



The Little Bay
COAST CENTRE FOR SENIORS

Ph: 9311 4886

CLASS TIMETABLE - 2012

CLASS	MON	TUE	WED	THU	FRI
Beading				12:30-2:30	
Book Club (4th Mon each month)	1:30-2:30				
Bridge		10:00-1:00			
Broadband for Seniors - 1 to 1 Tuition		10:00-2:00		10:00-2:00	
Bus Trips/Special Events (enquire @ office)					
Calligraphy		10:00-12:00			
Candlewicking / Embroidery			9:30-11:15		
Chair Exercises					9:30-10:30
Choir			1:00-2:00		
Computer Course - Various (bookings req)	9:30-11:30		9:30-11:30		
Computer Club (1st & 3rd Mon each month)	12:00 - 2:00				
Cooking (periodical)	11:00-12:30				
Creative Writing	1:30-2:30				
Crochet / Knitting				11:45-1:00	
Drama			11:00-12:30		
Films, Tea & Chat					10:00-12:30
Folk Art	10:00-12:00				
French (Beginners) & French Language	10:30-11:30		10:30-11:30		
History			11:30-12:30		
Indoor Bowls	9:30-11:00				
Italian		9:30-12:00	Beginners 11:30-12:30		
Line Dancing (1st Timers) 12 week course				12:00-1:00	
Line Dancing (Beginners)				1:00-2:30	
Line Dancing (Easy Intermediate)				10:30-12:00	
Mens Exercise (prepay block of 10)					11:00-12:00
Middle Eastern Dancing	1:30-2:30				
Painting in Oils			9:30-2:30		
Painting in Watercolour					10:00-12:00
Podiatry (monthly by appointment)	9:30-12:30				
Quilting			11:30-2:30		
Sing-A-Long		1:00-2:30			
Social Dancing					11:00-12:00
Spanish	11:30-12:30				
Table Tennis		12:30-2:30			
Tai Chi / Qigong plus Beginners		9:30-10:45		9:30-10:45	Beginners
Tap 1 - Tuesday (Beginners)		1:00-2:00			
Tap 1 - Friday					10:30-11:30
Tap 2 - Friday					11:30-12:30
Zumba					1:00-2:00
Yoga - Day & Evening	9:30-10:30am 6:00-7:00pm	8:30-9:30	9:30-10:30		
Walking Group (timetable from office)					Fortnightly
Women's Exercise		11:00-12:00			

