



HAMPTON COMMUNITY CENTRE



COURSE GUIDE

Term 4 2018
8th October - 14th December

WELCOME

Put a Spring in your step this season and be inspired by our range of Term 4 courses at Hampton Community Centre. Choose from over 50 courses for Languages, Creative Arts, Kids, and Fitness, all led by experienced tutors.

Term 4

8th October - 14th December



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.

CONTACT US

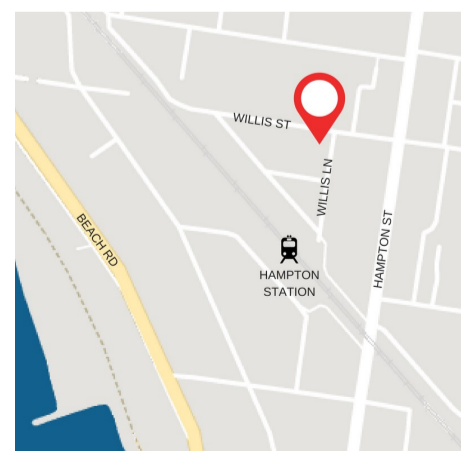
Opening Hours

Monday - Friday
9:00am - 4:00pm

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



www.hampcomm.org
9598 2977
admin@hampcomm.org
14 Willis St, Hampton, VIC 3188



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creative							
Watercolour Painting		7:00pm—9:00pm					
Acrylic Painting				1:00pm—3:00pm			
Drawing				10:00am—12:00pm			
Mosaics		9:30am—11:30am					
Pottery	12:30pm—2:30pm			12:30pm—2:30pm 6:00pm—8:00pm			
Creative Writing	1:00pm—3:00pm						
Language							
French for Beginners			7:00pm—8:30pm				
French Intermediate			1:00pm—2:30pm				
Spanish for Beginners		7:00pm—8:30pm	12:30pm—2:00pm				
Spanish Intermediate A1	5:30pm—7:00pm 7:00pm—8:30pm		9:00am—10:30am				
Spanish Intermediate A2		5:30pm—7:00pm	10:30am—12:00pm				
Spanish Intermediate B1			2:00pm—3:30pm				
Health & Fitness							
Strength Training		9:15am—11:15am		9:15am—11:15am			
Line Dancing				1:00pm—3:00pm			
Yoga		8:30am—9:45am					
Yoga Vedic	7:00pm—8:15pm						
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®						7:45am—8:45am	
Feldenkrais®	9:15am—10:15am						
Tai Chi		1:00pm—2:00pm					
Zumba Fitness Infuzion						9:00am—10:00am	
Zumba with Gaby			6:30pm—7:30pm				
Gentle Pilates & Stretch					9:30am—10:15am 10:30am—11:15am		
Adult Ballet		5:45pm—6:45pm		6:45pm—7:45pm			
Children							
Spanish for Pre-Schoolers		9:30am—10:30am					
Spanish Playgroup		10:30am—11:30am					
Spanish for Children			4:15pm—5:30pm				
Messy Mornings	10:00am—12:00pm						
UK & Expats Playgroup				10:00am—12:00pm			
Little Boppers		10:00am—10:30am					
ATADS	See inside for more details						
Helen O'Grady Lower Primary			4:00pm—5:00pm				
Helen O'Grady Upper Primary			5:00pm—6:00pm				
Code IT!				4:00pm—5:00pm			
Aerobotics Global					4:00pm—5:00pm		

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: \$198 (9 week course)

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 | Cost: \$176 (8 week course)

Drawing

With Bernadette Greenwood

Be guided through the elements of perspective, composition, lighting and colour. All levels welcome.

Thursdays 10:00am - 12:00pm | Cost: \$220 (10 week course)

Mosaics

With Jenny Jessop

Learn about the tools and techniques for cutting and scoring ceramic tile and glass, basics of design and colour and how to lay and grout your ceramic tiles.

Tuesdays 9:30am - 11:30am | Cost: \$225 (9 week course)

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: \$250 (10 week course)

Thursdays 12:30pm - 2:30pm | Cost: \$250 (10 weeks)

Thursdays 6:00pm - 8:00pm | Cost: \$250 (10 weeks)

(\$20 fee will apply for class materials)

Creative Writing

With Janet Donald

For beginners to advanced writers, workshop your ideas and receive constructive feedback. Experiment with genres and keeping readers captivated.

Mondays 1:00pm - 3:00pm | Cost: \$200 (10 weeks)

MEET UPS

Book Club

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

See our website for the booklist.

Bayside Talkers

Weekly on Thursdays 2:00pm - 4:00pm | Cost: \$6 casual

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 Ukles

Weekly on Tuesdays 7:00pm - 9:30pm during school terms

www.baysideukles.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

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

Weekly on Fridays 11:00am | Contact Helen at reception. Volunteers needed!

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

LANGUAGE

French for Beginners

With Vanessa Wisdom

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

Wednesdays 7:00pm - 8:30pm | Cost: \$220 (10 week course)

French Intermediate

With Vanessa Wisdom

Build on your existing grammar and conversations skills with increased emphasis on vocabulary building and French verbs.

Wednesdays 1:00pm - 2:30pm | Cost: \$220 (10 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. If you wish to book mid-semester you must discuss your level with the tutor. New semester will begin Term 1 2019.

Tuesdays 7:00pm - 8:30pm | Cost: \$220 (10 week course)

Wednesdays 12:30pm - 2:00pm | Cost: \$242 (11 week course)

Spanish Intermediate 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

Mondays 5:30pm - 7:00pm | Cost: \$220 (10 weeks)

Mondays 7:00pm - 8:30pm | Cost: \$220 (10 weeks)

Wednesdays 9:00am - 10:30am | Cost: \$242 (11 weeks)

A2

Tuesdays 5:30pm - 7:00pm | Cost: \$220 (10 weeks)

Wednesdays 10:30am - 12:00pm | Cost: \$242 (11 weeks)

B1

Wednesdays 2:00pm - 3:30pm | Cost \$242 (11 weeks)

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 learn and practice their speaking and listening skills through story, song, video and games.

Tuesdays 9:30am - 10:30am | Cost: \$144 (9 week course)

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 (no charge for Spanish Pre-School students)

Spanish for Children*

With Analia Nodelis

A comprehensive class for children aged 6-12 aimed at developing understanding, conversation, reading and writing skills.

Wednesdays 4:15pm - 5:30pm | Cost: \$105 (7 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

Little Boppers*

With Jenny Ellison

Join Jenny and her guitar in this entertaining music class for preschool aged children. Children will play along with percussion instruments and learn many new songs, dances and rhymes in this enjoyable introduction to music. Classes are relaxed and welcoming with the emphasis on FUN!

Tuesdays 10:00am - 10:30am | \$9 casual

ATADS (Alanna's Theatre and Dance Studio)

For children, teens and adults. We offer top quality dance instruction without the stress of exams or competitions.

babyballet®

Tinies | Thursdays 9:15am - 10:00am

Movers | Thursdays & Fridays 10:15am - 11:00am

Groovers | Saturdays 9:15am - 10:00am

Junior Ballet | Tuesdays 4:15pm - 5:00pm & Thursdays 4:00pm - 5:00pm

Musical Theatre | Saturdays 10:30am - 12:00pm

www.atads.com.au

Helen O'Grady Drama Academy

"Act, Create, Communicate"! 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

Code IT!

Learning how to code is fun! Covers the basics of developing fun animation and games. Ideal for kids aged 7-12.

Thursdays 4:00pm - 5:00pm | www.code-it.com.au

Aerobotics Global

We teach kids to love innovation using real robots & real coding for robotics. We use workshops about robotics and A.I. to show them STEM at work.

Fridays 4:00pm - 5:00pm

www.aeroboticsglobal.com

*Sibling Discount: 10% off second child

HEALTH & FITNESS

Strength Training**

With Nikki Licheri

Have an exercise program tailored to your strength training needs. For the maintenance of muscle mass, increased strength and endurance.

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

Line Dancing

With Evelyn Townley

Classes available for absolute beginners and regulars. Learn how to line dance in a friendly and encouraging environment.

Thursdays 1:00pm - 3:00pm | Cost: \$10 casual

Yoga

With Ellen Laarhoven

Be guided through stretches, breathing and concentration exercises, asana (posture) sequences and finish with meditation practices.

Tuesdays 8:30am - 9:45am | Cost: \$20 casual or \$144 for 9 weeks

Gentle Exercise**

With Kay Duffel and Nikki Licheri

Cost: \$10 casual

Chair Wednesdays 11:30am - 12:30pm

A great class for those who use mobility aids, walking sticks etc. Exercises are seated and slow-paced and you are welcome to rest when needed.

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

A mix of sitting and standing exercises for endurance, strength, balance and flexibility.

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

Fun and invigorating aerobic standing exercises followed by balance and core strength training.

Vedic Yoga

With Tanya Menon

A powerful combination of yoga asanas (postures), pranayama (breathing techniques), meditation and its application in the modern world.

Mondays 7:00pm - 8:15pm | www.facebook.com/VedicYogaMeditation

JAZZERCISE®

Jazzercise® is a pulse-bounding, beat-pumping fitness program that gets you results...fast!

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

Feldenkrais®

In Feldenkrais® you are 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 1:00pm - 2:00pm | Jackie 0416 810 259

Zumba Fitness Infuzion

A total workout, combining all elements of fitness- cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

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

Adult Ballet

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

Tuesdays 5:45pm - 6:45pm

Thursdays 6:45pm - 7:45pm

www.atads.com.au

Gentle Pilates & Stretch

Improve flexibility, joint mobility, wellbeing and balance between the mind and body.

Fridays 9:30am - 10:15am & 10:30am - 11:15am

Nikki 0400 246 055

**Loyalty card: \$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

HOST YOUR BIRTHDAY PARTY WITH US

ages 0-12

"I had my daughter's first birthday in the craft room last month and it was perfect. The bigger kids had access to the outdoor play area while the little ones played with some of the toys inside. Loads of parking for all our guests. Would definitely have future parties here again!"

TALK TO RECEPTION FOR MORE INFORMATION OR CALL 9598 2977

