

BALWYN

COMMUNITY CENTRE

Semester 1 - Course Brochure 2023

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 1 brochure to find a course or workshop and join us!

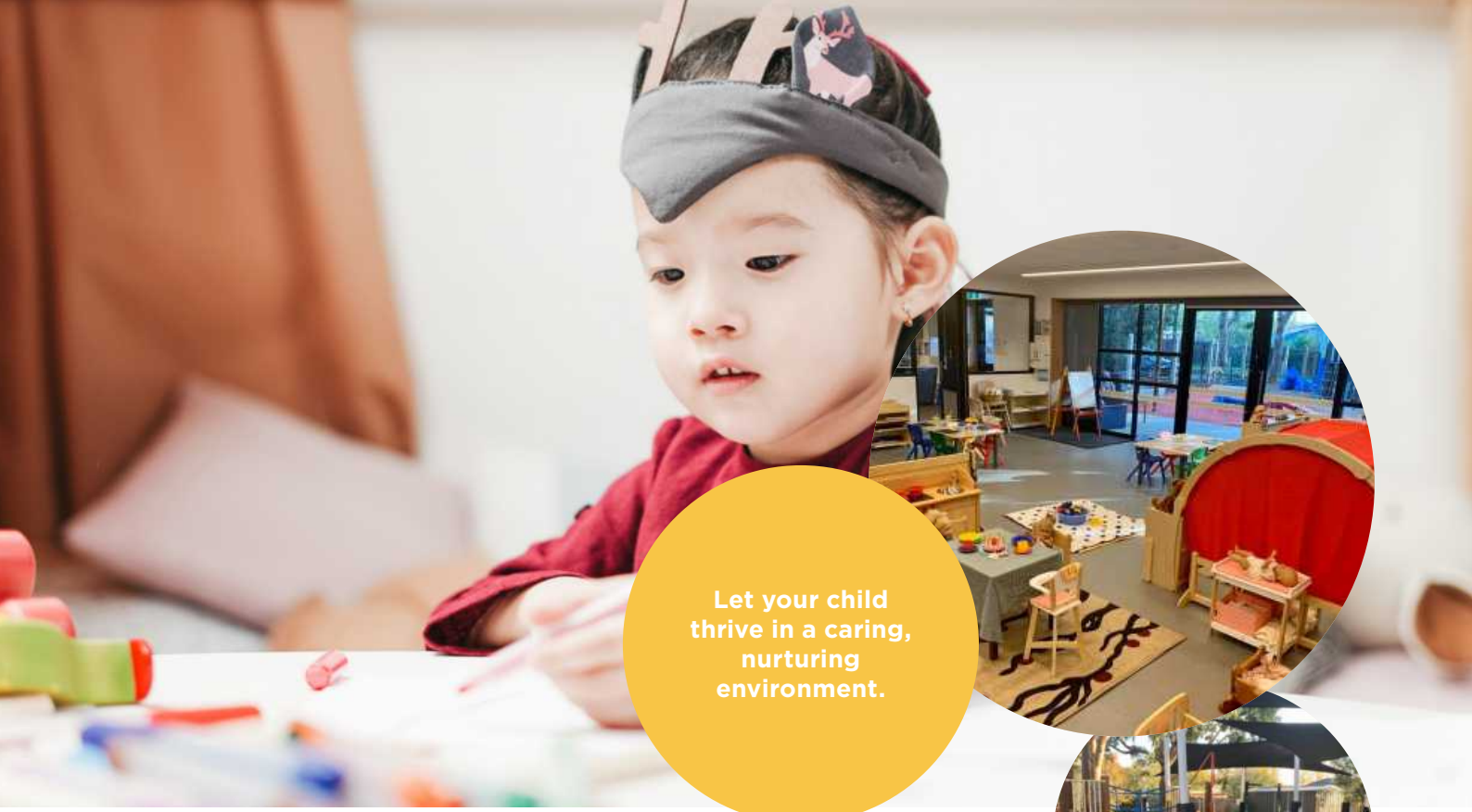
412 Whitehorse Road, Surrey Hills 3127

P 03 9836 7942 **E** reception@balwyncc.org.au **W** balwyncc.org.au

A high-angle, top-down photograph of a child sitting on a light-colored tiled floor, playing with various wooden toys. The child's head is at the top of the frame, and their arms are visible. They are wearing a red long-sleeved shirt. The toys include a stack of colorful wooden blocks (orange, yellow, green, blue), a purple wooden whale, a green wooden dolphin, a yellow and orange octopus, and several other colorful blocks scattered around. The background is a light-colored tiled floor.

Part One

Childcare



Let your child
thrive in a caring,
nurturing
environment.

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

Term bookings and school holiday program offered:

9am – 3pm (6 hours)

\$90 per session
\$108 casual

9am – 4pm (7 hours)

\$105 per session
\$126 casual

**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.**

The Balwyn Community Centre Child Care is 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.

At Balwyn Community Centre, we offer Occasional Care in the form of shorter, flexible sessions that can be purchased on a casual or term-by-term basis. Our staff are qualified and hold a Diploma in Children's Services. They are passionate about caring for your child and work hard to create a nurturing and educative environment.

A close-up, artistic photograph of a watercolor painting session. In the foreground, a hand holds a wooden-handled brush, applying green and yellow watercolor washes to a piece of paper. To the left, a white watercolor palette is visible, containing various colors including red, pink, and green. The background is softly blurred, showing more of the painting process and the artist's hand. The overall mood is creative and focused.

Part Two

Weekly Classes and Groups

Languages



Italian

Italian for Travellers

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

Wednesday 7.15pm – 8.45pm

- **Term 1 from 8 March**
\$115 (5 weeks)
- **Term 2 from 3 May**
\$115 (5 weeks)

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.

Wednesday 10am – 12pm

- **Term 1 from 8 February**
\$229 (9 weeks)
- **Term 2 from 26 April**
\$229 (9 weeks)

Italian Beginners Advanced

Requires 1 – 1.5 years of practice. Class covers reading, writing, grammar and conversation.

Monday 1pm – 3pm

- **Term 1 from 6 February**
\$204 (8 weeks)
- no class 13 April
- **Term 2 from 24 April**
\$204 (8 weeks)
- no class 12 June

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 Intermediate Plus

Continue to build on your language skills with experienced tutor, Carmela. Assumes 4.5 years previous experience.

Friday 9.15am – 11.15am

- **Term 1 from 10 February**
\$204 (8wks)
- no class 7 April
- **Term 2 from 28 April**
\$229 (9wks)

Italian/Advanced

Conversation and Grammar

Challenge and develop your Italian language skills. Assumes 6+ years previous experience.

Friday 11.30am – 1pm

- **Term 1 from 10 February**
\$154 (8wks)
- no class 7 April
- **Term 2 from 28 April**
\$172.75 (9wks)

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 1pm – 3pm

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (9wks)

French Intermediate-Advanced

Continue to build on your language skills with experienced tutor, Marie. Assumes 4+ years of practice.

Thursday 10am – 12pm

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (9wks)

French for VCE Year 12 students

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

Thursday 4pm – 5.30pm

- **Term 1 from 9 February**
\$172.75 (9wks)
- **Term 2 from 27 April**
\$172.75 (9wks)

Languages (cont.)

German

German Beginners Advanced

A fun and engaging introduction to the German language.

Class covers reading, writing, conversation and grammar, as well as German culture and travel. Requires 1.5 terms of practice.

Wednesday 9.45am – 11.45am

- **Term 1 from 8 February**
\$229 (9wks)
- **Term 2 from 17 May**
\$154 (6wks)

German Intermediate

Continue your language journey!

Class builds on foundation knowledge and covers writing, grammar, and conversation.

Assumes 2 – 2.5 years of practice.

Friday 9.30am-11.30am

- **Term 1 from 10 February**
\$204 (8wks)
- no class 7 April
- **Term 2 from 28 April**
\$125 (5wks)

German Intermediate Plus

An enthusiastic class that will continue to build on your language skills. Assumes 3.5 years of practice.

Tuesday 9.45am – 11.45am

- **Term 1 from 7 February**
\$229 (9wks)
- **Term 2 from 16 May**
\$154 (6wks)



English as a second language

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 1 from 7 February**
\$169 (9wks)
- **Term 2 from 9 May**
\$132 (7wks)

Special Interest Groups

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 of \$16. For more information visit our website or call 9836 7942.

Bridge

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

Tue, Thu & Sat Afternoons
\$5 per session

12:30pm – 4pm (ongoing)

Learn to Play Bridge

Join others in a small group and learn how to play Bridge. This much-loved card game 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 at BCC.

Thursday 10.30am – 12pm

Term 1 from

23 February - 30 March

(6wks) \$5 per session

Term 2 from

4 May - 8 June

(6wks) \$5 per session

Scrabble

All players welcome.

Monday 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.

Friday 9am – 12pm

(ongoing) \$5 per session

Mahjong

If you would like to join a Mahjong group please contact us on 9836 7942 to express your interest. Group planned to start in 2023.

Tapestry Workgroup

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

Tuesday 10am – 12pm

(ongoing) \$5 per session

Crochet and Knitting Class with tutor

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

Thursday 12.45pm – 2.45pm

(ongoing) \$10 per session



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.**



Health, Wellbeing & Fitness



Balwyn Batters Table Tennis Group

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. You're welcome to come as a one-off and pay as you go, or to enrol for the whole term. When you arrive ask for Robin and Bill.

Mon 7pm – 9pm

- **Term 1 from 6 February**
\$5 per session
- no group 13 March
- **Term 2 from 24 April**
\$5 per session
- no group 1 May and 12 June

Qi Gong for Beginners

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 beginners to the more experienced.

Wednesday 10.45am – 11.45am

- **Term 1 from 8 February**
\$152.50 (9wks)
- **Term 2 from 26 April**
\$152.50 (9wks)

Tai Chi/Qi Gong

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

Tuesday 11am – 12pm

- **Term 1 from 7 February**
\$152.50 (9wks)
- **Term 2 from 2 May**
\$136 (8wks)
- no class 25 April

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 1 from 6 February**
\$136 (8wks)
- no class 13 April
- **Term 2 from 24 April**
\$136 (8wks)
- no class 12 June

Wednesday 7am – 8.15am

- **Term 1 from 8 February**
\$152.50 (9wks)
- **Term 2 from 26 April**
\$152.50 (9wks)

Thursday 7pm – 8pm

- **Term 1 from 9 February**
\$152.50 (9wks)
- **Term 2 from 27 April**
\$152.50 (9wks)

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 1 from 6 February**
\$136 (8wks)
- no class 13 April
- **Term 2 from 24 April**
\$136 (8wks)
- no class 12 June

Yoga + Pranayama (Breath work) + Meditation

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

Tuesday 7pm – 8pm

- **Term 1 from 7 February**
\$152.50 (9wks)
- **Term 2 from 2 May**
\$136 (8wks)
- no class 25 April

Health, Wellbeing & Fitness

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.

Thursday 6.15am – 7am

- **Term 1 from 9 February**
\$116 (9wks)
- **Term 2 from 27 April**
\$103 (8wks) - no class 4 May

Stretch & Strengthen

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

Monday 3pm – 4pm

- **Term 1 from 6 February**
\$136 (8wks)
- no class 13 April
- **Term 2 from 24 April**
\$136 (8wks)
- no class 12 June

Thursday 10.30am – 11.30am

- **Term 1 from 9 February**
\$152.50 (9wks)
- **Term 2 from 27 April**
\$152.50 (9wks)

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 1 from 9 February**
\$152.50 (9wks)
- **Term 2 from 27 April**
\$152.50 (9wks)

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 1 from 7 February**
\$152.50 (9wks)
- **Term 2 from 9 May**
\$119.50 (7wks) -
no class 25 April and 2 May

Balance Back to Exercise

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.

Tuesday 12.30pm – 1.30pm

- **Term 1 from 7 February**
\$152.50 (9wks)
- **Term 2 from 2 May**
\$119.5 (7wks)
- no class 25 April and 2 May

Thu 12.30pm – 1.30pm

- **Term 1 from 9 Feb**
\$152.50 (9wks)
- **Term 2 from 27 April**
\$136 (8wks)
- no class 4 May

Zumba Gold

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

Wed 9.30am – 10.15am

- **Term 1 from 8 February**
\$116 (9wks)
- **Term 2 from 26 April**
\$116 (9wks)



Yoga for Pregnancy

Yoga and relaxation could be your key to an easy, pleasant delivery. Learn correct breathing techniques to rejuvenate the body and prepare for labour.

Thursday 9.30am to 10.30am

- **Term 1 from 7 February**
\$169 (9wks)
- **Term 2 from 9 May**
\$132 (7wks)

Mums and Bubs Yoga

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.

Thursday 10.30am – 11.30am

- **Term 1 from 9 February**
\$152.50 (9wks)
- **Term 2 from 27 April**
\$152.50 (9wks)

Arts and Crafts

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.

Monday 12.30pm – 2.30pm

- **Term 1 from 6 February**
\$204 (8wks)
- **Term 2 from 24 April**
\$204 (8wks)

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.

Wednesday 9:30am – 12:00pm

- **Term 1 from 8 February**
\$285.25 (9wks)
- **Term 2 from 26 April**
\$285.25 (9wks)

Wed 1pm – 3:30pm

- **Term 1 from 8 February**
\$285.25 (9wks)
- **Term 2 from 26 April**
\$285.25 (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.

Wednesday 12.30pm – 3.30pm

- **Term 1 from 8 February**
\$341.50 (9wks)
- **Term 2 from 26 April**
\$341.50 (9wks)

Thursday 12.30pm – 3.30pm

- **Term 1 from 9 February**
\$341.50 (9wks)
- **Term 2 from 27 April**
\$341.50 (9wks)

Thursday 7.30pm – 9.30pm

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (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.

Thursday 1pm – 3pm

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (9wks)

Watercolour Painting

Watercolour Painting is timeless. It requires a technique that is easy to pick up but hard to master. In class, you'll paint dreamy landscapes with shadowy hues using vibrant colours under expert tuition.

Monday 1pm – 3pm

- **Term 1 from 6 February**
\$204 (8wks)
- no class 13 April
- **Term 2 from 24 April**
\$204 (8wks)
- no class 12 June

Thursday 9.30am – 11.30am

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (9wks)

Thu 12.45pm – 2.45pm

- **Term 1 from 9 February**
\$229 (9wks)
- **Term 2 from 27 April**
\$229 (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.

Tuesday 10am - 12pm

- **Term 1 from 7 February**
\$229 (9wks)
- **Term 2 from 2 May**
\$204 (8wks)
- no class 25 April



Wednesday 10am - 12pm

- **Term 1 from 8 February**
\$229 (9wks)
- **Term 2 from 26 April**
\$229 (9wks)

Life Drawing

Learn the basic skills to draw the human body with confidence. Starting with simple circles and lines, you will learn scale and proportion. Develop your drawing skills, to simple postures and the use of texture, light, and shade.

Tuesday 10am - 12pm

(Life model at four classes)

- **Term 1 from 7 February**
\$277 (9wks)
- **Term 2 from 2 May**
\$247 (8wks)
- no class 25 April

Wednesday 7.30pm - 9:00pm

(Life model at all classes)

- **Term 1 from 8 February**
\$240 (6wks)
 - **Term 2 from 26 April**
\$240 (6wks)
-





Part Three

Workshops and Special Events

Workshops and Special Events

Wellness, Health and Self Development

Women's Self Defence Workshop

To celebrate International Women's Day, Balwyn Community Centre and Trentwood at the Hub are holding a self-defence workshop for women and girls. Fight Back Women's Self Defence will teach you easy to learn, highly effective self-defence techniques in an enjoyable, non-threatening environment. Suitable for women of all ages and abilities.

Term 1

- **Wednesday 8 March**
6.30pm - 8.30pm

Cost: \$10 per person.

Bookings: 9836 7942

or 9006 6590

Workshop Location:

Trentwood at the Hub.

Open House for National Men's Health Week

Men in Boroondara are invited to try a class or classes for free during National Men's Health Week. Being connected to your community and having hobbies helps maintain good health and wellbeing. We'd love to have more local men as members at BCC and we're looking forward to seeing you.

Term 2

June 12 - 18

Call the Office on 03 9836 7942 to find out which classes are available and to register your attendance.

Neighbourhood House Week Community Art Expo

To celebrate Neighbourhood House Week, **May 8-14 2023**, we will be holding a community art expo to showcase the wonderful work of our members and tutors. **It will be held throughout May in our gallery space, upstairs in the House at BCC.** There will be a launch event to celebrate the opening of the exhibition. Check our website for more information and for the opening hours of the exhibition.

Blissful Breathing Workshop

Every breath you take no matter how little or long is a healing pill you give your body and mind. Learn everything about breathing with awareness and how to breathe more efficiently to bring joy in your life.

Term 1

- **Saturday March 4**
1pm - 3pm

Cost: \$65 per person

(1 session)

Mindfulness in Everyday Life

In this workshop, we will explore mindfulness in a playful, interactive, practical, engaging and enjoyable way. The course will be built on strong scientific foundations and within a caring and inspiring group.

Term 2

- **Saturday May 20**
1pm - 3pm

Cost: \$65 per person

(1 session)

Lifestyle

Retirement, Ready or Not?

We like to think we can choose when and how we retire but sometimes life gets in the way. Learn more about the readiness for your next stage of life to ensure you have a rewarding, meaningful retirement.

Term 1

- **Thursday**
23 February - 30 March
7pm - 8.30pm

Cost: \$90 per person
(6 sessions)

Further enquiries and bookings: 0424 587 107, ekcoaching2@gmail.com

Life Stories Writers Group

Learn how to write your life story as you build confidence and skills. This is an interesting and supportive class suitable for all levels.

Term 1

- **Tuesday 7 February**
1pm - 3pm

Cost: \$160 (9wks)

Italy: A Land of Contrasts

Gain insight into the amazing contrasts of this fascinating land. Learn about some of the history, culture, traditions, cuisines, world heritage sites and festivals. This is not a travel or language course.

Tuesday 12.45pm - 2.45pm

- **Term 1 from Tue 28 February**
\$150 (6wks)
- **Term 2 from Tue 2 May**
\$150 (6wks)

Workshops (cont.)



Art and Craft

Take Great Photos on your iPhone

Learn how to use the settings in your camera app to take great photos you'll be proud of.

Term 1

- **Monday 20 and 27 March**

Cost: \$70 (for both sessions)

Cooking

Italian Kids Cooking Class (school holiday activity)

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.

June/July School Holidays

- **Thursday 29 June**
4.30pm - 6.30pm

Cost: \$35 per child (includes cost of ingredients + drink)

Garden and Sustainability

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.

Term 1

- **Wednesday 22 March**
7pm - 9pm

Cost: \$65 (1 session)

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.

Term 2

- **Wednesday 7 June**
7pm - 9pm

Cost: \$65 (1 session)

Community Venture

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 and flowers. To put your name on the waiting list, email or call the Centre for more information.

Surrey Hills / Balwyn Produce Swap

Come and swap your excess home-grown veggies and produce for free 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 1:

15/1, 19/2, 19/3

Term 2:

16/4, 21/5, 18/6



Part Four

Membership, Hire and Centre Information

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 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) 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

W: www.balwyncc.org.au

How to enrol for a course

Bookings and payment can be made via:

- Our website: 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.

