



# Aspendale Gardens Community Service



## Activities Brochure Term One 2021

**Term 1 –27 January to 1 April**

[www.agcsinc.org.au](http://www.agcsinc.org.au) | [enquiries@agcsinc.org.au](mailto:enquiries@agcsinc.org.au) | [facebook.com/AGCSinc](https://facebook.com/AGCSinc)

103-105 Kearney Drive, Aspendale Gardens | 9587 5955

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AGCS acknowledges the support of the City of Kingston and the Victorian Government



## What's happening at AGCS

DATE	EVENT	TIME	More details on page
Tuesday 19 January	KOGO (Knit One Give One)	1.00pm to 2.00pm	8
Monday 25 January	ABBA Fitness - Term 1 timetable	See timetable	5
Wednesday 27 Jan	Bollywood- every Wednesday	7.30pm to 8.30pm	6
Wednesday 3 February	Playgroup begins	9.30am to 11.30am	3
Wednesday 3 February	Karate - first class for the term	6.30pm to 7.30pm	7
Thursday 4 February	Occasional Childcare begins	8.30am to 12.00pm	4
Tuesday 2 March	First Aid Course - Session 1 (CPR - first hour)	6.00pm to 8.30pm	9
Tuesday 9 March	First Aid Course - Session 2	6.00pm to 8.30pm	9
	Weekly Schedule of Activities at our Centre		11
	Contact details for program facilitators		12
Thursday 1 April	Last day of term		
Monday 19 April	Term 3 begins		

### 2021 TERM DATES

- Term 1      Wednesday 27 January to Thursday 1 April
- Term 2      Monday 19 April to Friday 25 June
- Term 3      Monday 12 July to Friday 17 September
- Term 4      Monday 4 October to Friday 17 December



## Playgroup

Are you looking for a place for you and your children to have fun and meet other families?

Playgroup is an ideal place for children to learn and develop through play while interacting with others.

We offer all sorts of activities for your child to enjoy such as playdough, pasting, water and sand play, music and singing, puzzles, story telling and play based activities.



Wednesday 9.30am to 11.30am  
(during school terms)

First session - Wednesday 3 February

Cost: \$60.00 per term  
(plus \$40.00 building & maintenance on enrolment  
refundable on attendance of working bee)  
and \$15.00 AGCS annual membership if not already paid)

## Occasional Childcare

### Do you need a break for a few hours?

Occasional Childcare is an affordable alternative to long day care, and a chance for you to do whatever you need to do without the kids!

We provide an opportunity for you to get those jobs done while your children have lots of fun and learn to feel comfortable in a new environment.

Sessions are facilitated by our qualified Preschool staff.



3½ hour session

Thursday 8.30am to 12.00pm

Cost: one child \$35.00  
or family \$65.00

5 hour session

Friday 8.30am to 1.30pm

Cost: one child \$50.00  
or family \$95.00

First Session - Thursday 4 February

Permanent positions may be available - contact the office  
Bookings essential | 9587 5955

(plus \$15 AGCS annual membership if not already paid)

## ABBA Fitness Classes

### TERM 1 GROUP FITNESS TIMETABLE

Monday 25 January to Saturday 3 April 2021

	6:00am	7.15am	9.30am
MON	BOXING (*MPH) 60 mins		POWER PUMP (*CCH) 45 mins
TUES	HIIT (*MPH) 60 mins		
WED			OUTDOOR TRAINING (THE PARK BEHIND THE COMMUNITY CENTRE) 60 mins
THURS	RUNNING TRAINING (ALL LEVELS) MEET AT MPH 60 mins		
FRI	POWER PUMP (*CCH) 45 mins		CIRCUIT (*CCH) 60 mins
SAT		BLT (BUTTS, LEGS & THIGHS) (*MPH) 60 mins	

\*CCH-Community Centre \*MPH Multipurpose Hall

For further information, contact Tracy on 0422 002 500 [ktnaismith@iinet.net.au](mailto:ktnaismith@iinet.net.au)

11-week term -\$122.00 or 2 instalments of  
1<sup>st</sup> instalment (6 weeks) \$66.00 / 2<sup>nd</sup> instalment (5 weeks) \$56.00  
(plus \$15 AGCS annual family membership if not already paid)





## Bollywood Workout!

### Experience the magic of BOLLYWOOD!!

Come and learn some hip-shaking Bollywood Dance moves that are infused with lots of fun, laughter and energy, right in your neighbourhood.

Bollywood dance form, borne out of the famous Indian film industry, combines classical and folk dances of India.



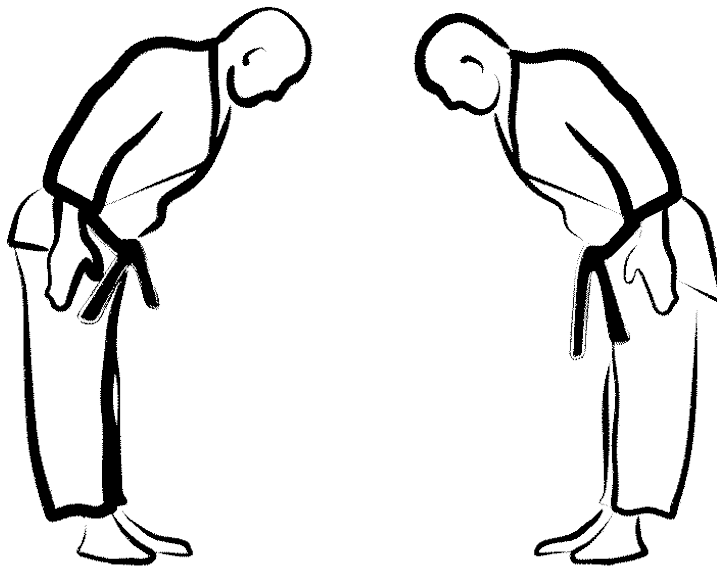
Wednesday | 7.30pm to 8.30pm  
27 January to 31 March

Cost: \$120.00 (10 weeks) or \$12.00 per class  
(plus \$15.00 AGCS annual family membership if not already paid)  
Bookings essential | [www.trybooking.com/BNQLV](http://www.trybooking.com/BNQLV)

## Karate for all ages

Want to start learning Japanese Karate  
but don't have any experience or a uniform (dogi)?

These classes are facilitated by an Accredited Volunteer Instructor  
with more than 30 years' experience with the Japanese Karate  
Association (JKA) and are for anybody aged between 6 and 65!



Wednesday 6.30pm to 7.30pm | Saturday 2.30pm to 3.30pm  
First class for Term 1 - Wednesday 3 February

Cost: \$120.00 per term + JKA Insurance

Family ticket also available - further information on trybooking  
(plus \$15.00 AGCS annual membership if not already paid)

Bookings essential | [www.trybooking.com/BNQKP](http://www.trybooking.com/BNQKP)

## Kogo - Knit One Give One (Knitting & Crochet Group)

### Knitting/Crocheting for Charity Help us knit items for those in need

Drop into our Centre on Tuesday afternoons and help us knit items to be distributed to homeless and disadvantaged communities.

The afternoons are part of the Knit One Give One (Kogo) initiative with more than 5,000 knitters across Australia. Come along and meet new friends and enjoy a cuppa while knitting items for those in need.

### Blanket Squares, Beanies, Scarves, Toys, Children and Baby Clothing

We are also seeking donations of 8ply wool, 4mm knitting needles and already completed items.



Afternoon Tea Group | Tuesdays 1.00pm to 2.00pm

No bookings required

103-105 Kearney Drive, Aspendale Gardens



# Provide First Aid including CPR (Level 2)

Facilitated by:  
Helen McGrath  
Total First Aid  
Training



**Nationally recognised and fully accredited training**

Participants can complete *either*:

- **Provide First Aid - HLTAID003**

(inclusive of CPR, attend session 1 & 2) **OR**

- **Perform CPR - HLTAID001**

(refresher recommended every 12 months, attend session 1 in part only)

Book and pay online at [www.trybooking.com/BNPPC](http://www.trybooking.com/BNPPC)

Once booking and payment is made, an online workbook will be emailed to you for completion before the first class.

**BOOKINGS OPEN – Monday 18 January 2021**

**Cost: \$100.00 for entire course or \$50.00 for CPR only**

Session 1 – Tuesday 2 March

Session 2 – Tuesday 9 March

Both sessions – 6.00pm to 8.30pm

(CPR ONLY – 6.00pm to 7.00pm – 2 March)



## Centre Activities

<i>Day</i>	<i>Program times (please note times may change)</i>
<b>Monday</b>	<b>ABBA Fitness:</b> 6.00am to 7.00am & 9.30am to 10.15am <b>Playball Sports</b> (for 2-8 yr olds): 9.30am to 11.45am & 5.00pm to 6.00pm <b>WW:</b> 5.30pm & 7.30pm <b>Aspendale Gardens Giants Basketball training:</b> 4.00pm to 5.00pm <b>Aspendale Social Netball League:</b> Games from 7.00pm
<b>Tuesday</b>	<b>ABBA Fitness:</b> 6.00am to 7.00am <b>Playball Sports</b> (for 2-8 yr olds): 9.30am to 11.45am <b>KOGO ("Knit One Give One") Knitting &amp; Crocheting Group:</b> 1.00pm to 2.00pm <b>Charlesworth Walsh Dance Centre:</b> 4.15pm to 8.30pm
<b>Wednesday</b>	<b>ABBA Fitness:</b> 9.30am to 10.30am <b>Playgroup:</b> 9.30am to 11.30am <b>Playball Sports</b> (for 2-8 yr olds): 9.30am to 12.15pm & 3.00pm to 6.00pm <b>Back in Motion Over 55's Exercise Class:</b> 2.00pm to 3.00pm <b>Helen O'Grady Drama Academy:</b> 4.00pm to 6.00pm <b>Aspendale Gardens Giants Basketball training:</b> 4.00pm to 6.00pm <b>JKA Karate:</b> 6.30pm to 7.30pm
<b>Thursday</b>	<b>ABBA Fitness:</b> 6.00am to 7.00am <b>Playball Sports</b> (for 2-8 yr olds): 9.30am to 11.45am & 4.00pm to 6.00pm <b>Gymbaroo:</b> 9.00am to 2.30pm <b>Occasional Childcare:</b> 8.30am to 12.00pm <b>Aspendale Gardens Giants Basketball training:</b> 4.00pm to 6.00pm <b>Aspendale Social Netball League:</b> Games from 7:00pm
<b>Friday</b>	<b>ABBA Fitness:</b> 6.00am to 6.45am & 9.30am to 10.15am <b>Occasional Childcare:</b> 8.30am to 1.30pm <b>Mini Maestros:</b> 10.00am to 1.30pm <b>Gymbaroo:</b> 9.00am to 1.00pm <b>Playball Sports</b> (for 2-8 yr olds): 9.30am to 11.45pm <b>Aspendale Gardens Giants Basketball:</b> 4.00pm to 7.00pm
<b>Saturday</b>	<b>ABBA Fitness:</b> 7.15am to 8.15am <b>Charlesworth Walsh Dance Centre:</b> 8.45am to 1.45pm <b>JKA Karate:</b> 2.30pm to 3.30pm

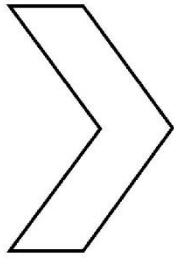
## Contacts for Programs and Services

ACTIVITY	CONTACT	EMAIL / WEBSITE
ABBA Fitness	Tracy 0422 002 500 or 9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Aspendale Social Netball	Gill - 0419 881 615	
Aspendale Gardens Junior Giants Basketball	9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Aspendale Gardens Giants Basketball Club	David - 0400 123 201 or 9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Back in Motion Over 55's Exercise Class	9580 1985	<a href="mailto:aspendalegardens@backinmotion.com.au">aspendalegardens@backinmotion.com.au</a>
Charlesworth Walsh Dance	Monique - 0431 328 515	<a href="http://www.cwdance.com.au">www.cwdance.com.au</a>
Gymbaroo	Liz - 9515 0496	<a href="mailto:aspendalegardens@gymbaroo.com.au">aspendalegardens@gymbaroo.com.au</a>
Helen O'Grady Drama Academy	9530 6080	<a href="http://www.helenogradys.com.au">www.helenogradys.com.au</a>
Karate	9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Knit One Go One ("KOGO") Knitting & Crocheting Group	9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Michele Cleaver (Art Classes)	Michele - 0417 425 116	<a href="mailto:info@colouryourworldart.com">info@colouryourworldart.com</a>
Mini Maestros	Jan - 0402 309 536	<a href="mailto:jan.close@minimaestros.com.au">jan.close@minimaestros.com.au</a>
Occasional Childcare	9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
Playball	Russell - 0424 042 027	<a href="mailto:russell@playball.com.au">russell@playball.com.au</a>
Playgroup	9587 5955	<a href="mailto:enquiries@agcsinc.org.au">enquiries@agcsinc.org.au</a>
WW	13 1997	<a href="http://www.weightwatchers.com.au">www.weightwatchers.com.au</a>
Youth Cove - City of Kingston	9587 0869 or 1300 36 94 36	<a href="mailto:ayc@kingston.vic.gov.au">ayc@kingston.vic.gov.au</a> or <a href="mailto:youth.services@kingston.vic.gov.au">youth.services@kingston.vic.gov.au</a>

For more information about our Centre's Programs and Services

Tel: 9587 5955 | [www.agcsinc.org.au](http://www.agcsinc.org.au) | [facebook/AGCSinc](https://www.facebook.com/AGCSinc)





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