

CHELTENHAM COMMUNITY CENTRE COURSE & ACTIVITY GUIDE



JULY TO DECEMBER 2023

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, health & wellbeing programs for adults and children, a netball club, and a community cafe.

CCC is supported by funding from a number of organisations. These include Adult Community and Further Education Board (ACFE), the Department of Families, Fairness and Housing (DFFH), the Department of Education and Training (DET), and the City of Kingston. CCC is one of the largest community providers of the Adult Migrant English Program (AMEP).

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 (SCCC) 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 CCC is overseen by a volunteer Board of Governance.

Students with specific needs or disabilities

CCC encourages applications for enrolment from students with specific needs. Within the capabilities of the organisation, we will endeavour to meet the additional needs of students provided they meet the entry requirements of the course. Where possible, we will provide alternate delivery, reasonable adjustment and course assessment methods.



CELEBRATIONS

Seniors Month - 1st to 31st October

We will celebrate Seniors Month with workshops, activities, guest speakers and special classes throughout October.

Children's Week - 21st October to 29th October

The 2023 theme is "Children have the right to relax, play and take part in activities they enjoy". During Children's Week we will conduct art workshops, sporting activities, music sessions and fire truck rides for pre-school and primary school children.

WORKSHOPS

Workshops held throughout the year include:

- Cultural Cooking
- Mosiac Bliss
- Barista Skills for Teens
- Cooking for Teens
- Kids in the Kitchen
- Children's Creative Art

Check our website for regular updates.

Refund Policy

Health & Wellbeing Programs

If withdrawal from a program is made 7 days or more prior to commencement, CCC will refund any program fees paid, less an administration fee of 25% of total cost. Fees cannot be refunded when the withdrawal is made with less than 7 days' notice. If a program must be cancelled by CCC a full refund will be paid or an alternative class will be provided.

If the cost of a program prevents enrolment, please contact Centre management to discuss.

Our Supporters



Contact Us

Cheltenham Community Centre
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CCC is a Registered Training Organisation
RTO No. 6507 | ABN 89 194 090 141 | Inc. No. A0024484L
www.chelt.com.au | (03) 9583 0095
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CHILDCARE

25 place Licenced Childcare Centre. Childcare Subsidy (CCS) is available and we are open 48 weeks of the year. A variety of childcare sessions are available:

Family Grouping

Family Grouping Care is available for children aged between 6 months and 5 years old. Children from the same family can attend sessions together.

Pre-Kinder

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

3-Year-Old Activity Group

The 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.

Childcare Hours

Minimum 3-hour sessions to a maximum 7-hour sessions. We can adjust sessions most of the time to suit your family's needs.

- > **Family Grouping**
Monday/Wednesday/Thursday
- > **3-Year-Old Activity Group**
Tuesday
- > **Pre-Kinder**
Pre-Kinder Friday
- > **Occasional one-off care sessions**
(Subject to availability)

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

HOLIDAY ACTIVITIES

Check out our awesome CCC Holiday Activities every school holiday for 2 weeks with fun & interactive activities, incursions & excursions.

Our experienced staff and volunteers ensure children have a safe and enjoyable time with different themes each day including movie time, art & crafts, sports, games, cultural experiences, movement, music and dance.

January

Monday 16th January to Friday 27th January 8.30am – 4.30pm

April

Tuesday 11th April to Friday 21st April 8.30am – 4.30pm

July

Monday 26th June to Friday 7th July 9am – 4.30pm

September

Monday 18th September to Thursday 28th September 9am – 4.30pm

Book for one day or every day and check our website each term to see what activities are available. This program provides volunteer leader opportunities for youth aged 16 years and older. Bookings are for children attending Primary School only.

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

Terms & Conditions

Health & Wellbeing Programs

Holiday Activity program opens at 9am and closes at 4.30pm. Parents or guardians picking up children need to ensure they arrive to collect before 4.30pm. Late fees will apply and must be paid for on collection.

No refunds will be given for bookings unless we can re-sell the ticket.

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

NETBALL



CCC Bolts Netball Club

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

Season 2 - July - November 2023

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 for more information.

Sponsored by:



FunNet

Beginner netball for 6-8 year-olds at Kilbreda College netball courts.

Fun introduction to netball skills - teamwork, footwork, ball skills. With fun, energetic CCC Bolts Netball Club players and coaches. Great preparation for joining a team or learning a team sport.

Monday 4:15pm-5pm

Term 3 (10 July – 11 September, 10 weeks) \$50
Term 4 (2 October – 20 November, 7 weeks) \$35

Book and pay online at 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



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

Certificate Courses



22483VIC - Course in English as an Additional Language

A course for students beginning their English language learning journey. It includes alphabet, pronunciation and numbers as well as speaking and reading simple sentences.

22484VIC - Certificate I in English as an Additional Language (Access)

A course for students starting to learn English or who have had minimal exposure to English. Students learn reading, writing, speaking and listening skills for personal and social needs.

22485VIC - Certificate II in English as an Additional Language (Access)

This course helps students focus on the development of their English language, speaking, listening and reading skills to satisfy their own simple everyday transactional and social needs.

22486VIC - Certificate III in English as an Additional Language (Access)

This course improves English language skills to assist with students' social needs, requirements of everyday situations and preparation for employment in Australia.

For more details on each course, eligibility, payment methods and refunds, visit our website at www.chelt.com.au/learn-english

Pre-Accredited Courses



Grammar, Conversation & Writing

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.

Everyday Conversation

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.

Improve your Reading & Writing

This program focuses on developing confidence in oral and written communication and numeracy skills for the student's personal, study, employment, and community-based needs. Learning takes place through various modes including the classroom, excursions and visiting speakers, which is based on the interests of participants.

Literacy for Living

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.

Money Matters

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.

Pathways for All-Abilities (formerly Wise Programs)

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, horticulture, money management, social skills, self-care and support with employment and volunteer related goals.

- Monday 9.30am - 2.30pm (Life/Social Skills)
- Monday 10am - 12.30pm (Computers)
- Thursday 9.30am - 2.30pm (Life/Social Skills)
- Thursday 9.30am - 2.30pm (Cooking)
- Friday 9.30am - 2.30pm (Cooking)
- Friday 9.30am - 2.30pm (Life/Social Skills)

Introduction to Computers

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.

Tuesday 9.30am - 12.30pm

Term 3 (18 Jul – 12 Sep, 9 weeks)
Term 4 (10 Oct – 5 Dec, 8 weeks)

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. 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.

Thursday 12.30pm - 3.30pm

Term 3 (20 Jul – 14 Sep, 9 weeks)
Term 4 (12 Oct – 7 Dec, 9 weeks)

iPads, Tablets & Phones

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

Wednesday 12pm - 3pm

Term 3 (19 Jul – 13 Sep, 9 weeks)
Term 4 (11 Oct – 6 Dec, 9 weeks)

Friday 9.30am - 12.30pm

Term 3 (21 Jul – 15 Sep, 9 weeks)
Term 4 (13 Oct – 8 Dec, 9 weeks)



CCC acknowledges the support of the Victorian Government.



FREE

FREE

FREE

HEALTH & WELLBEING

Term 3–Monday 10 July to Friday 15 September | Term 4–Monday 2 October to Wednesday 20 December

Adult Health & Wellbeing

	Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Gold® Cheltenham Hall \$12 per class 10 pass card - \$108	10:30am-11:30am				10am-11am
Better Balance Referral through CBCHS \$5 per class	12pm-1pm			10:30am-12noon	
Fit & Feisty Referral through CBCHS \$5 per class	10:30am-11:30am				2pm-3pm
Hatha Yoga Basic Term 3 - \$140 Term 4 - \$154 \$17 casual class	6:15pm-7:15pm				
Advanced Yoga Term 3 - \$170 Term 4 - \$187 \$20 casual class	7:30pm-8:45pm				
Strength & Balance Term 3 - \$100 Term 4 - \$120			11am-11:45am ZOOM		
Line Dancing Cheltenham Hall \$15 per class			10am-11am		
Love to Live Term 3 - \$100 Term 4 - \$120 \$10 per class			12noon-12:45pm		
Qigong Term 3 - \$100 Term 4 - \$110 \$12 casual class				9:30am-10:30am Face-to-face & ZOOM	
Vinyasa Yoga Term 3 - \$140 Term 4 - \$154 \$17 per class				5:30pm-6:30pm	

Adult Creative & Language

	Monday	Tuesday	Wednesday	Thursday	Friday
Art for All Term 3 - \$190 Term 4 - \$207		10am-12noon			
Mosaic for All Term 3 - \$270 Term 4 - \$295				9:15am-11:45am	

Skills for Work

	Monday	Tuesday	Wednesday	Thursday	Friday
Computer for Work Skills Term 3 - \$150 Term 4 - \$165	1pm - 3pm				

Children

	Monday	Tuesday	Wednesday	Thursday	Friday
Music for Tots Playgroup \$5 per session	9:30am-10:30am		9:30am-10:30am		
Music & Play for Bubs \$5 per session			11:30am-12:30pm		
Balls Skills (For 4-5 year olds) Term 3 - \$50 Term 4 - \$35	11.15am - 12pm				

Social Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Community Cafe Morning tea & light lunch	10am-1:30pm	10am-1:30pm	10am-1:30pm	10am-1:30pm	10am-1:30pm
Chatty Cafe Free			10:30am-11:30am		10:30am-11:30am
Walking Club Free					10am-10:30am