



The Little Bay

COAST CENTRE FOR SENIORS INC.

Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au

CLASSES + FEES

ANNUAL MEMBERSHIP \$20.00

CLASS		MON	TUE	WED	THU	FRI
Art with Harry - Watercolours	\$10.00		10:00-12:00			
Art with Mary - Mixed Media	\$10.00					10:00- 12:00
Art with Pat - 8 wk cycles - Drawing	\$80.00				1:00-3:00	
Art with Amanda - 8 wk cycles - W/Colours	\$80.00	1:30- 4:00				
Art with Teresa - Painting in Oils	\$10.00			9:00-3:00		
Balance & Fitness with Anne	\$10.00	9:30-11:00		9:30-11:00		
Ballroom Dancing	\$10.00			10:30-12:00		
Beading Class	\$5.00				12:30-2:30	
Book Club - 4th Fri in month	\$5.00					1:30-2:30
Bridge	\$7.50		10:00-1:00			
Calligraphy	\$5.00		10:00-12:00			
Candlewicking / Embroidery	\$5.00			9:30-11:15		
Stretch and Strengthen	\$10.00					9:30-10:30
Chair Yoga	\$10.00		1:00-2:00		11:00-12:00	
Choir	\$5.00			1:00-2:00		
Computer - One to One (1Hr) PC or Mac	\$7.50		10:00-2:00		10:00-2:00	
Crochet / Knitting	\$5.00				11:30-1:00	
Films, Tea & Chat-Program in reception	\$6.00					10:00-12:30
Folk Art	\$5.00	10:00-12:00				
French - Beginners with Karima	\$10.00		1:00-2:00			
French - Intermediate with Karima	\$10.00		2:00-3:00			
French - Conversation with Karima	\$10.00		3:00-4:00			
French - Intermediate with Joe	\$5.00	10:30-11:30				
Healing Touch - By App Only	Donation			10:00-1:00		
History	\$5.00			11:45-12:45		
Indoor Bowls	\$5.00	9:30-11:30				
Italian	\$7.50		9:30-12:00			
Italian - Beginner's with Daniel	\$5.00	11:45-12:45				
Italian - Conversation with Daniel	\$5.00	1:15-2:15				
Laughter Club - To stress less	\$10.00					Ftnly Sat
Line Dancing	\$10.00				10:30-11:30	
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting	\$5.00			11:30-2:30		
Qigong - Beginners on Thursday's	\$10.00		9:30-10:45		9:30-10:30	
Singing for Fun	\$7.50		1:00-3:00			
Table Tennis	\$7.50		12:30-2:30		12:30-2:30	7pm-10pm
Tai Chi for Arthritis	\$5.00	11:00-12:00				
Tap - Beginners	\$10.00		1:00-2:00			
Tap	\$10.00					11:00-12:00
Tone & Tighten	\$10.00		11:00-12:00			
Ukeleles & U	\$5.00		2:15-3:30			
Yoga - Erika	\$10.00		7:45-8:45		7:45-8:45	
Yoga - Raj	\$10.00	9:30-10:30				
Technology Forum - 1st & 3rd Mon	\$7.50	12:00 - 2:00				
Zumba - Ballroom Blitz	\$7.50	1:30-2:15				

CLASS	MON	TUE	WED	THU	SAT	SUN
AFTER HOURS						
<i>Laughter Club - To stress less - \$10</i>					11:30-12:30	
					FTNLY	
<i>Dance classes for 3 - 18 year olds</i>		4:00-8:30pm	4:00-8:00pm	4:00-8:00	9:00-6:00pm	
(C5Dance)						
Chanelle Woods - 0431 416 054						
<i>Jazzercise</i>	6:30-7:30pm				9:30-10:30am	
Yanti Kurniawan - 0413 799 793						
<i>Pilates - In cottage</i>	3:45-4:45pm					
Lauren Reid - 0415 361 379						
14/10/17 to 18/11/17 - North Hall					7:30-8:30am	
<i>Yoga</i>					7:30-8:45am	8:30-9:45am
Ania - 0413 645 972 - In cottage						
Yoga - Beginners - 8 weeks course						
Ania - 0413 645 972						
<i>Please call for course dates</i>						
<i>Yoga - Wattle Room</i>				9:15-10:30am		
Erilka - 0416 132 223						
<i>Apr-18</i>						

