

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creative							
Watercolour Painting		7:00pm-9:00pm		1:00pm-3:00pm			
Acrylic Painting				1:00pm-3:00pm			
Drawing	10:00am-12:00pm			10:00am-12:00pm			
Mosaics		9:30am-11:30am					
Pottery	12:30pm-2:30pm			12:30pm-2:30pm			
Creative Writing	1:00pm-3:00pm			6:00pm-8:00pm			
Children							
Spanish for Pre-Schoolers		9:30am-10:30am					
Spanish Playgroup		10:30am-11:30am					
Spanish for Children	4:15pm-5:15pm						
Messy Mornings	10:00am-12:00pm						
UK & Expats Playgroup				10:00am-12:00pm			
ATADS							
See inside for more details							
Helen O'Grady Lower			4:00pm-5:00pm				
Helen O'Grady Upper			5:00pm-6:00pm				
Hey Dee Ho	9:15am-10:00am						
Countdown to Prep...				9:30am-10:30am			
Number Ninjas							10:00am-11:00am
Health & Fitness							
Strength Training		9:15am-11:15am		9:15am-11:15am			
Line Dancing				1:00pm-3:00pm			
Yoga		8:30am-9:45am					
Gentle Exercise - Chair			11:30am-12:30pm				
Gentle Exercise - Easy	11:00am-12:00pm		10:30am-11:30am				
Gentle Exercise - Energy	9:30am-10:30am		9:30am-10:30am				
JAZZERCISE® Hampton							7:45am-8:45am
Feldenkrais®	9:15am-10:15am						
Tai Chi		12:00pm-2:00pm					
Zumba Fitness Infuzion						9:00am-10:00am	
Zumba with Gabby				6:30pm-7:30pm			
ATADS Ballet		5:45pm-6:45pm					
ATADS Tap				6:00pm-7:00pm			
Gentle Pilates & Stretch				9:30am-10:15am			
				10:30am-11:15am			
Language							
French for Beginners	11:00am-12:30pm						
French for Cont. Beginners			7:00pm-8:30pm				
French Intermediate	1:00pm-2:30pm						
Spanish for Beginners		7:00pm-8:30pm					
Spanish A1 New			10:30am-12:00pm	6:30pm-8:00pm			
Spanish A1 Continuing			12:30pm-2:00pm				
Spanish A2 New		5:30pm-7:00pm					
Spanish A2 Continuing			9:00am-10:30am				
Spanish B1 New		5:30pm-7:00pm		7:00pm-8:30pm			

WELCOME

Be inspired by our range of Term 2 courses at Hampton Community Centre. Choose from over 50 courses for Languages, Creative Arts, Kids, and Fitness, all led by experienced tutors.

Term 2 2019

Tuesday 23rd April - Friday 28th June



CONTACT US

Opening Hours

Monday - Friday
9:00am - 3:30pm

For the most up to date version of this course guide, please visit our website.

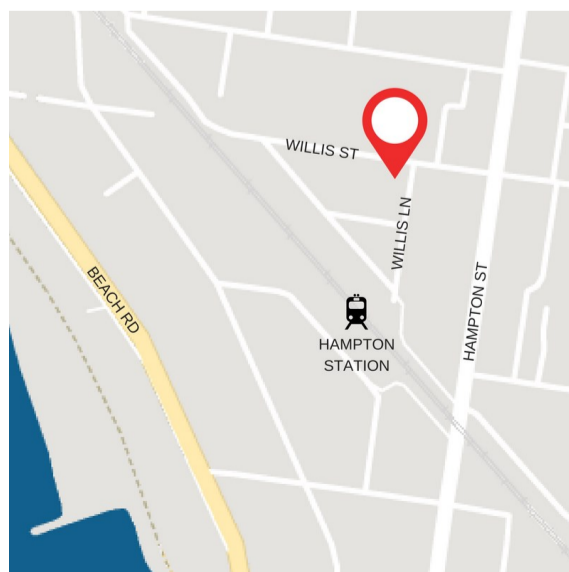


www.hamptoncommunity.org.au

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14 Willis St, Hampton, VIC 3188



HAMPTON

COMMUNITY

CENTRE

COURSE GUIDE

Term 2 2019

23rd April - 28th June



Class Cancellation: HCC reserves the right to cancel classes which do not meet the required minimum number of participants enrolled by the enrolment cut-off date. Please refer to the Enrolment Agreement on our website.

CREATIVE

Watercolour Painting

With Heather Macallan

Use methods of layering washes, tones and colours and build an impressive portfolio of work. All levels welcome.

Tuesdays 7:00pm - 9:00pm | Cost: \$220 (10 weeks)

Acrylic Painting

With Craig Penny

With demonstrations each week, explore the acrylic medium, its techniques and creative possibilities. All levels welcome. Thursdays 1:00pm - 3:00pm

Drawing

With Bernadette Greenwood

Explore mediums and techniques including pencil, charcoal, line and tone. Beginners | Mondays 10:00am - 12:00pm | Cost: \$176 (8 weeks)

Intermediate | Thursdays 10:00am - 12:00pm | Cost: \$198 (9 weeks)

Mosaics

With Jenny Jessop

Contact Reception for details.

Pottery

With Beata Dorain

Learn the basics of hand building and glazing and progress to mastering various artistic techniques from pinch pots to coiling.

Mondays 12:30pm - 2:30pm | Cost: \$200 (8 weeks)

Thursdays 12:30pm - 2:30pm & 6:00pm - 8:00pm | Cost: \$225 (9 weeks)

(+ \$25 fee for class materials)

Creative Writing

With Janet Donald

For beginners to advanced writers. Workshop your ideas and receive constructive feedback. Experiment with genres to keep readers captivated.

Mondays 1:00pm - 3:00pm | Cost: \$176 (8 weeks)

Print Making– Open Studio

With Neil Wallace

Over 4 weeks enhance your skills in Etching, Relief, Lithography and Mono Printing. Tuesday 4th, 11th, 18th & 25th June 10:30am-12:30pm

Cost: \$60. Contact Reception to book.

MEET UPS

Walk & Talk

Weekly on Thursdays 8:30am - 9:00am | Meet at reception, then walk to the beach and back. Free! *Weather dependant

Book Club

Third Tuesday of each month 1:30pm - 3:00pm | Cost: \$6 casual

See our website for the booklist.

Bayside Talkers

Looking for a cuppa & a chat? Ask reception for more information.

The Bayside Polio Group

First Tuesday of each month 12:30pm - 2:30pm | Cost: \$6 casual

www.polioaustralia.org.au/all-walks-of-life/

Food Addicts

Weekly on Tuesdays 7:00pm - 8:30pm | www.foodaddicts.org

Bayside Bushwalking Club

First Monday of each month 7:30pm | www.baysidebush.org.au

Bayside Ukes

Weekly on Tuesdays 7:00pm - 9:30pm school terms www.baysideukes.com

Hampton Games Club

Weekly on Saturdays 12:00pm - 6:00pm | Cost: \$10 casual

www.facebook.com/HamptonGamesClub

Parkinsong

Fortnightly on Fridays 1:00pm - 3:00pm | Caterina Marigliani 8809 0400

April 26th, May 10th, 24th, June 7th, 21st, 28th

HMPTN Dance Club

Third Saturday of each month 7:00pm - 11:00pm | royharris3193@gmail.com

Cost: \$20 casual (includes glass of Bubbly, please bring a plate)

JAM Music Therapy

Weekly on Wednesdays 5:00pm | www.jammusictherapy.com

Craft Group

Weekly on Wednesdays 9:30am - 12:00pm | Cost: \$6 casual

Gardening Club

First Friday of the month. 10:00am | Contact Helen at reception.

Volunteers needed!

Madam Ukulele

Weekly on Thursdays 7:00pm - 8:00pm | madamukelele@gmail.com

Like us on
Facebook



Follow us on
Instagram



This Course Guide is subject to change. Correct at 4th April 19

* Sibling discount: 10% off second child

**Loyalty card available: \$90 for 10 classes

For a comprehensive guide to our Senior's Exercise classes at HCC please ask reception for our Senior's Fitness Guide

CHILDREN

Spanish for Pre-Schoolers*

With Analia Nodelis

Fun, dynamic and creative activities that introduce your child to the Spanish language and Latin American culture. Children ages 3-5.

Tuesdays 9:30am - 10:30am | Cost: \$160 (10 weeks)

Spanish Playgroup*

A social playgroup that allows the opportunity for children to play with other Spanish-speaking children and meet other local families.

Tuesdays 10:30 - 11:30am | Cost: \$6 casual

Spanish for Children*

With Analia Nodelis

A comprehensive class for children aged Prep-Grade 3 aimed at developing understanding, conversation, reading and writing skills.

Mondays 4:15pm - 5:15pm | Cost: \$128 (8 weeks)

Messy Mornings*

Welcome to a morning of "messy fun" with your young ones. Enjoy meeting other families at this playgroup for pre-schoolers of all ages.

Mondays 10:00am - 12:00pm | Cost: \$6 casual or \$9 for families

UK & Expats Playgroup*

Expats from anywhere are welcome in this playgroup that enjoys songs, rhymes and story times.

Thursdays 10:00am - 12:00pm | Cost: \$6 casual or \$9 for families

ATADS (Alanna's Theatre and Dance Studio)

For children and teens. Please enquire for class times. www.atads.com.au

Helen O'Grady Drama Academy

Boost your child's creativity, confidence and communication skills.

Lower Primary (Prep to Grade 3) | Wednesdays 4:00pm - 5:00pm

Upper Primary (Grades 4 to 6) | Wednesdays 5:00pm - 6:00pm

www.helenogrady.com.au

Hey Dee Ho

Join Amelia, speech and drama tutor, vocalist and professional silly-goose, in a range of musical songs and activities for your 1 to 5 year old.

Mondays 9:15am - 10:00am | heydeehobrighton@gmail.com

Countdown To Prep...

Join our small group each week to practice many of the essential skills needed for the first year of school.

Fridays 9:30am - 10:30am | Sarah 0431 855 247

Number Ninjas

An early numeracy class for pre-schoolers. The program is play-based and designed by a mathematician.

Sundays 10:00am - 11:00am | admin@numberninjas.com.au | 0405 141 701

LUDSTONE ST FACILITY

Visit our new space at 19 Ludstone St Hampton.

Gentle Exercise

Join Tom for this gentle resistance training program for those looking to ease themselves back into exercise or those looking to maintain a basic level of fitness. All welcome. No booking required.

Mondays 12:30pm - 1:30pm Cost: \$5 casual

Book Chat

With Heather Northwood - from Bayside Libraries

Come along for a cuppa and a chat. Heather will introduce you to new short stories, poems or chat about what you are reading. All bibliophiles welcome. No booking required. Thursdays 2nd May, 13th June, 11th July 3:00pm-4:00pm Free!

Device Advice (& Russian Conversation)

With Natasha Kamenev - from Bayside Libraries

Learn more about how to use your iPad/iPhone device. All welcome. No booking required. Natasha is also happy to have tea & Russian conversation.

Thursdays 18th April, 16th May, 27th June 3:00pm - 4:00pm Free!

Art n' Craft

With Helen Martin

BYO Craft project and enjoy a chat and a cuppa while you create.

Thursdays 4th April, 18th April 3:00-4:00pm Free!

FACILITY HIRE

We offer affordable venue hire of our rooms, hall and registered commercial kitchen.

If you're interested in long-term hire for your business, community or private group, please contact reception.



CALL US 9598 2977

HEALTH & FITNESS

Strength Training**

With Nikki Licheri

Have an exercise program tailored to your strength training needs.

Tuesdays & Thursdays 9:15am - 11:15am | Cost: \$10 casual

Line Dancing

With Evelyn Townley

A friendly and encouraging environment. | Cost: \$10 casual

Thursdays 1:00pm - 3:00pm Beginners welcome

Yoga

With Ellen Laarhoven

Be guided through stretches, breathing and concentration exercises.

Tuesdays 8:30am - 9:45am | Cost: \$20 casual or \$160 for 10 weeks

Gentle Exercise**

With Kay Duffel and Nikki Licheri

Cost: \$10 casual

Chair Wednesdays 11:30am - 12:30pm

Easy Mondays 11:00am - 12:00pm, Wednesdays 10:30am - 11:30am

Energy Mondays & Wednesdays 9:30am - 10:30am

JAZZERCISE® Hampton

A dance-based cardio and strength training program!

Saturdays 7:45am - 8:45am | www.facebook.com/jazzercisehampton

Feldenkrais®

Be guided through exercises for your body, mind and the mindfulness of movement. BYO yoga mat and towel.

Mondays 9:15am - 10:15am | Ruth 0449 767 057

Tai Chi

An ancient Chinese exercise of flowing movement and deep breathing that promotes balance of the body and mind.

Tuesdays 12:00pm - 2:00pm | Jackie 0416 810 259

Zumba Fitness Infuzion

A total workout, combining all elements of fitness- cardio, muscle conditioning, balance and flexibility.

Saturdays 9:00am - 10:00am | stephanietabone.zumba.com

Zumba with Gaby

There are a lot of ways to lose weight, some are just more fun. Join the ultimate dance-fitness party that beats a boring old workout any day.

Wednesdays 6:30pm - 7:30pm | gabrielau.zumba.com

ATADS (Alanna's Theatre and Dance Studio)

A fantastic way to get in shape, improve your flexibility, core strength and posture. www.atads.com.au

Adult Ballet | Tuesdays 5:45pm - 6:45pm

Adult Tap | Thursdays 6:00pm - 7:00pm

Gentle Pilates & Stretch

Improve flexibility, joint mobility, wellbeing and balance between the mind and body. Fridays 9:30am-10:15am & 10:30am-11:15am | Cost: \$10 casual

Nikki Licheri 0400 246 055

LANGUAGE

French for Beginners

With Vanessa Wisdom

Be guided through a variety of basic topics aimed at developing simple conversation skills.

Mondays 11:00am - 12:30pm | Cost: \$200 (8 weeks)

French for Continuing Beginners

With Vanessa Wisdom

Build on your existing understanding of French vocabulary and grammar. Practice your conversation skills and improve your fluency!

Wednesdays 6:30pm - 8:30pm | Cost: \$240 -7 weeks from 15th May

French Intermediate

With Vanessa Wisdom

For more advanced French students. Continue to grow your vocabulary and form more complex sentences.

Mondays 1:00pm - 2:30pm | Cost: \$200 (8 weeks)

Spanish for Beginners

With Claudia Ramognino

Ideal for absolute beginners, step into the language and learn basics of conversation and grammar. This is a semester-based course.

Tuesdays 7:00pm - 8:30pm | Cost: \$225 (9 weeks)

Wednesdays 10:30am - 12:00pm | Cost: \$250 (10 weeks)

Thursdays 6:30pm - 8:00pm | Cost: \$225 (9 weeks)

Spanish A1, A2 & B1

With Claudia Ramognino & Analia Nodelis

These courses are carefully structured in levels. Learning units are organised into sections by skills, vocabulary, grammar and pronunciation.

Each level takes one year to complete.

A1

Wednesdays 12:30pm - 2:00pm | Cost: \$225 (9 weeks)

Wednesdays 5:30pm - 7:00pm | Cost: \$225(9 weeks)

A1 Continuing

Wednesdays 9:00am - 10:30am | Cost: \$225(9 weeks)

A2 New

Tuesdays 5:30pm - 7:00pm | Cost \$225 (9 weeks)

A2 Continuing

Wednesdays 7:00pm - 8:30pm | Cost \$225 (9 weeks)

B1

Tuesdays 5:30pm - 7:00pm | Cost \$225 (9 weeks)

Wednesdays 12:30pm - 2:00pm | Cost \$225 (9 weeks)