

# BALWYN

COMMUNITY CENTRE

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## Semester 2 - Course Brochure 2022

Languages

Health & Fitness

Arts & Crafts

Sustainable Living & Garden

Special Interest

Child Care



Located in a beautiful garden setting, Balwyn Community Centre is a place to learn and grow, to meet new people and explore. The Centre offers a range of different courses and workshops, as well as a community garden, function centre and occasional child care centre.

Browse the Semester 2 brochure to find a course or workshop and join us!

**412 Whitehorse Road, Surrey Hills 3127**

**P 9836 7942 E [reception@balwyncc.org.au](mailto:reception@balwyncc.org.au) W [balwyncc.org.au](http://balwyncc.org.au)**





Part One

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# Childcare & Inspire Women





## Child Care

### **Child care commences the week of:**

Child care operates Monday to Friday at Balwyn Community Centre.  
Term bookings and school holiday program offered.

### **Hours:**

Monday to Friday 9.00am to 4.00pm

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### **Term bookings and school holiday program offered:**

#### **9am – 3pm (6 hours)**

\$87.00 per session  
\$105.00 casual

#### **9am – 4pm (7 hours)**

\$101.50 per session  
\$122.50 casual

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**Regular & casual care positions are subject to availability.  
For bookings & enquiries please call 9836 7942.**

**BCC Child Care is Child Care Subsidy (CCS) approved. For more information about CCS visit [www.bccchildcare.org.au](http://www.bccchildcare.org.au).**

Balwyn Community Centre is your local community child care centre. We care for your child and connect you with other families in the local area. We believe that our small size and passionate approach is what sets us apart. We'd love for you to join our community and can't wait to get to know you and your child.

Balwyn Community Centre Child Care is Child Care Subsidy approved and registered to care for up to 25 children each day aged between six weeks to five years of age. Our child care program fosters creativity, friendship and play. From drop-off to pick-up, your child will be happy and feel safe. If you have any questions or would like to enrol your child, please get in touch.





## Inspire Women.

Inspire Women is a series of events, workshops and lectures, which aim to educate, connect and celebrate women in Boroondara. The program will run from August 8-26 and all activities will be free to attend. For more details about what's planned, visit [www.balwynncc.org.au/inspirewomen](http://www.balwynncc.org.au/inspirewomen)

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**Some of the activities include:**

- A night with Mayor, Jane Addis
- Sourdough breadmaking
- A talk by Dr. Tania Penovic  
- 'reproductive rights are human rights'
- Self-defence workshop
- Yoga for pregnancy
- Raising resilient daughter with the Big Sister Experience







Part Two

## Weekly Classes and Groups



# Languages



## Italian

### Italian Beginners

Start your language journey!

This class is suitable for the complete beginner.

Your teacher Danielle has many years experience teaching adults and students at school, university and privately.

#### Monday 7:15pm – 9:15pm

- **Term 3 from 11 Jul**  
\$220 (9wks)
- **Term 4 from 3 Oct**  
\$220 (9wks)  
– no class 31 Oct

### Italian Beginners Plus

Requires 4 terms of practice. Class covers reading, writing, grammar and conversation.

#### Monday 1:00pm – 3:00pm

- **Term 3 from 11 Jul**  
\$220 (9wks)
- **Term 4 from 3 Oct**  
\$220 (9wks)  
– no class 31 Oct

### Italian Intermediate

Continue to build on your language skills with our experienced tutor, Carmela. Assumes 3.5 years previous experience.

#### Friday 9:15am – 11:15am

- **Term 3 from 15 Jul**  
\$220 (9wks)
- **Term 4 from 7 Oct**  
\$220 (9wks)

**Term already started?**

**There's no need to miss out! You can join many of our courses mid-term.**

**Enrol online  
or call the office.**

### Italian/Advanced Intermediate Conversation and Grammar

Challenge and develop your Italian language skills. Assumes 4+ years previous experience.

#### Friday 11:30am – 1:00pm

- **Term 3 from 15 Jul**  
\$166 (9wks)
- **Term 4 from 7 Oct**  
\$166 (9wks)

### Italian for Travellers

Learn key phrases, words, and top tips for your next overseas trip. This 5-week language course is designed especially for the traveller and is suitable for the complete beginner.

#### Thursday 7pm – 8.30pm

- **Term 3 from 28 Jul – 25 Aug**  
\$110 (5 sessions)

## French

### Beginners French \*NEW

Start your language journey in this brand-new class. Covers reading, writing, grammar and conversation. Taught by experienced tutor and French native, Marie. No experience necessary.

#### Thursday 1:00pm – 3:00pm

- **Term 3 from 14 Jul**  
\$220 (9wks)
- **Term 4 from 6 Oct**  
\$220 (9wks)

### French Intermediate-Advanced

Continue to build on your language skills with experienced tutor, Marie. Assumes 3+ years of practice.

#### Thursday 10am-12pm

- **Term 3 from 14 Jul**  
\$220 (9wks)
- **Term 4 from 6 Oct**  
\$220 (9wks)

### French for VCE Year 12 students

Give yourself a head start! Improve your language and speaking skills to boost your marks. Year 10, 11 and 12 students only.

#### Thursday 4:00pm – 5:30pm

- **Term 3 from 14 Jul**  
\$166 (9wks)
- **Term 4 from 6 Oct**  
\$94 (5wks)



# Languages *(cont.)*

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## German

### German Beginners Plus

A fun and engaging introduction to the German language.

Class covers reading, writing, conversation and grammar, as well as German culture and travel. Requires 4 terms of practice.

Wednesday 9:45am – 11:45am

- **Term 3 from 13 Jul**  
\$220 (9wks)
- **Term 4 from 5 Oct**  
\$220 (9wks)

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### German Beginners Advanced

Continue your German language journey! Class builds on foundation knowledge and covers writing, grammar, and conversation. Assumes 1.5-2 years of practice.

Friday 9:30am-11:30am

- **Term 3 from 15 Jul**  
\$220 (9wks)
- **Term 4 from 7 Oct**  
\$220 (9wks)

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### German Intermediate

An enthusiastic class that will continue to build on your language skills. Assumes 3 years of practice.

Tuesday 9:45am – 11:45am

- **Term 3 from 12 Jul**  
\$220 (9wks)
- **Term 4 from 4 Oct**  
\$220 (9wks)  
– no class 1 Nov



## English

### Conversation Fun

This course is for learners for whom English is an Additional Language. You will need some English to join this friendly, supportive class. We will use guided questions on topics of interest to you to improve your confidence and fluency in English and increase your vocabulary. The course will also cover Australian slang and culture.

Tuesday 9:30am-11:30am

- **Term 3 from 12 Jul**  
\$160 (9wks)
- **Term 4 from 4 Oct**  
\$160 (9wks)  
– no class 1 Nov



# Special Interest Groups

We have a variety of special interest groups that run throughout the week. Each session is \$5 per person, as well as an annual Centre membership fee of \$16. For more information visit our website or call 9836 7942.

## Balwyn Batters Table Tennis Group

Try your hand and reflexes at a social hit of table tennis. The general focus will be on doubles (much more social) but of course, if numbers permit singles will be great also. When you arrive ask for Robin or Bill. You're welcome to come as a one-off and pay as you go, or to enrol for the whole term. This is a fun, social activity and is a great way to keep moving and connect with others. Suitable for all skill levels. Equipment is provided however you are most welcome to bring your own bat.

**Monday 7pm-9pm**  
\$5 per session

- **Term 3 Mon 11 Jul**  
(10wks)
- **Term 4 Mon 3 Oct**  
(11wks)

## Scrabble

All players welcome.

**Mon 12:30pm – 4:30pm**  
(ongoing) \$5 per session

## Solo

Play Solo with a small, dedicated group. Playing cards helps to keep the mind sharp and is a great way to connect with others.

**Fri 9:00am – 12:00pm**  
(ongoing) \$5 per session

## Bridge

Intermediate to advanced players, duplicate games so partners are required.

**Tue, Thu & Sat Afternoons**  
\$5 per session

12:45pm – 4pm (ongoing)

## Learn to Play Bridge

Join others in a small group and learn how to play Bridge. It helps improve your problem-solving skills and is a great way to stay social. Once you've got the hang of the game, you can join the Bridge Group that meets weekly.

**Thu 10.30am-12pm**  
\$5 per session

- *From 4 Aug (ongoing)*

## Decoupage Workgroup

Join fellow decoupeurs and share your skills and interest in this friendly group.

**Monday 12.30pm – 2.30pm**  
(weekly during term time)  
\$5 per session  
+ Annual Centre Membership



## Tapestry Workgroup

This friendly group catchup weekly and enjoy one another's company as they work on their tapestry. Suitable for all levels.

**Tue 10:00am – 12:00pm**  
(ongoing) \$5 per session

## Crochet and Knitting Class with Tutor

Learn with experienced tutor, Nola. This is a friendly workgroup suitable for all levels.

**Thu 12:45pm – 2:45pm**  
(ongoing) \$10 per session



# Health and Wellbeing

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## Qigong

Qigong is a low-impact form of movement that will clear the mind and lift your spirit. These gentle exercises also help to maintain strength, flexibility, and balance. This class welcomes all students from the beginners to the more experiences.

### Wednesday 10:45am – 11:45am

- **Term 3 from 13 Jul**  
\$164 (10wks)
- **Term 4 from 5 Oct**  
\$164 (10wks)

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## Tai Chi/Qigong

Improve your health and vitality with the gentle exercises of Tai Chi combined with Qigong breathing and stretching techniques. You will leave feeling calm, focused, and energised.

### Tuesday 11:00am – 12:00pm

- **Term 3 from 12 Jul**  
\$164 (10wks)
- **Term 4 from 4 Oct**  
\$132 (8wks)  
– no class 1 and 22 Nov

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## Yoga + Pranayama (Breathwork) + Meditation

A nurturing yoga practice using a mix of different elements of yoga, yoga postures, breathwork and meditation to bring ease in the body and freedom of mind.

### Tuesday 7:00pm – 8:00pm

- **Term 3 from 12 Jul**  
\$148 (9wks)  
– no class 13 Sep
- **Term 4 from 4 Oct**  
\$148 (9wks)  
– no class 1 Nov

**Term already started?**

**There's no need to miss out! You can join many of our courses mid-term.**

**Enrol online  
or call the office.**



## Yoga

Our gentle Yoga classes incorporate breathing techniques, stretching and meditation to help you get in touch with your body.

### Monday 9:30am – 10:30am

- **Term 3 from 11 Jul**  
\$164 (10wks)
- **Term 4 from 3 Oct**  
\$164 (10wks)  
– no class 31 Oct

### Wednesday 7:00am – 8:15am

- **Term 3 from 13 Jul**  
\$204 (10wks)
- **Term 4 from 12 Oct**  
\$132 (8wks)  
– no class 9 and 16 Nov

### Thursday 7:00pm – 8:15pm

- **Term 3 from 14 Jul**  
\$164 (10wks)
- **Term 4 from 6 Oct**  
\$164 (10wks)

## Chair Yoga

Chair Yoga helps participants stay healthy, vibrant, and confident without the worry of getting down to the floor or using a mat. We maintain mobility, improve flexibility and strength by focusing on small and large muscle groups as well as techniques to help you relax and deepen your awareness.

### Monday 10:45am – 11:45am

- **Term 3 from 11 Jul**  
\$164 (10wks)
- **Term 4 from 3 Oct**  
\$164 (10wks)  
– no class 31 Oct

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## Mums and Bubs Yoga with Divya

A fun class for Mums to attend with their bubs and enjoy the many benefits of authentic, holistic yoga sessions. Suitable for 6 months to crawling.

### Thu 10.30am-11.30am

- **Term 3 from 14 Jul**  
\$164 (10wks)
- **Term 4 from 6 Oct**  
\$164 (10wks)



# Exercise Classes

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## Fit for You

### – Morning Fitness Sessions

Make the most of the morning with this small group exercise class! Our fitness trainer, Bill leads a whole-body, cardio workout. Suitable for all ages and fitness levels.

#### Thu 6:15am – 7:00am

- **Term 3 from 12 Jul**  
\$164 (10wks)
  - **Term 4 from 6 Oct**  
\$180 (11wks)
- 

## Stretch & Strengthen

Stretch and Strengthen is a dynamic, full body workout that will improve your strength, fitness, and flexibility.

#### Mon 3:00pm – 4:00pm

- **Term 3 from 11 Jul**  
\$164 (10wks)
- **Term 4 from 3 Oct**  
\$164 (10wks)  
- no 31 Oct

#### Thu 10:30am – 11:30am

- **Term 3 from 14 Jul**  
\$164 (10wks)
  - **Term 4 from 6 Oct**  
\$180 (11wks)
- 

## Hi/Low

Choose the 'hi' or 'lo' option in this dynamic exercise class. Taught by Carmela, a much-loved and talented teacher at the Centre. Suitable for all levels.

#### Thu 9:15am – 10:15am

- **Term 3 from 14 Jul**  
\$164 (10wks)
  - **Term 4 from 6 Oct**  
\$180 (11wks)
- 

## Pilates

Improve your core strength and body tone! Class taught by qualified Pilates instructor, Bill Humphries. Suitable for all levels.

#### Tue 9:30am – 10:30am

- **Term 3 from 12 Jul**  
\$164 (10wks)
  - **Term 4 from 4 Oct**  
\$164 (10wks)  
- no class 1 Nov
- 

## Balance Back for Older Adults

Improve core strength, balance and flexibility using weights, resistance bands & stretching techniques. This class is for older adults new to exercise or recovering from injury.

#### Tue 12:30pm – 1:30pm (Zoom class available)

- **Term 3 from 12 Jul**  
\$164 (10wks)
- **Term 4 from 4 Oct**  
\$164 (10wks)  
- no class 1 Nov

#### Thu 12:30pm – 1:30pm

- **Term 3 from 14 Jul**  
\$164 (10wks)
  - **Term 4 from 6 Oct**  
\$180 (11wks)
- 

## Zumba Gold

Try this fun, Latin-inspired dance-fitness class designed for active, older adults.

#### Wed 9:30am – 10:15am

- **Term 3 from 13 Jul**  
\$164 (10wks)
  - **Term 4 from 5 Oct**  
\$164 (10wks)
- 





# Arts and Crafts

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## Decoupage

Make beautiful ornaments and decorations using paper and varnish with traditional decoupage methods. This friendly group is led by an experienced teacher and is suitable for all levels.

*If you would like to join this class, please contact the Centre for more information.*

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## Botanical Painting & Drawing

Learn to paint or draw plants in this specialised class. Our tutor, Marg has many years' experience teaching botanical art. Suitable for all levels.

### Wed 9:30am – 12:00pm

- **Term 3 from 13 Jul**  
\$274 (9wks)
- **Term 4 from 5 Oct**  
\$274 (9wks)

### Wed 1pm – 3:30pm

- **Term 3 from 13 Jul**  
\$274 (9wks)
  - **Term 4 from 5 Oct**  
\$274 (9wks)
- 



## French Polishing and Furniture Restoration

Revive old furniture using traditional French Polishing and restoration methods. Minor repairs can be made under supervision. All skill levels accommodated.

### Wed 12:30pm – 3:30pm

- **Term 3 from 13 Jul**  
\$328 (9wks)
- **Term 4 from 5 Oct**  
\$328 (9wks)

### Thu 12:30pm – 3:30pm

- **Term 3 from 14 Jul**  
\$328 (9wks)
- **Term 4 from 6 Oct**  
\$328 (9wks)

### Thu 7:30pm – 9:30pm

- **Term 3 from 14 Jul**  
\$220 (9wks)
  - **Term 4 from 6 Oct**  
\$220 (9wks)
- 

## Painting

### **Painting for Pleasure with Gordon (mixed mediums)**

Join artist and tutor, Gordon Sonnenberg in this well-rounded class. Students work with their preferred medium and are pushed to think creatively. Suitable for all levels.

### Thu 1:00pm – 3:00pm

- **Term 3 from 14 Jul**  
\$220 (9wks)
  - **Term 4 from 6 Oct**  
\$220 (9wks)
- 

## Watercolour Painting

### Mon 1:00pm – 3:00pm

- **Term 3 from 11 Jul**  
\$220 (9wks)
- **Term 4 from 3 Oct**  
\$220 (9wks)  
- no class 31 Oct

### Thu 9:30am – 11:30am

- **Term 3 from 21 Jul**  
\$220 (9wks)  
- no class 14 Jul
- **Term 4 from 6 Oct**  
\$220 (9wks)

### Thu 12:45am – 2:45am

- **Term 3 from 21 Jul**  
\$220 (9wks)  
- no class 14 Jul
  - **Term 4 from 6 Oct**  
\$220 (9wks)
- 



# Arts and Crafts *(cont.)*

Term already started?

There's no need to miss out! You can join many of our courses mid-term.

Enrol online  
or call the office.

## Drawing

Develop your creative drawing talents with Gordon Sonnenberg.

This is a small, friendly class using a variety of mediums and techniques. Suitable for all levels.

### Tue 10:00am – 12:00pm

- **Term 3 from 12 Jul**  
\$220 (9wks)
- **Term 4 from 4 Oct**  
\$196 (8wks)  
– no class 1 Nov

### Wed 10:00am – 12:00pm

- **Term 3 from 13 Jul**  
\$220 (9wks)
- **Term 4 from 5 Oct**  
\$220 (9wks)

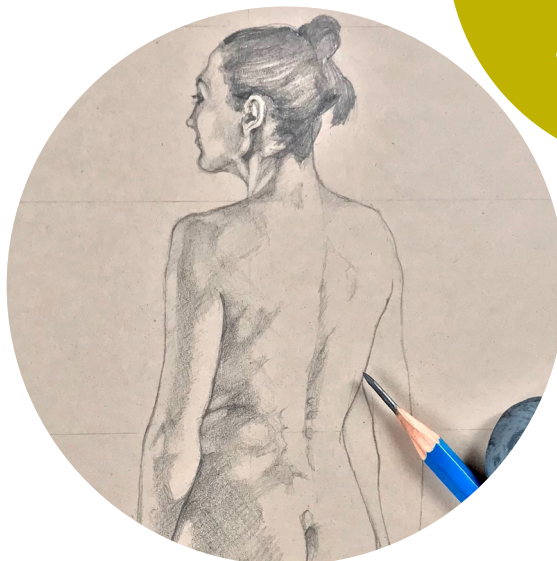
## Fashion Design Course

*(suitable for high school student)*

Fashion Illustration is more than an accurate record of clothing worn by a model. It creates a mood, a feeling, a moment in time. Whether a detailed pen and ink drawing or a stylised single sweep of a brush fashion illustration is an exciting skill to learn, either for a career in fashion or just for fun. Taught by Mark Whitaker, who has many years experience in the fashion industry. All levels welcome.

### Wed 6pm-8pm

- **Term 3 from 13 Jul**  
\$220 (9wks)
- **Term 4 from 5 Oct**  
\$220 (9wks)





A close-up photograph of a person's hand pouring a dark liquid from a glass bowl into a dark stone mortar. The mortar contains a mixture of finely ground spices, including red and yellow powders, and sliced purple onions. The background is blurred, showing more of the kitchen environment.

Part Three

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## Workshops



# Workshops

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## Lifestyle

### Declutter and Gain Back Control

Learn a practical step-by-step planning process to clear your space and give you back control in your home or office.

#### September 5

- **1pm-3pm**  
\$65

### Downsize Your Home

The workshop will provide you with strategies and tips to systematically work through your home and take what may be an overwhelming task and help you feel in control.

#### October 13

- **1pm-3pm**  
\$65

*Cost TBC. Limited to 10 people.  
For expressions of interest and to secure your spot, call the office.*

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## Garden and Sustainability

### Balwyn Community Centre Community Garden

Lease a plot and join like-minded locals at the BCC Community Garden. Singles, couples, and families are welcome to lease a plot and join the community. You may access your plot at any time and grow fresh vegetables. To put your name on the waiting list email or call the Centre for more information.

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### Surrey Hills / Balwyn Produce Swap

Come and swap your excess home-grown veggies and produce for free! Get some tomatoes for fresh herbs and meet other green thumbs in the community. All produce welcome including herbs, eggs, fruit, vegetables, honey, seedlings, flowers, compost or manure.

#### Third Sunday of each month from 9:00am-10:00am

- **Term 3:**  
17/7, 21/8
  - **Term 4:**  
23/10, 20/11, 18/12
- 

## Art and Craft

### Make a Rag Book Workshop

Rag Books, or textile books are a tactile treasure that will be cherished for the love and time you put into it. The initial workshop will be followed by fortnightly workshops as required.

#### Term 4

- **August 29**  
10am-1pm  
Cost: \$55  
(includes a starter kit of materials)
- 

### Life Drawing Half-Day Workshop

Learn the basic skills to draw the human body with confidence. This course will teach you how to draw the male or female figure from a photographic reference. Starting with simple circles and lines you will learn scale and proportion. The course will then progress, as you develop your drawing skills, to simple postures and the use of texture, light, and shade.

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# Workshops (cont.)

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## Cooking

### Italian Kids Cooking Class

In this fun, hands-on cooking class your child will learn how to make authentic Italian pasta from scratch. Afterwards, the group will sit and enjoy what they made for dinner. The class is taught by primary school teacher, Carmela. Suitable for ages 8-12. Cost includes ingredients, take-home recipe, and a drink.

#### Term 3

- **Thursday, August 18**  
4.30pm-6.30pm  
Cost: \$35 per child

### Sourdough

#### Breadmaking Workshop

Learn how to make sourdough at home. Taught by chef and culinary teacher, Sandy Bennett. Cost includes all materials, ingredients, lunch, and your own starter to take home.

#### Term 3

- **Contact Centre for dates**  
Cost: \$90

### Sri Lankan Cooking Class

Learn how to cook Sri Lankan cuisine with our tutor, Harshini. Two main courses and side dishes will be taught at each class. Afterwards, you will enjoy the meal that has been prepared. Cost of workshop includes ingredients, glass of wine and an information book with recipes.

#### Term 3

- **Wednesday, August 24**  
6pm-9pm

#### Term 4

- **Wednesday, October 26**  
6pm - 9pm

Cost: \$90 per person  
(includes ingredients and a glass of wine)



### Gourmet Christmas Gifts

During this 4-hour hands on workshop you will prepare and take-home raspberry jam, mini fruit truffles, shortbread stars, mince pies and Parmesan crisps. At the end of the class, you will be shown exciting ways to package and present your gifts!

#### Term 4

- **Contact Centre for dates**  
Cost: \$90

## Room Hire

Balwyn Community Centre is set back from Whitehorse Road, surrounded by peaceful, bushy land. The main building and function Centre look out over gumtrees, green grass, and wetlands. There are several small to medium-sized rooms for hire at Balwyn Community Centre. The rooms are comfortable and clean, with good temperature control and Wi-Fi connection. To enquire or book a tour visit our website: [www.balwyncc.org.au](http://www.balwyncc.org.au) or call 9836 7942.

### Function Centre

The Balwyn Community Centre Function Centre is a venue unlike any other in Boroondara. The main room is a large versatile space, with a commercially equipped kitchen, outdoor deck area, projector screen and audio-visual equipment. It can accommodate up to 120 people for a range of different events and occasions, to include professional workshops, seminars, health and wellbeing retreats, parties, and weddings. If required, a BYO liquor license permit is included in the cost.

### Medium-large room hire

There are several medium-large sized rooms available for hire, including classrooms, a craft workshop and two art studios with sinks. The rooms feature audiovisual equipment, a large projector screen, a second screen, and surround sound. Our medium-large sized rooms can be hired for classes, meetings, workshops, seminars, and private events.

### Small room hire

Smaller meeting rooms are available for hire and can accommodate a broad range of activities. They provide a comfortable and bright space for you to work, meet with a study group or to conduct interviews and are suitable for freelancers, students, independent professionals, and small special interest groups.

### Tennis Court Hire

The tennis court at Balwyn Community Centre is available to hire. Casual bookings cost \$20 per hour and can be made via an online form on the Balwyn Community Centre website ([www.balwyncc.org.au](http://www.balwyncc.org.au)) and the Book a Court website (<https://www.tennis.com.au/clubs/book-a-court>). You do not need to be a member of the Centre to use the tennis court.

Please be aware that we are unable to take bookings over the phone. To hire the tennis court, you will need to use the online form.

## Membership

As a member you can enrol in any course or workshop at the Centre. Members are eligible to vote at our Annual General Meeting and may join the Committee of Management. Membership is \$16 for attendance groups and for classes it is included in class fees. The annual membership is valid for the calendar year.

## Location and Contact

Address: 412 Whitehorse Road, Surrey Hills 3127

Ph: 9836 7942

E: [reception@balwyncc.org.au](mailto:reception@balwyncc.org.au)

W: [www.balwyncc.org.au](http://www.balwyncc.org.au)

## How to enrol for a course

Bookings and payment can be made via:

- Our website: [www.balwyncc.org.au](http://www.balwyncc.org.au)
- In person. Office hours: Monday, Tuesday, Thursday 9.30am – 3.00pm. Wednesday and Friday 9.30am – 1.00pm
- Full payment is needed to secure your place in all classes, we are unable to accept deposits.
- 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.

