



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 with Danielle	\$10.00			9:30-10:15		
Train your brain with dance with Danielle	\$10.00					2:15 - 3:00
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		
Balance & Fitness	\$10.00				9:30-10:30	
Ballroom Dancing	\$10.00			10:30-12:00		
Beading Class	\$7.50				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	\$7.50			9:30-11:15		
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			
Core Strength class	\$5.00					10:00-10:30
Crochet / Knitting	\$7.50				11:30-1:00	
Films, Tea & Chat-Program in reception	\$8.00					10:00-12:30
Folk Art	\$5.00	10:00-12:00				
French - Intermediate with Karima	\$10.00		1:00 - 2:00			
French - Conversation with Karima	\$10.00		2:00 - 3:00			
French - Intermediate with Joe	\$5.00	10:30-11:30				
Healing Touch - By App Only	Donation			10:00-1:00		
Italian - Intermediate	\$7.50		9:30-12:00			
Italian - Beginners with Daniel	\$10.00	10:00-11:30				
Italian Language & Culture with Daniel	\$10.00	11:45-1:15				
Mind, Movement & Dance	\$10.00				10:30-11:30	
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting	\$7.50			11:30-2:30		
Pilates	\$10.00	11:15-12:15		10:50-11:50		
Qigong	\$10.00		9:30-10:45		9:30-10:45	
Resistance Training - Monday	\$10.00	10:00-11:00				
Resistance Training - Wednesday	\$10.00			9:45-10:45		
Singing			2:00 - 3:00			
Spanish	\$10.00	2:00-3:00				
Stretch and Strengthen	\$10.00					9:30-10:30
Table Tennis	\$7.50		12:30-2:00		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
Technology Forum - 1st & 3rd Mon	\$7.50	12:00 - 2:00				
Tone & Tighten	\$10.00		11:00-12:00		12:15-1:15	
Ukeleles & U	\$5.00		2:15-3:30			

CLASS		MON	TUE	WED	THU	FRI
Walking Group - every alternate Friday						see timetable
Yin Yoga (Stretch Class) - Danielle	\$10.00		7:45-8:45		7:45-8:45	
Yoga - Erika	\$10.00	9:30-10:30		9:30-10:30		
Yoga - Raj						
Zumba - Ballroom Blitz	\$7.50	1:30-2:15				
AFTER HOURS						
CLASS		MON	TUE	WED	THU	SAT
Laughter Club - To stress less - \$10						11:30-12:30
						FTNLY
Dance classes for 3 - 18 year olds			4:00-8:30pm	4:00-8:00pm	4:00-8:00	9:00-6:00pm
(C5Dance)						
Chanelle Woods - 0431 416 054						
Jazzercise		6:30-7:30pm		6:30-7:30pm		9:30-10:30am
Yanti Kurniawan - 0413 799 793						
The Feldenkrais Method					1:30-2:30pm	
Silvia Finzi - 0431 523 696						
\$20/class						
Yoga						
Ania - 0413 645 972 - In cottage						
Yoga - South Hall					9:15-10:15am	
Erilka - 0416 132 223						
Oct-19						

y Forum -	\$7.50	12:00 - 2:00				
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