

BALWYN COMMUNITY CENTRE

Languages
Health & Fitness
Arts & Crafts
House & Garden
Special Interest
Childcare

Term
1 & 2
2017



&
more...

Term already
started?

Many of our
courses are
able to be
started mid
term.

Call us to find
out whether
your interest
is one of
them!

Special Interest

We have a variety of special interest groups that run throughout the week. Each session is \$5 per person plus an annual Centre membership fee (\$10). For more information please call 9836 7942.

Bridge

Intermediate to Advanced players, duplicate games so partners are required. Tue, Thu & Sat afternoons 12pm – 4pm (ongoing) \$5 per session

Scrabble

All players welcome. Mon 12pm – 4.30pm (ongoing) \$5 per session

Solo (experience required)

Wed 6.30pm – 10pm & Fri 9am – 12pm (ongoing) \$5 per session

Book Group

2nd Wed of the month 1pm – 3pm (ongoing)
3rd Wed of the month CAE Group 1pm – 3pm (ongoing) \$5 per session

Tapestry Workgroup

Tue 10am – 12pm (ongoing) \$5 per session

Pergamano (Parchment) Workgroup

Tue 1pm – 3pm (ongoing) \$5 per session

Knit and Crochet with Instructor

Thu 1pm – 3pm (ongoing) \$15 per session

House & Garden

French Polishing and Furniture Restoration

Experienced tutor Robert Zass will help you give your furniture another lease of life using traditional French Polishing and restoration methods. Minor repairs can be undertaken under supervision and all skill levels can be accommodated.

Wed 12.30pm – 3.30pm

Term 1 from 8 Feb \$247 (8wks)
Term 2 from 19 Apr \$278 (9wks)

Thu 9.15am – 11.45am

Term 1 from 9 Feb \$206.50 (8wks)
Term 2 from 20 Apr \$232 (9wks)

Thu 12.30pm – 3.30pm

Term 1 from 9 Feb \$247 (8wks)
Term 2 from 20 Apr \$278 (9wks)

Thu 7.30pm – 9.30pm

Term 1 from 9 Feb \$177.50 (8wks)
Term 2 from 20 Apr \$199 (9wks)



Located in a beautiful bushland setting, Balwyn Community Centre is a place to learn, grow, belong and escape. We offer a huge variety of courses and activities; a fully accredited childcare facility; light and airy function venue; tennis courts and a community garden.

& more...

Health&Fitness

Fit for You - Early Morning Fitness Sessions

Join this early morning small group exercise class for an all body and cardio workout with our fitness trainer Robin. Suitable for all ages and fitness levels. Work at your own pace as you move from activity to activity.

Tue or Thu 6.15am – 7am
Term 1 from 7 Feb \$86.50 (8wks)
Term 2 from 18 Apr Tue \$107.50 (10wks) Thu \$118 (11wks)

Tai Chi/Qi Gong

Improve your health and vitality with the gentle exercise arts of tai chi and qigong. You will leave the class feeling calm, focused and energised.

Tue 10.30am – 11.30am
Term 1 from 7 Feb \$114.50 (8wks)
Term 2 from 18 Apr \$142.50 (10wks)

Yoga

Join one of our gentle Hatha Yoga classes incorporating breathing techniques, relaxation and meditation to help get back in touch with your body.

Mon 9.30am – 10.30am
Term 1 from 6 Feb \$100.50 (7wks)
Term 2 from 24 Apr \$128.50 (9wks)
Thu 7pm – 8pm
Term 1 from 9 Feb \$114.50 (8wks)
Term 2 from 20 Apr \$156.50 (11wks)
Fri 6.15am – 7.30am
Term 1 from 10 Feb \$114.50 (8wks)
Term 2 from 21 Apr \$156.50 (11wks)

Chair Yoga

This specially designed yoga program is for people with mobility issues and utilises a chair rather than the floor mat.

Mon 10.45am – 11.45am
Term 1 from 6 Feb \$100.50 (7wks)
Term 2 from 24 Apr \$128.50 (9wks)

Exercise Classes

Choose from a dynamic Hi/Low exercise class incorporating aerobics or a Stretch & Strengthen class.

Stretch & Strengthen

Mon 7pm – 8pm
Term 1 from 6 Feb \$100.50 (7wks)
Term 2 from 24 Apr \$128.50 (9wks)
Thu 10.30am – 11.30am
Term 1 from 9 Feb \$114.50 (8wks)
Term 2 from 20 Apr \$156.50 (11wks)

Hi/Low

Thu 9.15am – 10.15am
Term 1 from 9 Feb \$114.50 (8wks)
Term 2 from 20 Apr \$156.50 (11wks)

Pilates

This fitness class run by our instructor Bill Humphries will help improve your core strength and body tone whilst developing a balanced body to relieve tension and fatigue using Pilates techniques.

Tue 9.15am – 10.15am
Term 1 from 7 Feb \$114.50 (8wks)
Term 2 from 18 Apr \$142.50 (10wks)

Chair Pilates

Using Pilates principles, a chair and resistance bands, we will develop and maintain your functional fitness for everyday tasks without having to get onto the floor.

Tue 10am – 11am
Term 1 from 7 Feb \$114.50 (8wks)
Term 2 from 18 Apr \$142.50 (10wks)

Balance Back to Exercise

This class designed for older adults, 50 plus, will help improve core strength, balance and flexibility using weights, resistance bands and stretching techniques. Ideal for those developing their base fitness or recovering from injury.

Wed 1.30pm – 2.30pm or
2.30pm – 3.30pm
Term 1 from 8 Feb \$114.50 (8wks)
Term 2 from 19 Apr \$156.50 (11wks)

Zumba Gold

Try this fun Latin inspired Dance – Fitness class designed for active, older adults. Get fit with easy to follow, low impact dance steps with our Zumba instructor, Meredith.

Wed 6.30pm – 7.15pm
Term 1 from 8 Feb \$90.50 (8wks)
Term 2 from 19 Apr \$123.50 (11wks)

Meditation

Let go of stress and tension and move towards an experience of wellbeing and calm. Class includes some relaxation, breathing and visualisation. No meditation experience is required.

Wed 7.30pm – 8.30pm
Term 1 from 8 Feb \$114.50 (8wks)
Term 2 from 19 Apr \$156.50 (11wks)

Tennis

Casual tennis court hire is available throughout the week, Monday to Friday. Weekend court usage is available for members only.

Court hire: Mon to Fri 9am – 4pm \$10 per hour. Annual memberships are available for year round court usage for \$200.

“Great class! Love Nalini’s gentle and accepting approach.”

Rachel Angel,
Nalini’s Yoga Class
Student

Term
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2017

“I am a student in Carmela’s Advanced Italian class and I cannot speak highly enough of her well-organised, stimulating and very enjoyable classes. Carmela’s approach is supportive and encouraging but also quite rigorous. She puts in immense effort and I am grateful to be a member of this class.”

Florence Gough,
Advanced Italian

Languages

Italian for Beginners

Like to learn Italian? Start your grammar and language journey of this beautiful language. Contact centre to register your interest and get more details.

Italian for Advanced Beginners

Develop basic grammar, conversation and comprehension of the Italian language. Assumes one year of previous experience.
Mon 1pm – 3pm
Term 1 from 6 Feb \$147 (7wks)
Term 2 from 24 Apr \$189 (9wks)

Italian Intermediate

Join this bright and bubbly class with Carmela to continue to build on your language skills with more challenging written and oral Italian. Assumes two years previous experience.

Fri 9.15am – 11.15am
Term 1 from 10 Feb \$168 (8wks)
Term 2 from 21 Apr \$189 (9wks)

Italian Intermediate Conversation

Challenge and develop your Italian language skills. Assumes three years previous experience.

Fri 11.30am – 1pm
Term 1 from 10 Feb \$127 (8wks)
Term 2 from 21 Apr \$142 (9wks)

Italian Advanced Conversation

Conducted completely in Italian, this class will enable students to grow their grammar and vocabulary. Assumes three to four years previous experience.

Fri 1.30pm – 3pm
Term 1 from 10 Feb \$127 (8wks)
Term 2 from 21 Apr \$142 (9wks)

French for Advanced Beginners

Develop basic grammar, conversation and comprehension of the French language. Assumes one year of previous experience.

Wed 7pm – 9pm
Term 1 from 8 Feb \$168 (8wks)
Term 2 from 19 Apr \$189 (9wks)

French for Beginners

Like to learn French? Start your grammar and language journey of this beautiful language. Suitable for beginners.

Thu 1pm – 3pm
Term 1 from 9 Feb \$168 (8wks)
Term 2 from 20 Apr \$189 (9wks)

NEW

French for Intermediate

Continue your language journey with our French tutor, Marie Baker, and establish an understanding of the grammar and the spoken language in this lively class. Assumes two years previous experience.

Wed 1pm – 3pm

Term 1 from 8 Feb \$168 (8wks)

Term 2 from 19 Apr \$189 (9wks)

French Advanced Intermediate

Challenge your grammar and language skills in this entertaining class which builds upon your previous knowledge. Assumes three years experience.

Thu 7.30pm – 9.30pm

Term 1 from 9 Feb \$168 (8wks)

Term 2 from 20 Apr \$189 (9wks)

French Advanced

Join this engaging French class and begin to challenge yourself with more complex reading comprehension, grammar and oral skills. Assumes four years experience.

Wed 10am – 12pm

Term 1 from 8 Feb \$168 (8wks)

Term 2 from 19 Apr \$189 (9wks)

Thu 10am – 12pm

Term 1 from 9 Feb \$168 (8wks)

Term 2 from 20 Apr \$189 (9wks)

French for VCE Year 12 students

Give yourself a head start! Improve your French grammar and general conversation about family, school, leisure and future prospects.

Wed 4pm – 5.30pm

Term 1 from 8 Feb \$127 (8wks)

Term 2 from 19 Apr \$142 (9wks)

German for Advanced Beginners

Develop your grammar and acquire helpful cultural tips. Includes topics such as meeting people; talking about yourself and your interests; food; sightseeing; asking directions and shopping. Assumes one year experience.

Wed 1pm – 3pm

Term 1 from 8 Feb \$168 (8wks)

Term 2 from 19 Apr \$189 (9wks)

German for Intermediate

Assumes two years previous experience.

Wed 7pm – 9pm

Term 1 from 8 Feb \$168 (8wks)

Term 2 from 19 Apr \$189 (9wks)



Tutor Spotlight – Carmela Di Iorio

How long have you been working at Balwyn Community Centre?
Over 12 years.

How would you describe yourself in five words?
Proud, passionate, personable, organised and HAPPY!

And when did you get into Italian and exercise?

Italian – It was my major area of study at university over 30 years ago, and I have been teaching this beautiful language at various levels ever since. Group exercise – I qualified in this field just before my first child was born in 1993. It was a field of work that allowed me to be home with my young family during the day. I would take classes when my husband was home at weekends and evenings.

Where did you grow up?
I grew up in Melbourne. I also lived in Italy for a year when I was four years old.

Why do you think people enjoy attending classes at BCC?

The BCC offers expert tuition in a warm and welcoming environment.

Where is your favourite place for a coffee in Melbourne?

My mother-in-law's kitchen bench where she has an industrial strength coffee machine! However, we are definitely spoilt as far as being surrounded by excellent coffee shops in Balwyn.

Childcare

Our excellent childcare service offers your child the opportunity to realise their potential in a small, warm, safe and caring family centred environment. Childcare is available for children six weeks up to primary school age for up to 15 hours per week.

We offer ongoing childcare ongoing booking or one-off casual bookings, subject to availability.

Term 1 from 6 Feb (8wks)

Term 2 from 18 Apr (11wks)

2 Hour Block

12pm – 2pm \$24 ongoing booking by the term

Casual \$28 per session

3 Hour Block

9am – 12pm \$36 ongoing booking by the term

Casual \$42 per session

5 Hour Block

9am – 2pm \$60 ongoing booking by the term

Casual \$70 per session

For bookings and enquiries please call 9836 7942.



Declutter & Downsize Your House Workshop

Learn practical tips to get ready to downsize your home in this workshop run by Michele Tocci – where to start and what positive steps to take.

Friday 24 Feb or 5 May

9.30am – 12pm

\$45 (1 session)

iPad for Beginners

Learn how to use the functions of your iPad including using the internet, emails, searching for and installing Apps.

Fri 10am – 12pm

Term 1 from 3 Mar \$100 (5wks)

Term 2 from 12 May \$100 (5wks)

Community Venture Vegie Swap

Swap the excess from your garden with your neighbours. All produce welcome including herbs, eggs, fruit, vegetables, honey, seedlings, flowers, compost or manure.

Third Sunday of each month from 9am:

19 February

19 March

21 May and

18 June



& more...

Arts & Crafts (Adults & Children)

Decoupage

Join one of these friendly, creative groups and produce beautiful objects using paper and varnish with the traditional decoupage methods.

Mon 12.30pm – 2.30pm
Term 1 from 6 Feb \$156.50 (7wks)
Term 2 from 24 Apr \$200.50 (9wks)
Thu 10am – 12pm
Term 1 from 9 Feb \$178.50 (8wks)
Term 2 from 20 Apr \$200.50 (9wks)

Botanical Painting & Drawing

Learn to paint or draw plants in a very friendly environment. Beginners welcome.

Wed 9.15am – 12.15pm
Term 1 from 8 Feb \$246 (8wks)
Term 2 from 19 Apr \$277 (9wks)
Wed 1.15pm – 3.45pm
Term 1 from 8 Feb \$205.50 (8wks)
Term 2 from 19 Apr \$231 (9wks)

PAINTING

Oil Painting with Farimah

Fri 10.00am – 12pm
Term 1 from 10 Feb \$165 (8wks)
Term 2 from 21 Apr \$186 (9wks)

Pastel Painting with Farimah

Tue 1.30pm – 3.30pm
Term 1 from 7 Feb \$165 (8wks)
Term 2 from 18 Apr \$186 (9wks)

Painting for Pleasure with Gordon (mixed mediums)

Tue 1pm – 3pm
Term 1 from 7 Feb \$165 (8wks)
Term 2 from 18 Apr \$186 (9wks)
Thu 1pm – 3pm
Term 1 from 9 Feb \$165 (8wks)
Term 2 from 20 Apr \$186 (9wks)

Watercolour Painting

Mon 10am – 12pm
Term 1 from 6 Feb \$145 (7wks)
Term 2 from 24 Apr \$186 (9wks)
Mon 1pm – 3pm
Term 1 from 6 Feb \$145 (7wks)
Term 2 from 24 Apr \$186 (9wks)
Thu 10am – 12pm & 7.30pm – 9.30pm
Term 1 from 16 Feb \$145 (7wks)
Term 2 from 20 Apr \$186 (9wks)
Fri 10am – 12pm
Term 1 from 17 Feb \$145 (7wks)
Term 2 from 21 Apr \$186 (9wks)

Drawing

Develop your creative drawing talents with Gordon Sonnenberg in these friendly classes using a variety of mediums and techniques.

Tue 10am – 12pm
Term 1 from 7 Feb \$165 (8wks)
Term 2 from 18 Apr \$186 (9wks)
Wed 10am – 12pm
Term 1 from 8 Feb \$165 (8wks)
Term 2 from 19 Apr \$186 (9wks)
Thu 10am – 12pm
Term 1 from 9 Feb \$165 (8wks)
Term 2 from 20 Apr \$186 (9wks)

Children's Art

Art class designed for primary school aged child in a small, friendly environment where they can learn to draw and paint in a variety of fun ways.

7 – 8 Years
Tue 3.45pm – 4.45pm
Term 1 from 7 Feb \$98.50 (8wks)
Term 2 from 18 Apr \$98.50 (8wks)
9 – 11 Years
Tue 5pm – 6.15pm
Term 1 from 7 Feb \$122.50 (8wks)
Term 2 from 18 Apr \$122.50 (8wks)



“Love my watercolour painting course and tutor Debbie. She is so helpful and encouraging and I need this as a relative newcomer to painting.”

Laurie Smale, Deb Mawdsley's watercolour class

Function Room Hire

Set in our beautiful grounds, Balwyn Community Centre has a light and airy Function Centre with kitchen facilities, liquor license and accessible bathroom. Accommodating up to 100 people, it is perfect for seminars, retreats, birthday celebrations, intimate weddings and workshops. See our website or call the office on 9836 7942 for further details. Smaller rooms are also available upon application.

**Term
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Centre Membership
All Centre users must be a member and are eligible to vote at our annual general meeting. Any member is eligible to join the Committee of Management. Membership is either \$10 for attendance groups or is included in class fees. The annual membership is valid to 31 December 2017.

How to enrol for a course

Bookings and payment can be made:

- Website: www.balwyncc.org.au
- Over the phone on 9836 7942
- In person Monday to Friday 9am – 4pm
Wednesday 9am – 1pm
- No refunds are given once classes have commenced.
- Class fees cannot be transferred to payment for the following term.
- Classes are run subject to numbers. The Centre reserves the right to cancel classes due to insufficient attendees. Full refund of fees will be given if the class is cancelled by the Centre.

BALWYN
COMMUNITY CENTRE

Balwyn Community Centre Inc

412 Whitehorse Road
Surrey Hills Vic 3127
Phone: 9836 7942

Website: www.balwyncc.org.au
Melways Reference: 46, F8
Tram Route: 109
Northcote Avenue Stop 49
Wharton Street Stop 50

