

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

HEALTH & FITNESS

BEE FIT

Dance yourself fit with the uplifting music from the 50s, 60s and 70s.

Date : Wednesday

Time : 12:15pm - 1:15pm

Cost : \$8.00

Registration : HBCC 8298 7422

YMCA STRENGTH FOR LIFE

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

Time :

M - 8:30am, 9:30am, 12:00pm

T&W - 8:30am, 9:30am, 10:00am

TH - 9:30am, 10:30am

F - 8:30am, 9:30am

Cost: \$8.00

Registration: HBCC 8298 7422

Health assessment required

YMCA WALK & TALK

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

Date : Friday

Time : 10:00 - 11:00am

Cost : \$3.00

Registration : HBCC 8298 7422

TAI CHI

For stress control, health & relaxation.

Date : Wednesday

Time : 9:25 - 10:25am (beginners)

10:30 - 11:30am (advanced)

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 : \$8.00 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 : 10:00 - 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 : 9:30 - 10:30am

Cost : \$15.00 casual or \$105 for 10 session pass

Registration : Shawn 0414 570 622

HOBBIES

ART GROUP

Various mediums are used – pastels, oils, water color, acrylics, charcoal.

Date : Monday

Time : 9:15am - 12:45pm

Cost : \$7.00

Registration : Dianne 8293 2567

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, 11:00am,
Fridays, 11:30am, 12:00pm,
12:30pm

Cost : \$10 per session

Registration : Call (08) 8298 7422



SOCIAL BRIDGE WITH FRIENDS

For people who love bridge.

Date : Tuesdays

Time : 6:30 - 10:00pm

Cost : \$5.00

Registration : Fran 0404 726 576

WOMENS PERCUSSION GROUP

Mixing with percussion music for women over 50.

Date : Tuesdays

Time : 10:00 - 11:30am

Cost : \$5.00

Registration : Jacky 0427 298 304

CHILD & YOUTH

PLAYGROUP

Social interaction and play for babies, toddlers and parents.

Date : Tuesdays

Time : 9:30 - 11:30am

Cost : \$4.00 per family + Playgroup SA membership

Registration : Miriam 0466 995 291

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)
7:30 - 9:00pm (Adult 16Y+)

Cost : \$5.00 (plus \$80 membership fee)

Registration : Sam 0450 582 908



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@ymca.org.au**

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.

TUESDAY

GENTLE EXERCISE CLASS

11:30AM - 12:15PM

Exercise both chair based and standing depending on ability. Pick up from home is available. If you would like to improve your fitness, please come and join us.

SENIOR EXPLORERS

10:30AM - 3:30PM

Senior Explorer day trips offer social outings to a variety of areas across Adelaide with a different theme each time. This is a great way to make new friends, whilst being a local traveller in Australia's most liveable city.

WEDNESDAY

CRAFT

10:00AM - 12:00PM

A relaxing and enjoyable morning of craft. Knitting; Scrapbooking; Card making; Jewellery making and other DIY crafts. Learn a new skill or bring your project in and enjoy morning tea with this friendly group.

SONGS & RHYTHMS

1:45PM - 2:45PM

An interactive session consisting of singing, learning songs, rhythms and exploring instruments with others who love music.

FRIDAY

YMCA SOCIAL FRIDAYS

9:00AM - 12:00PM &

12:30PM - 3PM

Informal and friendly. Board games including cards, scrabble, mahjong, etc.

LIVING WITH A DISABILITY

NDIS approved programs for people living with a disability. YMCA is a provider of NDIS programs & eligible for plan funding depending on your goals.

TUESDAY

LEAP TAKERS

9:30AM - 3:30PM

Leap Takers is a life transition program for adults of all ages living with a disability. The program is designed to support participants to achieve their NDIS goals and to navigate the transition of roles in their life.

WEDNESDAY

YOUTH KONNECTIONS

4:00PM - 6:00PM

A program for youth on the autism spectrum which provides a place to be, learn, experience and have fun.

KONNECTIONS PLUS

5:00PM - 7:00PM

A program for young adults aged 18-35 with Aspergers and/or high functioning autism. This program supports making new friends and gaining work-ready and independent living skills while engaging in the community.

THURSDAY

LEAP TAKERS

9:30AM - 3:30PM

Leap Takers is a life transition program for adults of all ages living with a disability. The program is designed to support participants to achieve their NDIS goals and to navigate the transition of roles in their life.

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

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@ymca.org.au

 /HoldfastbayCommunityCentre

