



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		
Art with Amanda - 8 wk cycles - W/Colours	\$80.00	1:30- 4:00				
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 Teresa - Oils	\$10.00			9:30-2:30		
Balance & Fitness	\$10.00				9:30-10:30	
Ballroom Blitz (Aerobics with Luda Wilson)	\$7.50	1:30-2:15				
Ballroom Dancing	\$10.00			10:30-12:00		
Beading Class	\$7.50				12:30-2:30	
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 Joe	\$5.00	10:30-11:30				
French - Intermediate with Karima	\$10.00		1:00 - 2:00			
French - Conversation with Karima	\$10.00		2:00 - 3:00			
Healing Touch - By App Only	Donation			10:00-1:00		
Italian - Beginners with Daniel	\$10.00	10:00-11:30				
Italian Language & Culture with Daniel	\$10.00	11:45-1:15				
Italian - Intermediate	\$7.50		9:30-12:00			
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				
Qigong	\$10.00				9:30-10:45	
Resistance Training - Monday	\$10.00	10:00-11:00				
Resistance Training - Wednesday	\$10.00			9:45-10:45		
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				
Tai Chi with Robert	\$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			
Walking Group - every alternate Friday						see timetable
Yoga - Raj		9:30-10:30		9:30-10:30		
Yoga - Erika	\$10.00		7:45-8:45		7:45-8:45	
Yin Yoga (Stretch Class) - Danielle	\$10.00	12:15-1:15				

AFTER HOURS						
CLASS		MON	TUE	WED	THU	SAT
<i>Laughter Club - To stress less - \$10</i>						11:30-12:30
<i>Dance classes for 3 - 18 year olds</i> (C5Dance) Chanelle Woods - 0431 416 054			4:00-8:30pm	4:00-8:00pm	4:00-8:00	9:00-6:00pm
<i>Jazzercise</i> Yanti Kurniawan - 0413 799 793		6:30-7:30pm		6:30-7:30pm		9:30-10:30am
<i>Yoga</i> Ania - 0413 645 972 - In cottage on Sundays 8:30 am to 10:00 am						
<i>Yoga - South Hall</i> Erika - 0416 132 223					9:15-10:15am	