



Neighbourhood House Week

13 - 19
MAY '24

To celebrate Neighbourhood House Week, we're offering free classes at our Hubs!

MONDAY 13 MAY

Move & Connect

10am - 11am
Chelsea Activity Hub
3-5 Showers Avenue,
Chelsea

A moment to connect with your mind and body using various activities from relaxation to expression through movement from a place of ability. No prior experience required. BYO water bottle and wear closed shoes.

Please call 03 9581 3045 or email chelseaactivityhub@kingston.vic.gov.au

No bookings required

Kids Yoga

4pm - 5pm
Westall Community Hub
35 Fairbank Road,
Clayton South

Kids Yoga helps to improve posture and increases focus and concentration. We can provide mats, BYO water bottle.

For more information call 9581 3050 or email westallhub@kingston.vic.gov.au

No bookings required

TUESDAY 14 MAY

Adults art class

10am - 12pm
Westall Community Hub
35 Fairbank Road,
Clayton South

Join us for an art class to learn all about art techniques, colour mixing and mediums like acrylics, watercolour and sketching. No experience required!



WEDNESDAY 15 MAY

Zumba Gold

9:30am - 10:30am
Clarinda Community Centre
58B Viney Street,
Clarinda

Zumba Gold is a slower-paced, latin-inspired dance fitness class for older adults, beginners or for people who haven't exercised in a while. Come along and help us celebrate our community.

For more information call 03 8551 1200 or email clarindacc@kingston.vic.gov.au

No bookings required

THURSDAY 16 MAY

Pilates

10:45am - 11:45am
Patterson Lakes Community Centre
54-70 Thompson Road,
Patterson Lakes

Help develop core strength and coordination through traditional pilates movements, use of breath and correct alignment. You'll feel a difference in your posture and gain overall toning with every class. All levels welcome. BYO mat.

For more information please call 03 9581 3040 or email pattersonlakes.cc@kingston.vic.gov.au

No bookings required



STRONGER Together!



City of
KINGSTON