

3 YEAR OLD KINDA

This program offers a diverse range of activities which are both stimulating and fun for the creative, adventurous 3 year old.

Annual Enrolment with payment on term basis.

Monday 12.30pm from Feb 1

Fee: \$168 7 x 2½ hour sessions

Tuesday 12.30pm from Feb 2

Fee: \$192 8 x 2½ hour sessions

Thursday 12.30pm from Jan 28

Fee: \$216 9 x 2½ hour sessions

KINDERGYM

These classes are aimed at developing a child's balance, coordination, fine and gross motor skills through fun activities involving movement to music and games, using soft shapes and gymnastic equipment, all with parent participation. Please note that no siblings will be allowed to participate in these classes.

Classes for 1-2, 2-3 and 3-4 year olds

Monday to Saturday

MINDFULNESS FOR STRESS REDUCTION & WELLBEING

When you're stressed and overwhelmed, it affects your energy levels, health, moods, and how you interact with family, friends and colleagues. There are powerful, yet simple, ways to build resilience and care for yourself so that the flow-on effects benefit both you and those around you. Learn quick and easy to use mindfulness tools to help you:

- reduce & manage stress & anxiety
- think clearly & improve focus
- increase your energy
- sleep better
- feel happier and less overwhelmed

Thursday 7.00pm from Feb 11

Fee: \$150 6 x 1 hour sessions

Enquiries & Bookings:

Liz O'Brien 0403 818 523

liz@.healthenhancement.com.au

OTHER COURSES

Brighton recreational Centre runs many courses for many different age groups from Pre-School right through to older adults.

Children's activities include the following:

Birthday Parties
Kindergym
Learning Land
Messy Mornings
Pre-School Music
Painting and Drawing
Sportzbuzz
Pottery
Singing
Ballet
Teenage Yoga

The Centre also runs sporting activities:

Badminton
Squash
Taekwondo
Tai Chi
Zumba

Course Enrolment

Enrolments can be made in person or over the phone.

For further information or for a copy of the term program call **9592 3033** or visit

www.brightonrec.com.au

BRIGHTON RECREATIONAL CENTRE



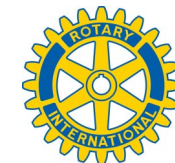
**ADULT AND CHILDRENS
COURSES
TERM 1 2016**

**93 Outer Crescent,
Brighton 3186**

Tel: 9592 3033

Email: enquiries@brightonrec.com.au

Web: www.brightonrec.com.au



Office of
Early Childhood Education
& Child Care

YOGA

Hatha Yoga classes are a blend of ancient and modern systems of personal development. Awareness is enhanced on many levels through both passive and dynamic movement routines, postures, awareness of breath and relaxation. Individual supervision and posture modification ensure classes are suitable for all ages and levels of fitness. Please bring a small blanket to class. Classes commence Wednesday 27th January.

Wednesday 6.30pm	\$116	9 x 1 hours
Thursday 9.30am	\$116	9 x 1 hours
Saturday 9.00am	\$119	8 x 1½ hours
Monday 9.30am	\$94	7 x 1¼ hours
Tuesday 6.15pm	\$107	8 x 1 hours

U-BOUNCE FITNESS

Get ready to have your body turned into a super fit, energy bouncing healthy temple.

An awesome, fun, invigorating, fat burning, happy hormone producing, low impact workout on a quality rebounder (mini trampoline) . Shake up every cell and muscle in your body & set your metabolism on fire all while having a really good time getting fit! Friendly small groups with a motivating instructor.

Friday 9.15 - 10.00am from Jan 29
\$159 for 8 classes
Book: contact Gaby on 0438 319 918
gaby@ubounce.com.au

Understanding Your New iPad/tablet - Keeping up with the Grandchildren

This course, for absolute beginners, will help create a whole new world by developing an exciting range of easy to perform skills on your device. You will also be able to complete and return forms on line as well as manage your banking and pay bills. You can even plan and book your next holiday!

Wednesday 1.00pm from Feb 3
Fee: \$140 (conc. \$115) 6 x 2 hour sessions

BRIDGE LESSONS

This course is designed to suit the individual, whether you have little or no knowledge of Bridge, or simply wish to increase your confidence and understanding.

Beginner

Tuesday 7.30pm from Feb 2
Thursday 11.00am from Jan 28
Fee: \$69 4 x 2 hour sessions

FENCING FOR FITNESS

Great classes for people looking for a different form of exercise/social interaction improving core strength, as well as tone and fitness. Fun and safe using plastic foils, masks and chest protectors.

Tuesday 9.30am—10.30
Fee: \$75 8 x 1 hour sessions
Enq & Bookings: Chris 0409 013 171

STRENGTH FOR LIFE

A low paced exercise class using small hand weights and leg cuffs based on a scientifically proven weight training program. We will teach you to become stronger by altering your fat muscle balance and stimulating your bones to retain calcium. In addition your flexibility, posture and energy levels will be noticeably improved.

Beginners

Monday 2.15pm from Feb 1
Fee: \$64 7 x 1 hour sessions
Fri 9.30 & 10.40am from Jan 29
Fee: \$74 8 x 1 hour sessions

Intermediate / Advanced

Monday 1.10pm from Feb 1
Fee: \$64 7 x 1 hour sessions

WATERCOLOUR PAINTING

A class for students with some experience who wish to learn the basic techniques of watercolour painting. A materials list will be supplied but please bring along a medium sized drawing pad and 4B pencil to the first class.

Wednesday 1.00 - 3.00pm from Feb 3
Fee: \$132 8 x 2 hour sessions

POTTERY

This course offers hand building and pottery wheel throwing skills and techniques for pottery making. Clay modeling, sculpture, decorating and glazing skills are also covered. A full range of clays and glazes are all provided.

Monday 1.00 and 6.30pm from Feb 1
Fee: \$139 7 x 2 hour sessions
Tuesday 12.30pm from Feb 2
Fee: \$174 8 x 2 ½ hour sessions
Wednesday 6.30pm from Feb 3
Fee: \$158 8 x 2 hour sessions

MOSAICS

Learn the basic techniques of mosaic tiling. Develop skills in design, tile cutting, shaping and laying and produce your own colourful mosaic. Tools and basic materials provided.

Tuesday 6.30pm from Feb 2
Fee: \$172 8 x 2 hour sessions

FITNESS FOR OVER 40'S

Increase fitness, flexibility, your circulation and heart-lung function with this program of light aerobic exercise. Whether you are forty or sixty you are welcome to join in!

Monday 10.40am from Feb 1
Fee: \$9 per session