

TERM 3 2024



TERM 3 2024 PROGRAMS & EVENTS

BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

260 BRIDGE ROAD, STRATHTULLOH, 3338



BOOK NOW

meltonlearning.com.au



TERM 3 2024

BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

FEATURE PROGRAM

YOGA & PILATES FUSION

TUESDAYS 16 JULY - 17 SEPTEMBER 2024
7PM - 8PM | 10 SESSIONS | \$70 PER TERM

If you are looking to incorporate gentle exercise combined with strength-based movements into your fitness routine, our popular Yoga & Pilates Fusion program is the perfect way to start your week. Delivered by our friendly and experienced instructor, these classes are designed to improve your flexibility, muscle strength and tone through stretching, core strengthening, breathwork and meditation.

All movements can be modified to your level of ability. Suitable for adults.



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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

MONDAYS
15 JUL - 16 SEP

ALL KIDS PLAYGROUP
TIME: 9.30am - 11.30am
COST: \$20 per term

A opportunity for children from birth to school age to develop and practice new skills, make new friends and gain self-confidence.

**MELTON CENTRAL
COMMUNITY
CENTRE
MONDAYS
15 JUL - 16 SEP**

PATCHWORK QUILTING
TIME: 7pm - 9pm
COST: \$14 per session/\$140 per term

Master both hands and machine quilting techniques guided by an experienced teacher.

TUESDAYS
16 JUL - 17 SEP

YOGA & PILATES FUSION
TIME: 7pm - 8pm
COST: \$7 per session/\$70 per term

Gentle exercise combined with strength based exercise designed to improve your flexibility, muscle strength and tone.

WEDNESDAYS
17 JUL - 18 SEP

MUMS & LITTLE ONES FITNESS
TIME: 9.45am - 10.30am
COST: \$7 per session/\$70 per term

Surround yourself with like-minded local mums which improving your fitness with your little one.

WEDNESDAYS
17 JUL - 18 SEP
OR
THURSDAYS
18 JUL - 19 SEP

FUNCTIONAL FITNESS FOR BEGINNERS
TIME: WED: 11am - 12pm OR THU 1pm - 2pm
COST: \$5 per session/\$50 per term

Improve the way your body moves, feels and functions in this 1-hour fitness class designed to improve strength, mobility, balance and stamina.

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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

FEATURE PROGRAM

TEACH & TEA

FRIDAYS 19 JULY - 20 SEPTEMBER 2024
10.30AM - 11.30AM | 10 SESSIONS | FREE

Learn to become more digitally connected by spending time with a digital mentor at our Tech & Tea sessions. These relaxed sessions are focused purely on the information you personally need which may include how to use social media, how to connect with others via ZOOM, how to find and book into programs via the Melton Learning Directory, the possibilities are endless!

Bookings not required. BYO device. No device, no worries, we have some available that can be used during the session if requested in advance.



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Melton Learning
Directory



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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

FEATURE PROGRAM

ATHERSTONE COMMUNITY JAM SESSION

FRIDAYS 19 JULY - 20 SEPTEMBER 2024

2PM - 4PM | 10 SESSIONS | \$25 FOR THE TERM

Whether you're an experienced musician looking for an outlet or someone wanting to learn to play an instrument you have at home, the Atherstone Community Music Jam Sessions welcome all music abilities. Bring along your favourite instrument to the group, you can learn how to play it or teach someone else how to if your knowledge allows.

All ages are welcome. Children must be supervised by an adult at all times. BYO musical instrument.



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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

FRIDAYS

19 JUL - 20 SEP

STRENGTH TRAINING FOR BEGINNERS

TIME: 9.30am - 10.30am

COST: \$5 per session/\$50 per term

Improve your strength through our beginner's strength training classes, designed for you to progress at your own pace.

FRIDAYS

19 JUL - 20 SEP

TECH & TEA

TIME: 10.30am - 11.30am

COST: FREE

Learn to become more digitally connected by spending time with a digital mentor.

FRIDAYS

19 JUL - 20 SEP

ATHERSTONE COMMUNITY MUSIC JAM SESSIONS

TIME: 2pm - 4pm

COST: Free

Come along and have a jam with other likeminded musos whether you're experienced or not the more the merrier.



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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

MELTON CENTRAL COMMUNITY CENTRE PRESENTS
PATCHWORK QUILTING METLON

MONDAYS 15 JUNE - 16 SEPTEMBER
7PM - 9.30PM | 10 SESSIONS | \$140 PER TERM

Relax and enjoy the company of fellow quilters in our patchwork quilting program. Guided by Bridget, our experienced teacher, participants will master both hand and machine quilting techniques including blanket stitch appliqué, foundation piecing, quilting the quilt and binding.

Tea, coffee and good company provided. Bring along your sewing machine and quilting materials. A list provided ahead of the term commencing.



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BRIDGE ROAD CHILDREN'S & COMMUNITY CENTRE

CHILDREN'S ENQUIRIES

BRIDGE ROAD KINDERGARTEN

3-year old | bridgeroad.kin@ecms.org.au 03 8481 1117

4-year old | csu@melton.vic.gov.au 03 9747 7200

SCHOOL HOLIDAY VACATION CARE: For school aged children.

Monday - Friday: 6:30am - 6:30pm (excluding public holidays)

vacationcareprogram@melton.vic.gov.au 03 9747 7200

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.

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ADDRESS 260 Bridge Road, Strathtulloh, 3338

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