



# Program Guide - Term 3 2022

## 11 July – 16 September

*Helping to create a connected and confident community*



**Office hours: Monday – Friday 9:00am – 3.30pm**

36 Belvedere Road, Seaford 3198  
Phone: 9776 8922  
Email: [reception@belvedere.org.au](mailto:reception@belvedere.org.au)  
[www.belvedere.org.au](http://www.belvedere.org.au)

To ensure that we keep all our staff, volunteers and centre users safe during COVID-19 pandemic, we have strong protocols in place as directed by DHHS.

# GENERAL INFORMATION

## About Us

Belvedere Community Centre Inc. (BCC) grew from humble beginnings in 1975 and moved into the current premises in 1991. We provide recreational and educational programs, as well as personal and social development programs.

## Program Information

### Enrolments

Enrolments for classes need to be confirmed by payment in full. If you have financial difficulties we can organise a regular payment option. Classes are subject to sufficient numbers.

To be eligible for our government funded training places you must be an Australian Citizen / Australian Permanent Resident or New Zealand Citizen.

### Fees

**MEMBERSHIP FEE:** The Belvedere Community Centre Inc. is an incorporated Association. All participants involved in program/activities are required to be members of the Centre. The annual membership of \$5 single / \$8 family must be paid at the beginning of the New Year for renewals or at the time of enrolment.

### Refunds

We regret that classes with low enrolments may be cancelled or deferred and you will be advised by telephone prior to the commencement of the class.

**The membership fee is not refundable.**

### Public Holidays

Classes will not run on Public Holidays. School holidays have special arrangements. Please ask at the office if your class is affected by School Holiday programming.

### Special Needs

Arrangements will be made where possible to integrate students with special needs. Ask at the office when enrolling.

### Compliments & Complaints

BCC feedback policy for compliments and complaints can be found on our web site or ask at reception.

**Disclaimer:** All details in this brochure were correct at the time of printing. BCC Inc. takes no responsibility for changes in details or incorrect information.

# CHILDREN'S PROGRAMS

## **Rhythm and Rhymes Playgroup**

Rhythm and Rhymes is suitable for babies - 3 years and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

**Thursday & Friday**

**9:30am – 11:00am \$5.00 per family**

## **Rhythm and Rhymes Baby Playgroup**

Rhythm and Rhymes is suitable for children under 12 months and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

**Thursday**

**11:30am – 1:00am \$5.00 per family**

***\*Playgroups are held at Davey Richardson Pavilion – 151 East Rd, Seaford  
Look for our orange flag!***



## Empowered Movement Academy School Holiday program

### A Day of Empowerment for your Grade 4, 5 or 6 Girl – Friday 1 July

**Find your Tribe!** 10:30am – 12:30pm

Make an empowering vision board and learn how to create amazing friendships!

**Dare to Shine!** 1:30pm – 3:30pm

Decorate a gorgeous pot for your room and learn how to feel confident in every situation.

Each workshop includes worksheets, a range of breathing, friendship and confidence tools for every situation.

**Come to one session or both! \$45 per session / \$90 for both**

**Bookings essential to reception ph: 9776 8922**

*Please note these workshops will be held at Davey Richardson Pavilion, 151 East Rd, Seaford.*

## HEALTH AND WELLBEING

### Stretch & Tone

Release your stress, strengthen and tone with this gentle Pilates workout. It's the perfect way to start your day! Drop the kids at school and come on down! BYO fitness mat.

**Tuesday & Thursday** 9:30am – 10:30am \$10 per session

### Functional Fitness

Improve balance, muscle tone and core strength with this gentle **seated and standing** Pilates workout. A great way to improve everyday movement. BYO light hand weights (1-2kg) and light resistance band (with handles preferably)

**Tuesday** 10:30am – 11:15am \$10 per session

*\*Exercise classes are held at Davey Richardson Pavilion – 151 East Rd, Seaford*

# ADULT EDUCATION PROGRAMS

## **English language and Work Skills** (ACFE funded)

Build your English language skills in grammar, conversation and writing while developing confidence for use in everyday life and the workplace.

**Tuesday & Friday**

**9:30am – 12:30pm**

## **Reading & Writing support for work and everyday life** (ACFE funded)

Improve and develop your communication skills for everyday life at home or the workplace, with lessons in reading and writing. This is suitable for those with beginner reading skills.

**Thursday**

**9:30am – 12:00pm**

## **Fees for English and Literacy courses:**

- \$80 per term if Australian resident – non concession
- \$50 per term concession
- \$100 per term if not Australian resident

## **Auslan** (ACFE funded)

This 8 week beginner course will help you learn to communicate with deaf and hard of hearing people. This course is run by Tracey who is profoundly deaf. 8 weeks x 2.5hrs commencing week 19 July.

**Tuesday, Wednesday or Thursday**

**6:00pm – 8:30pm**

**\$100 per course / \$60 concession**

## **Permaculture for the backyard** (ACFE funded)

This course will help you understand the basics of gardening and food sustainability. You will get hands on experience in a community garden. This 6 week course commences again in Spring 2022. Bookings now being taken to secure your place!

**Thursday**

**9:30am – 1:00pm**

**\$80 per course / \$50 concession**

## **Introduction to Retail** (ACFE funded)

This 8 week course will provide you with the skills, knowledge and confidence to be able to undertake a wide range of tasks required for working in a customer service and retail environment.

**Expression of interest is now being taken for this course.**

**\$100 per course / \$60 concession**

## **French**

Would you like to learn or improve your French language skills? These classes are taught by a native French speaking teacher. For enrolments and further details please contact Lisa on [lisaprimaud@gmail.com](mailto:lisaprimaud@gmail.com)

# COMPUTER CLASSES

## **Digital Essentials (ACFE funded)**

Learn to use different applications on your computer in a small group setting. Use text, email, Facebook, Skype, photos and more. Bring your own device or use our computers to learn the things that are important to you.

**Monday**                                      **12:00pm – 2:00pm**                                      **\$100 per term**  
**2:00pm – 4:00pm**

## **iPad & iPhone Essentials (ACFE funded)**

Would you like to find out all the tips, tricks and shortcuts when using your iPhone or iPad? How do I get the photos off my phone? How do I share my photos? What is the cloud?

**Tuesday**                                      **10:00am– 12:00pm**                                      **\$10 per class**

## **Be Connected for seniors**

Are you a senior and need some support to develop your digital skills and gain confidence to thrive in the digital world? Bring your devices. These **FREE** IT sessions are facilitated by one of our fabulous volunteers. Bookings essential.

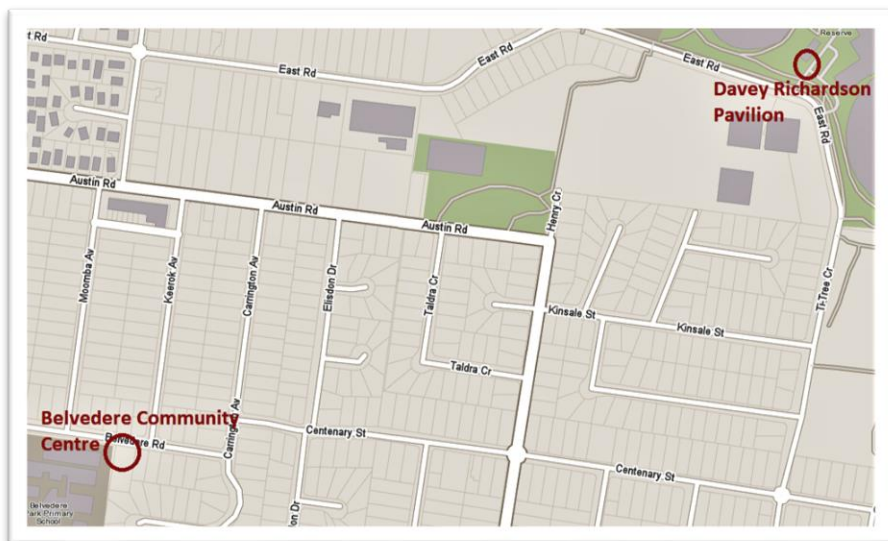
**Tuesday**                                      **1:30pm – 3:00pm**





Please note our playgroups and exercise classes are now held at the Davey Richardson Pavilion, 151 East Road, Seaford.

All other classes are held at Belvedere Community Centre, 36 Belvedere Rd, Seaford.



You can keep up to date with what is happening at Belvedere Community Centre by following us on:

Facebook: @BelvedereCommunityCentreInc  
Instagram: belvedere\_community\_centre  
Web: [www.belvedere.org.au](http://www.belvedere.org.au)

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