

TERM 4 2023 PROGRAMS AND EVENTS

DIGGERS REST FAMILY SERVICES CENTRE

PLUMPTON ROAD, DIGGERS REST, 3427



BOOK NOW

meltonlearning.com.au



TERM 4 2023

DIGGERS REST FAMILY SERVICES CENTRE

MONDAYS
9 OCT - 27 NOV

EXERCISE FOR EVERYONE

TIME: 12pm – 1pm

COST: \$20

Strengthen and tone your body whilst improving your balance in this social exercise class. All exercises can be tailored to your ability and people of all fitness levels are welcome to join.

MONDAYS
9 OCT - 27 NOV

YOGA FOR FITNESS

TIME: 9:15am - 10:15am

COST: \$20

Relax your mind and move your body in our Yoga for fitness program. Improve your flexibility, muscle strength and tone, respiration, energy and vitality.

THURSDAYS
12 OCT - 14 DEC

KNITTING & CROCHET CRAFT CLUB

TIME: 1pm - 3pm

COST: FREE

Do you have an interest in improving your knitting or crafting skills or just looking for a way to meet some like-minded crafters? Join this friendly social knitting and crochet club for a cup of tea and a chat whilst completing your own craft project.

CHILDREN'S
ENQUIRIES

DIGGERS REST KINDERGARTEN

3-4 year old | 1300 677 275 | 9740 1337

MATERNAL CHILD HEALTH

babycentralbookings@melton.vic.gov.au

03 9747 7287





ENROLMENTS

Enrolments for all programs are now online at our website (unless specified).

REFUNDS

Please refer to the refund policy on our website.

ROOM HIRE

For information on available rooms to hire at this centre, visit the 'Locations' page on our website.

CONTACT US

For more information about this centre or any of the programs on offer, contact us via phone or email or visit us during business hours.

PHONE 0439 327 716
EMAIL paulinet@melton.vic.gov.au
ADDRESS Plumpton Road, Diggers Rest, 3427

WEBSITE meltonlearning.com.au
FACEBOOK facebook.com/meltonlearning
YOUTUBE bit.ly/MLDYouTube