



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
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

We love what we do here. We love giving your girl;

- time every week to learn to love their body and appreciate all that it can do!
- simple breathing and stretching strategies that they can always refer back to.
- a gorgeous card every week with themes like 'I am unique, 'I am confident' and many more.
- an understanding of what standing tall and sitting well means and the core strength to maintain it.
- a treasure trove of resources to help her realise her potential and move into the teenage years with strength.

Contact Trina on 0421 665 565 for more information or to book your place.

Mondays **\$225.00 for 8 weeks**

3:45pm – 4:45pm - Grade 5 & 6 girls

5:00pm – 6:00pm – Grade 3 & 4 girls

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

Bookings essential - ring Simone on 0409688279 to book your place or for more details

**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

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**



ADULT PROGRAMS

Craft N Cuppa

BYO craft, set time aside to finish projects or start new ones while sharing your skills and friendship.

Monday **9:30am – 11:30am** **\$4.00 per session**

Games Galore

Fun for everyone! Join in Scrabble, Rummy-O, Cards or Yahtzee to name a few. Come down and join in.

Monday **12:00pm – 2:00pm** **\$4.00 per session**

Book Club - evening

Do you enjoy reading? Come and join our monthly book club where you can join in great conversations, share your thoughts and opinions while enjoying a cuppa. You need to be a member of Frankston Library Book Club.

1st Wednesday of each month **7:00pm – 9:00pm** **\$5.00 per session**

Social art class

Bring your art project and finish them with the support of our very talented art teacher, Nic. Acrylics, watercolour, charcoal or pencil work, Nic will help support you to improve your artistic skills. Beginners welcome.

Wednesday **1:00pm – 3:00pm** **\$15 per week**

Seaford Seaside Sewers

Come and join a likeminded group of quilters/patch workers. We can help you learn beautiful new stitches and patterns or work on your own project.

Friday **1:00pm – 4:00pm** **\$5 per session**

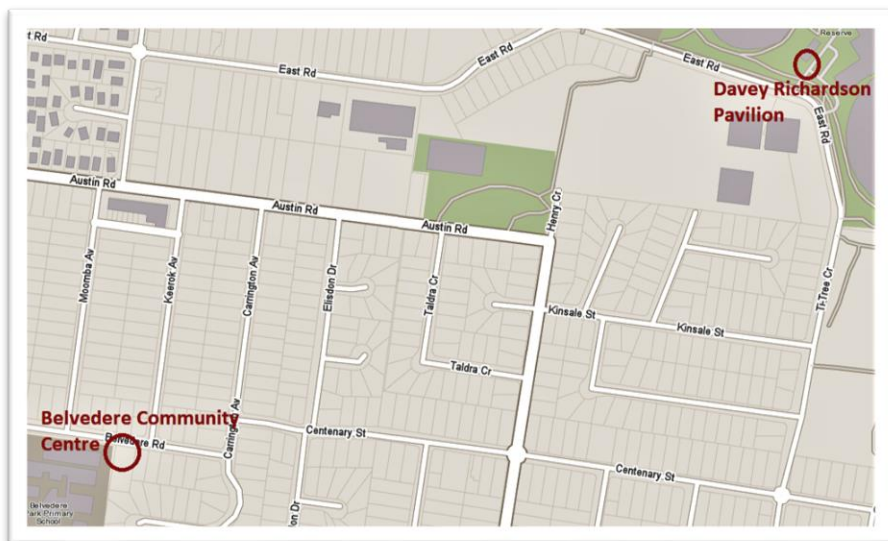
We gratefully acknowledge the ongoing support from:



Families,
Fairness
and Housing

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

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