



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
Aerobics	\$10.00			9:30-10:15		
Art with Harry - Watercolours	\$10.00		10:00-12:00			
Art with Mary - Mixed Media	\$10.00		1:00-3:00			
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		
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		
Indoor Bowls	\$5.00	9:30-11:30				
Italian - Intermediate	\$7.50		9:30-12:00			
Italian - Beginners with Daniel	\$5.00	11:45-12:45				
Italian - Conversation with Daniel	\$5.00	1:15-2:15				
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting	\$5.00			11:30-2:30		
Pilates	\$10.00	11:30-12:30		11:30-12:30		
Qigong	\$10.00		9:30-10:45			
Qigong - Beginners	\$7.50				9:30-10:45	
Resistance Training - Monday	\$10.00	10:00-11:00				
Resistance Training - Wednesday	\$10.00			9:45-10:45		
Spanish	\$10.00	2:00-3:00				
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			
Walking Group - every alternate Friday						see timetable
Yoga - Erika	\$10.00		7:45-8:45		7:45-8:45	
Yoga - Raj	\$10.00	9:30-10:30		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		6:30-7:30pm		9:30-10:30am	
Yanti Kurniawan - 0413 799 793						
<i>The Feldenkrais Method</i>				1:30-2:30pm		
Silvia Finzi - 0431 523 696						
\$20/class						
<i>Yoga</i>						8:30-9:45am
Ania - 0413 645 972 - In cottage						
<i>Yoga - South Hall</i>				9:15-10:15am		
Erilka - 0416 132 223						
Feb-19						

