

ROOM FACILITY HIRE

The Holdfast Bay Community Centre hosts a wide range of functions including engagement parties, seminars, baby showers, milestones birthdays, conferences and many more. The Centre offers a variety of unique room spaces, outdoor kids space and commercial kitchen facilities.

Tables, chairs and hot urns are supplied on request. BYO alcohol is allowed as long as it's not sold on site. Bookings outside standard Centre hours are accepted.



DID YOU KNOW WE HAVE FUN ACTIVITIES DURING SCHOOL HOLIDAYS?

Active play days, arts & crafts, dance and many more!

AGE GROUPS: 5 – 16 years old

To keep up to date, subscribe to our mailing list or follow us on Facebook.



For more details, please visit sa.ymca.org.au/hbcc or call **8298 7422**


WHERE TO FIND US:


COME BY BUS

Stop 33 is the closest bus stop to our Centre
City → Glenelg → Seacliff → Marion Shopping Centre (Bus 265)
Marion Shopping Centre → City (Bus 265)

COME BY TRAIN

Hove Railway Station is only 650m from the Centre. It is an easy six minute walk across Brighton Road.

 51 King George Ave, Hove South Australia 5048

 (08) 8298 7422

 hbcc@ymcasa.org.au

 /HoldfastbayCommunityCentre



CENTRE BROCHURE & PROGRAM GUIDE

Delivering and hosting a wide range of community strengthening programs and initiatives to 50,000 residents annually

HEALTH & FITNESS

MATURE MOVERS

An aerobics class to music that will keep you cardio fit and coordinated; suitable for all levels.

Date: Wednesday
Time: 9:00am - 10:00am
Cost: \$10.00
Registration: HBCC 8298 7422

YMCA STRENGTH FOR LIFE

Supervised strength and cardio group program designed for the over 50's.

Dates / Times:
Monday: 8:30am, 9:30am, 10:30am, 12:00pm
Tuesday: 9:30am, 10:30am
Wednesday: 8:30am, 9:30am, 10:30am
Thursday: 9:30am, 10:30am
Cost: \$10.00
Registration: HBCC 8298 7422
Health assessment required (\$45 prior)

YMCA WALK & TALK

Stay healthy and enjoy the outdoors and beautiful Brighton coastline while making new friends.

Date: Friday
Time: 10:00 - 11:00am
Cost: \$3.00
Registration: HBCC 8298 7422

TAI CHI

For stress control, health & relaxation.

Date: Wednesday
Time: 10:00am - 11:30am
Cost: \$100.00 or \$90 concession (8 weeks)
Registration: Rosemary 8381 7969

YMCA TAI CHI

Exercises for health of mind and body.

Date: Tuesday
Time: 10:30am - 11:30am
Cost: \$10.00 per session
Registration: HBCC 8298 7422



HOLDFAST PILATES

We offer a quality reformer Pilates experience inclusive of all ages and abilities. Our small group setting provides a welcoming experience while enabling trainers to tailor exercises with modifications and resistance to suit beginners through to advanced participants.

New to Holdfast Pilates? Try our Introductory Offer of 3 classes over 14 days for \$30!

To get started visit
sa.ymca.org.au/pilates

YOGA WITH MARILYN

Come along, relax and unwind.

Date: Monday & Thursday
Time: 10:00am - 11:30am
Cost: \$13.00
Registration: Marilyn 0403 508 071

YOGA WITH VARI

Yoga for good health.

Date: Friday
Time: 9:30am - 10:30am
Cost: \$13.00
Registration: Vari 8387 0552

ZUMBA

It's easy and fun. Before you know it, you're getting fit.

Date: Saturday
Time: 9:30am - 10:30am
Cost: \$15.00 casual or \$105 for 10 session pass
Registration: Shawn 0414 570 622

KYOKUSHIN KARATE

Improve fitness, strength and co-ordination; develop self confidence and learn valuable self defence skills. Beginners to Advanced classes.

Date: Monday
Time: 6:30 - 8:00pm
Cost: \$65.00 per month (first 2 lessons free)
Registration: Pam 0477 112 107

YMCA CHAIR-BASED EXERCISES

Aimed at maintaining and improving strength, flexibility, co-ordination and balance.

Date: Friday
Time: 1:30pm - 2:30pm
Cost: \$10.00
Registration: HBCC 8298 7422

For more details, please visit sa.ymca.org.au/hbcc or call **8298 7422**

BRIGHTON CHRISTIAN SCIENTISTS

Everyone welcome.

Date: 1st & 3rd Sunday of every month
Time: 10:00am - 11:00am
Cost: Free
Registration: Doug 0434 664 512

IT TUTORING

Would you like to know more about how to use your phone, ipad or laptop? Our friendly tutor will take you through step by step.

Date: Tuesdays, 10:30am, 11:15am,
 Fridays, 11:30am, 12:15pm, 1:00pm
Cost: \$10 per session
Registration: Call (08) 8298 7422

SOCIAL BRIDGE WITH FRIENDS

For people who love bridge.

Date: Tuesdays
Time: 6:30pm - 10:00pm
Cost: \$5.00
Registration: Fran 0404 726 576

WOMENS PERCUSSION GROUP

Mixing with percussion music for women over 50.

Date: Tuesdays
Time: 10:00am - 11:30am
Cost: \$8.00
Registration: HBCC 8298 7422

ART GROUP

Experiment, share and develop your artistic style, ability and talent with other artists.

Date: Mondays
Time: 9:15am - 12:45pm
Cost: \$8.00
Registration: HBCC 8298 7422



CHILD & YOUTH

PLAYGROUP

Social interaction and play for babies, toddlers and parents.

Date: Tuesdays
Time: 9:00am - 11:30am
Cost: \$4.00 per family + Playgroup SA membership
Registration: Yvette 0438 664 920

KARATE

We teach Shotokan karate and specialise in the growth and development of our students by teaching life skills such as discipline, respect and resilience.

Date: Wednesday
Time: 6:00pm - 7:30pm (Youth 5-12Y)
 7:30pm - 9:00pm (Adult 16Y+)
Cost: \$5.00 (plus \$80 membership fee)
Registration: Sam 0450 582 908

YMCA SOCIAL SUPPORT PROGRAMS

The Commonwealth Home Support Program (CHSP) is a government funded service that supports older people to remain living independently at home. The Holdfast Bay Community Centre offers various CHSP programs that will help you improve your health and wellbeing, and support you to remain active and living independently at home.

WHO CAN ACCESS CHSP PROGRAMS?

Over 65 years of age - Please phone MyAgedCare on 1800 200 422 and ask for a referral to Holdfast Bay Community Centre. We can support you in this process if required. If receiving another service, please check your Regional Assessment Officer for eligibility.

FEES

Program fees start from \$8.00 and extra \$2.00 for transport. Fee support is available for those experiencing financial hardship.

MONDAY

TRAVEL CLUB

12:00PM - 3:00PM

A social outing group for people aged 65 years and over. Enjoy lunch and conversation at various places around Adelaide. Pick up and drop off at your home is available.

INDOOR BOWLS

1:00PM - 3:00PM

Friendly and social group that caters to all abilities.

TUESDAY

SENIOR EXPLORERS

10:30AM - 3:30PM

Senior Explorer day trips offer social outings to a variety of areas across Adelaide. This is a great way to make new friends, whilst being a local traveller.

WEDNESDAY

COFFEE AND CHAT

10:00AM - 12:00PM

12.30PM - 2.30PM

A friendly and relaxing group that meets weekly. Feel free to bring any project you are currently working on or simply come along and enjoy talking and laughing.

FRIDAY

YMCA SOCIAL MAHJONG

1:00PM - 3:00PM

Join us for an informal and friendly get together. New players welcome.

For more information and program referrals please contact the centre on **8298 7422**. Bookings are essential.



BECOME A CENTRE USER GROUP

The Holdfast Bay Community Centre hosts over 30 user groups, delivering a wide variety of community based programs. We are always looking to expand our program portfolio, and welcome submissions for new or existing user groups looking for space. Subsidised room hire rates start at \$20/hour.

Get in touch, call **8298 7422**
 or email hbcc@ymcasa.org.au