kickstart your career journey with this dynamic course designed for anyone stepping into the workforce, re-entering after a break, seeking new opportunities, or aiming to elevate their skills! Dive into practical, hands-on experience with the six essential employability skills. Plus, you'll create your own resume and cover letter, learn how to tackle key selection criteria, and set yourself up for success in today's job market.

### DIGITAL SKILLS

#### Introduction to Computers (\* Free)

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

- > Becoming familiar with Windows 10 icons and the Start Menu
- > Using the internet
- > Developing file management skills and saving your files to a USB stick
- > Introduction to Zoom – joining meetings with and without video and audio.

#### Computers Next Step (\* Free)

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. Learn how to use Ebay and Zoom to organise your own meetings. Designed for beginners who have already completed basic computer literacy. Fluency in English and basic literacy skills are an advantage.

#### iPads, Tablets & Phones (\* Free)

Learn how to use your iPad, Android tablet or phone. Discover the online world: BYO charged iPad/Android tablet and/or phone.

### MS Outlook, Email, Word & Excel (\* \$20 Per Term)

Boost your digital toolkit with hands-on training in MS Outlook, Email, Word, and Excel! Perfect for adult learners looking to upskill or reskill, this course equips you with the practical know-how to excel in today's digital workplace.

### ALL-ABILITES

#### Pathways for ALL-Abilities

These programs are designed for adults with intellectual disabilities and focuses on students building new and existing life skills, community participation, making friends and most importantly having fun!

Depending on the students interests and priorities, the programs offer a range of practical activities, such as cooking, computers and technology, art, money management, social skills, self-care and support with employment and volunteer related goals.

#### Social Skills (\* \$165 Per Term) Computer Wise (\* \$60 Per Term) Cooking (\* \$185 Per Term)

#### Money Matters (\* \$65 Per Term)

This course is designed to help those with a mild intellectual disability to improve numeracy skills, with a particular focus on money handling. Class content includes budgeting and saving, denominations, giving change and comparing prices.

#### Literacy for Living (\* \$65 Per Term)

This program is a life education program for adults with a mild intellectual disability covering literacy, numeracy and social interaction. Class content focuses on employability skills, social etiquette, personal development and self-responsibility.

### ENGLISH LANGUAGE SKILLS

#### Everyday Conversations (\* \$50 Per Term)

##### 3 Levels available - Beginner, Intermediate and Advanced

This "English as an Additional Language" (EAL) Conversation class offers a fun and friendly way to improve everyday English listening and speaking skills. Small group discussions have different themes/topics each week including Australian idioms, slang, culture and grammar. Learn everyday English in a relaxed atmosphere.

#### Grammar, Conversation & Writing (\* \$85 Per Term)

##### 3 Levels available

This course builds English language skills in grammar, conversation and writing. It provides hands-on, practical activities to improve English in a wide variety of everyday situations.

\*Prices may vary based on eligibility. Contact our centre for more details.



CCC acknowledges the support of the Victorian Government.

# HEALTH & WELLBEING

Term 1–Wednesday 29th January to Friday 4th April | Term 2–Monday 22nd April to Friday 4th July, 2025

## Adult Health & Wellbeing

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zumba Gold®</b> Cheltenham Hall \$15 per class   10 pass card - \$120	10:30am-11:30am				10am-11am
<b>Fit &amp; Feisty</b> Referral through BHN* \$5 per class	10:30am-11:30am				1pm-3pm
<b>Hatha Yoga*</b> \$16 per session if booked for the term \$18 casual	6:15pm-7:15pm				
<b>Advanced Yoga*</b> \$18 per session if booked for the term \$22 casual	7:30pm-8:45pm				
<b>Pickleball</b> \$5 per session		9:30am-1:30pm			
<b>STEADYstrength*</b> Referral through STEADYphysio		10am-10:50am			
<b>Pickleball for All Abilities</b>		11:30am-12:15pm			
<b>STEADYtone*</b> Referral through STEADYphysio		11:30am-12:15pm			
<b>STEADYrehab*</b> Referral through STEADYphysio		12:30pm-1:30pm			
<b>Pilates</b> \$15 per session if booked for the term \$18 casual		5:30pm-6:30pm			
<b>Qigong</b> \$12 per session if booked for the term \$14 casual		2pm-3pm		9:30am-10:30am Face-to-face & ZOOM	
<b>Love to Live</b> \$12 casual			12noon-12:45pm		
<b>Keep Active</b> \$15 casual					10am-10:45am
<b>STEADYmoves*</b> Referral through STEADYphysio					11am-12 noon

## Adult Creative

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art for All</b> \$22 per session + \$25 materials per term		9:30am-11:30am			
<b>Uke'n Sing</b> \$20 per session if booked for the term			6pm-7pm		
<b>Mosaic for All</b> \$28 + materials to be paid separately				9:15am-11:45am	

## Children

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music for Tots Playgroup</b> \$7 per child/\$10 per family	9:30am-10:30am		9:30am-10:30am		
<b>Music &amp; Play for Bubs</b> \$7 per child			11:30am-12:30pm		

\*Can be claimed on Private Health Insurance | STEADYphysio 03 9888 9611 | BHN - Better Health Network 03 8541 9105  
Closed on Monday 10th March, Friday 25th April, and Monday 9th June 2025



## Coming Soon in 2025

All Abilities Dance & Movement | Walking Groups  
Meditation | Ball Sports | Still Life Painting  
Stay tuned for launch dates on our website!

