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### **NEW FOR 2021**

Skate Studio... For FUN, FITNESS & HEALTH Grab your skates and get your 80s on!!! Here at the centre every Monday & Wednesday night. [More details inside]

Altona Meadows Community Centre Inc. 28 Trafalgar Avenue Altona Meadows Vic 3028 T 9315 8244 | F 9315 8266 E info@altonameadowscc.com.au | www.altonameadowscc.com.au





## HEALTH & ELLBEING



### DWM STUDIOS LEARN TO DANCE

• Ballroom • Latin & Street Latin You will learn dances such as the • Waltz • Samba • Cha Cha

- Jive Salsa tango to name a few.

When Thursday evenings Time 7:00pm – 9:00pm Contact monique.a.savill@gmail.com Phone 0427 288 085

### HATHA YOGA

Combines gentle stretching exercises, posture, breathing and relaxation techniques. Suitable for beginners or advanced students. BYO blanket and wear loose comfortable clothing.

When Monday mornings 9.30am - 10.45am Time \$130 per term (\$120 con) Cost **Contact** Phone: 9315 8244

### **ANZAC DAY** 25th APRIL 2021



Support your local Not For Profit Café here at the Centre every Friday during school terms.

Come along and enjoy a delicious 3 course meal, share with new friends and get to know your local community.

### COMMUNITY **A CHURCH** FOR **EVERYONE!** CENTRAL

ages

### **Contemporary Worship**

When	Sunday Services
Time	at 10:00am
Where	Altona Meadows
	Community Centre
Releva	ant Messages
<ul> <li>Kidspa</li> </ul>	ace – for Children of all
• Men's	and Women's Groups
Youth Group	

When **Every Friday Night** Time 7:00pm **Contact** Pastor Stephen Holt 0425 797 390

### DANCE, MUSIC & MOVEMENT



2021

Bookings are essential and we ask that you try to book by the Thursday of each week.

When	Fridays
Time	12 noon
Cost	\$10 or \$6 concession
Contact	t 8368 0177 For all bookings

### WALK & TALK



Walking is suitable for people of all ages and fitness levels. It can be done anywhere and is FREE.

It's a great way to meet new people in your neighbourhood, helps you feel stronger, more energetic.

Tuesdays during school terms When (Weather permitting)

Where Meets at the Centre at 10:00am

### FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

This program is designed to enrich the lives of adults with an intellectual disability through dance and movement in a fun and caring environment.Participants improve their health with both visual stimulation and exercise.

Contact 9315 8244

info@altonameadowscc.com.au Tuesday 10.30am - 11.15am Time

# SKATE STUDIO **NEW FOR**

### JOIN ROLLER SKATING CLASSES FOR FUN & FITNESS

The Skate Studio was created to encourage and promote roller skating within the local community.

Classes are open to ALL ages, skills levels and abilities and we pride ourselves on providing a learning environment that is supportive and inclusive.

> **Monday & Wednesdays** 7:30pm - 9:30pm For more details contact skate studio @outlook.com

### LCD Dance School Presents...

### LITTLE FEET



### DANCE AND MOVEMENT PROGRAM

When	Wednesday
Time	3 to 5 Yrs: 3:15pm – 4:30pm 5 to 9 Yrs: 4:30pm – 5:15pm
	4:30pm – 5:15pm

Contact Louise Chapman (Principal) 0413 789 538 louise.chapman10@gmail.com



### SUPPORTED PLAYGROUPS

Early Home Learning Study Weekly group sessions of fun and social activities for parents and pre school children.

When Tuesdays

Time 10:00am - 12noon

Funded by Department of Education and Training Supported Playgroup

Contact Team Leader Early Years playgroups@hobsonsbay.vic.gov.au 9932 1000



### **BALLET BABIES**

Learn balance, coordination, creativity and basic ballet technique in a fun and friendly environment.

WhenSaturdaysTimeBallet BabiesAges 3-5 yrs 9:00am – 9:30amJunior Classical:Ages 6-8 yrs 9:30am – 10:00amCost\$10 per sessionContactStephanie 0433 700 347



# OCCASIONAL CHILD

For infants and pre school children under 6 years old.

HOBSONS BAY CITY COUNCIL

Professional, qualified and caring educators offer a range of activities & experiences for children. It provides parents with time to take a break or attend appointments while children have an opportunity to play and learn.

When Thursday and Friday

**Time** 8:45am – 12:45pm

Contact Phone 9932 1528 Bookings essential Direct Line to Creche room on Thursdays & Fridays ONLY on 9315 8277



### FOR YOUNG PEOPLE

Activities, outings & much more!

YOUNG CHILDREN Primary School aged

When	Meets once a month
	Saturday evenings

YOUTH GROUP	Secondary School age
	and above

When	Friday nights
Time	7:00pm – 9:00pm
<b>Contact</b> Stephen 0425 797 390	



### SUPERSPEAK

Confidence, Communication Skills, Creativity. Weekly public speaking program for Children 6-15 years. Communication, quick thinking, expression, teamwork, friendships, confidence, leadership, persuasion, vocal variety, diction. Great teachers, loads of fun!

When	Saturdays
Time	9:00am – 3:30pm
Contact Enrol now 9572 5249	

info@SuperSpeak.com.au



### BAY WEST MUSIC SCHOOL

Keyboard, Guitar, Piano, Modern Singing, Drums and music theory. Affordable classes for both children and adults, with qualified teachers. When Fridays Time Day & Evening classes available

Time Day & Evening classes availabl Contact Stephen 0425 797 390



### MAINLY MUSIC

A fun interactive music program for preschoolers 0-5 years.

When	Thursdays
Time	10:00am – 11:30am
Cost	\$5 per family includes morning tea
Contact	0425 797 390

# ALTONA MEADOWS COMMUNITY CENTRE

# CLUBS & SERVICES



### WESTERN SUBURBS WARGAMES ASSOCIATION

Wargames is a strategy game that deals with military operations of various types, real or fictional.

Competitions run throughout the year. When Meets fortnightly at the Centre Contact wswaclub@gmail.com



AN OUTREACH OF HOPE CENTRAL Community Church. When Every alternate Tuesday. Contact Irene 0409 776 877



GREEK SENIORS CLUB When Wednesdays Time 10:00am – 3:00pm Contact AMCC 9315 8244



### **NEIGHBOURHOHOOD WATCH**

Get involved in your local community and join the Altona Meadows Neighbourhood Watch. When Monthly at the centre on Monday from 6:30-7:30pm Contact Shelley 0418 762 371



Altona Meadows Community Centre gratefully acknowledge the support of







