

Physical Activity Directory for Older People

2011 - 2012



Frankston Region

Aspendale
Carrum Downs
Chelsea
Cranbourne
Frankston
Langwarrin
Seaford

**Ageing Well
Peninsula Health - Community Health**

**are pleased to present the
Physical Activity Directory, 2011/2012.**

**If you require further information please contact
Ageing Well on: (03) 9784 8320**



PENINSULA HEALTH

*The Physical Activity Guidelines recommend all persons should
speak to their GP or health professional prior to commencing
physical activity exercise programs.
(Department of Health and Ageing)*

ABOUT THE DIRECTORY

The Physical Activity Directory for Older People lists physical activity programs in the Frankston and Mornington Peninsula region that are suitable for the ageing population and those with chronic health conditions. This directory does not include all programs that are available within the region, but focuses on groups that are conducted in accessible venues and run by qualified and trained leaders.

HOW TO USE THE DIRECTORY

The directory includes groups located from Chelsea to Sorrento, and across to Hastings. The groups have first been divided into four sub-regions:

- **Frankston (Aspendale, Carrum Downs, Chelsea, Cranbourne, Frankston, Langwarrin, Patterson Lakes, Seaford)**
- **Mornington (Moorooduc, Mornington, Mt. Eliza, Mt. Martha)**
- **Southern Peninsula (Blairgowrie, Dromana, Rosebud, Rye, Sorrento, Tootgarook)**
- **Westernport (Crib Point, Hastings, Somerville)**

Programs listed in the directory are separated into group type, then, ordered alphabetically by location within each sub-region. Group types include:

- **Dancing**
- **Education**
- **General Exercise Groups**
- **Individually Tailored Exercise**
- **Leisure**
- **Strengthening Programs**
- **Tai Chi / Yoga / Pilates**
- **Walking / Cycling**
- **Water Exercise**

For information on other groups that are available please contact:

- **Frankston Community Support and Information Centre** Ph: (03) 9768 1600
- **Mornington Community Support and Information Centre** Ph: (03) 5975 1644
- **Southern Peninsula Community Support and Information Centre** Ph: (03) 5986 1285
- **Western Port Community Support and Information Centre** Ph: (03) 5979 2762
- **Go for your life Information Line** Ph: 1300 73 98 99

***Disclaimer:** This directory does not eliminate the need for referring health professionals to make specific enquiries regarding listed groups to ensure suitability for individual needs. To the best of our knowledge, the information within this directory is correct at the time of printing.*

TYPES OF PHYSICAL ACTIVITY

AGESTRONG

Agestrong is a group strength and balance program designed for older people who no longer feel confident to access mainstream exercise programs.

Agestrong has been designed by local allied health professionals.

The program includes exercises using small weights to work all the major muscle groups of the body. All exercises have 2-3 levels of difficulty which can be tailored to individual needs. All programs include a warm up and stretching.

For more information

Call: 9788 1319

Email: Agestrong@phcn.vic.gov.au

Web: www.peninsulahealth.org.au/agestrong



DANCING

Physical activity in the form of dancing has various benefits for older adults, including developing and maintaining core postural support, balance, flexibility and increased physical endurance. Dancing is also a way of expanding one's social activity, community involvement, and self expression.

Various forms of dancing have the ability to build confidence levels in those who may be at risk of falls, as well as decreasing isolation and loneliness.

(Alpert et al., 2009; McKinley et al., 2009)

LEISURE

Leisure groups listed within the directory include activities such as table tennis, indoor bowls, croquet, and billiards. Leisure is an important aspect of physical and mental health and social wellbeing.

(Kielhofner, 2002)

STRENGTHENING & GENTLE AEROBICS

Strengthening and gentle aerobics have endless benefits for older adults and those with chronic illness. Research shows that strength training and gentle exercise classes have the ability to increase not only functional mobility and independence in all areas of daily living, but also increase balance, decrease blood pressure, lower the risk of stroke, increase bone density and prevent falls.

(Howe et al., 2009)

TAI CHI / YOGA / PILATES

Tai Chi is extremely valuable in promoting the health of older adults as well as improving concentration and overall well-being.

A branch of the Chinese martial arts, Tai Chi has been practiced for general health and fitness purposes since the 16th Century. Health benefits are derived from the slow, and gentle movements which relax the mind and body, improve mobility, and mental alertness.

There is a large body of evidence surrounding the specific benefits of Tai Chi for older adults. Findings surrounding these benefits include decreased risk of falls and related injuries, decreased anxiety, increased positive mood and self esteem, increased cardio respiratory function, increased muscle strength, as well as increased flexibility, balance and core postural support.

Yoga is aimed to unite the mind, body and spirit. It helps you become more aware of your body's posture, movement. Yoga makes the body more flexible and helps you relax even in when you are stressed.

Much research has been undertaken, looking at the health benefits of Yoga - from the postures, to the breathing, and meditation. Some of the many benefits include; improved balance, sleep, endurance, posture, joint range of motion and energy, as well as other physiologic responses such as decreased blood pressure, respiratory rate and improved cardiovascular function.

(Yao, Giordani, Alexander, 2008; Tai Chi Australia, 2009)

WATER EXERCISES

Water exercises are especially good for older adults with joint problems such as osteoarthritis, rheumatoid arthritis or those who have general weight bearing difficulties. Water exercise requires you to support only 50 per cent of your body weight. Water exercises place little strain on joints, improves muscular tension, and increases energy levels.

Water exercises are gentle on joints and have proven cardiovascular benefits as well as increasing muscular tone and flexibility.

(Tsourlou et al., 2006)



WALKING

The benefit of attending walking groups includes building fitness and endurance under the supervision of walk leaders. Walking is a fantastic low cost option to physical activity and can be done in a social group environment or on your own. As well as both indoors and outdoors.

(Praet et al., 2008)

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Frankston Region



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Aspendale | Carrum Downs | Chelsea
Cranbourne | Frankston | Langwarrin
Patterson Lakes | Seaford

PHYSICAL ACTIVITY DIRECTORY – FRANKSTON REGION

DANCING

Dancing **55+** Chelsea

Venue: Chelsea Senior Citizens Club
3 - 5 Showers Ave

Contact: Senior Citizens Club
9772 3167

Melways Ref: 97 A1

Led By: Volunteer

Times: Wed 1.00 - 4.30pm

Group Access:

Cost: \$3 per session

Venue Access: No steps

Prerequisites: Annual Membership - \$5

Transport:

Activities: Dancing group

Line Dancing **All Ages** Karingal

Venue: Karingal Neighbourhood House
88 Karingal Dve

Contact: Reception
8786 6656

Melways Ref: 103 B2

Led By:

Times: Mon 1.00 - 2.30pm

Group Access:

Cost: \$6 per session

Venue Access: Disabled access

Prerequisites: None

Transport:

Activities: Line dancing

Line Dancing **All Ages** Patterson Lakes

Venue: Patterson Lakes Community Centre
54 - 70 Thompson Rd

Contact: Reception
9772 8588

Melways Ref: 98 H9

Led By: Trained Leader

Times: Thu 7.00pm

Group Access:

Cost: \$7 per session

Venue Access: Disabled access

Prerequisites: None

Transport: Bus 708 stops right out front

Activities: Line dancing

DANCING

Square Dancing		56+	Aspendale
Venue:	Aspendale Senior Citizens Club 151A Station St	Contact:	Aspendale Senior Citizens 9580 1555
Melways Ref:	92 J7	Led By:	Dance Instructor
Times:	Thu 1.00 - 3.00pm	Group Access:	
Cost:	\$3 per session	Venue Access:	Car park adjoining building
Prerequisites:	Annual Membership - \$2 Good balance required	Transport:	Near Aspendale Station
Activities:	A dancing group which may involve instruction as required		

Line Dancing		45+	Carrum Downs
Venue:	Lyrebird Community Centre 203 - 205 Lyrebird Dve	Contact:	Reception 9782 0133
Melways Ref:	100 H3	Led By:	Trained Dance Instructor
Times:	Thu 10.15am - 11.45am	Group Access:	
Cost:	\$6 per session	Venue Access:	Disabled access
Prerequisites:	Good Balance	Transport:	Grenda Bus lines 830 / 832 - 100m
Activities:	Leisure based physical activity - beginners welcome		

Line Dancing for Arthritis		All Ages	Cranbourne
Venue:	Casey RACE - Recreation & Aquatic Centre Cranbourne-Berwick Rd	Contact:	Mrs Rae Johnson 5996 0438
Melways Ref:	134 C6	Led By:	Trained Leaders
Times:	Mon 10.00am - 11.00	Group Access:	WA MF
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	Must be a member of Arthritis Victoria (\$10 annual membership)	Transport:	None
Activities:	Line dancing for people with arthritis		

Over 55's Line Dancing		55 - 90	Frankston
Venue:	East Frankston Over 55's Club 200 Beach St	Contact:	Thelma 9781 1538
Melways Ref:	102 H3	Led By:	Volunteer
Times:	Fri 10.00 - 3.00pm	Group Access:	MF
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$10	Transport:	Cranbourne and Karingal Buses.
Activities:	Gentle Line dancing for strength and balance.		

GENERAL EXERCISE CLASSES

Exercise Group		56+	Aspendale
Venue:	Aspendale Senior Citizens Club 151A Station St	Contact:	Aspendale Senior Citizens 9580 1555
Melways Ref:	92 J7	Led By:	Trained Leader
Times:	Wed 10am	Group Access:	SA MF
Cost:	\$3 per class	Venue Access:	Car park adjoining building
Prerequisites:	Annual Membership - \$2 Reasonable balance	Transport:	Near Aspendale Station
Activities:	Gentle exercise for strength and balance.		

Ladies Keep Fit		55+	Chelsea
Venue:	Chelsea Senior Citizens Club 3 - 5 Showers Ave	Contact:	Senior Citizens Club 9772 3167
Melways Ref:	97 A1	Led By:	Trained Leader
Times:	Mon 10.00 - 11.30am	Group Access:	SA MF
Cost:	\$3 per class	Venue Access:	No steps
Prerequisites:	Annual Membership - \$5 Reasonable balance	Transport:	
Activities:	Gentle exercise run by trained leader		

Zumba		55+	Chelsea
Venue:	Chelsea Senior Citizens Club 3 - 5 Showers Ave	Contact:	Senior Citizens Club 9772 3167
Melways Ref:	97 A1	Led By:	Trained Leader
Times:	Fri 7.00pm - 8.00pm	Group Access:	
Cost:	\$5 per class	Venue Access:	No steps
Prerequisites:	Annual Membership - \$5	Transport:	
Activities:	An energetic, Latin-inspired dancing that increases fitness.		

GENERAL EXERCISE CLASSES

Exercises for Health		50 - 70	Frankston
Venue:	Church of Christ 130 Cranbourne Rd	Contact:	Olivia Sleep 0412 130 837
Melways Ref:	102 H3	Led By:	Trained Leader
Times:	Mon & Tue 9.30 -10.30am	Group Access:	SA MF
Cost:	\$6 per session	Venue Access:	Disabled access
Prerequisites:	Registration form signed by GP	Transport:	
Activities:	Stretching, gentle weight work and strengthening. Aims to ease stiffness and pain.		

Gentle Exercise Over 55's		55 - 90 years	Frankston
Venue:	East Frankston Over 55's Club 200 Beach St	Contact:	Thelma 9781 1538
Melways Ref:	102 H3	Led By:	Volunteer
Times:	Wed 9.00am - 10.30am.	Group Access:	WA MF SA
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$10	Transport:	Cranbourne and Karingal Buses.
Activities:	Very Gentle exercise. Warm up Tai Chi.		

Chi Ball		All Ages	Frankston
Venue:	Core Health Club 313 Nepean Hwy	Contact:	Reception 9781 5533
Melways Ref:	99 D11	Led By:	Trained Leader
Times:	Wed - 10.30am	Group Access:	
Cost:	\$15 for seniors casual	Venue Access:	
Prerequisites:	Able to get on floor.	Transport:	
Activities:	Relaxation & Breathing		

GENERAL EXERCISE CLASSES

Fitness in Retirement Class		60-80	Frankston
Venue:	Chisholm Tafe Gym Fletcher Rd	Contact:	9238 8295
Melways Ref:	102 D3	Led By:	Trained Leader
Times:	Mon, Tue, Wed, Thu 11am - 12pm Sat 10.00 - 11.00am	Group Access:	MF
Cost:	\$10 per session. \$95 for 3 months	Venue Access:	3 steps at front
Prerequisites:	Join up fee - \$30 Registration form to be signed by GP	Transport:	Opposite Frankston Train Station
Activities:	Warm ups, gentle work-outs, strength training, stretches, relaxation. Access to the gym with supervised program is also available.		

Older Adults Class		50+	Frankston
Venue:	Frankston Monash Gym, Building u McMahons Rd	Contact:	Reception 9904 4496
Melways Ref:	102 F4	Led By:	Trained Leader
Times:	Mon & Wed 9.30 - 10.30am	Group Access:	WA
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	GP sign off for over 65 with heart problems	Transport:	
Activities:	Light exercise using resistance to music		

Stronger with Age		55+	Frankston North
Venue:	Mahogany Neighbourhood Centre 26 Mahogany Ave	Contact:	Thelma 9786 6536
Melways Ref:	99 J8	Led By:	Self Help
Times:	Mon & Thu 3.15 - 4.30pm	Group Access:	WA MF SA
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	Completed Agestrong Group	Transport:	Bus Nos. 830/831 - 100m to bus stop
Activities:	Exercise & social group		

GENERAL EXERCISE CLASSES

New Body Aerobics		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Wed 8.30am & 9.30am	Group Access:	
Cost:	\$5.50 per class	Venue Access:	Disabled access
Prerequisites:	Reasonable balance Must be able to get on the floor	Transport:	
Activities:	Great music of the 60s & 70s. This is a low impact, medium paced class using light hand weights to keep you in the fat burning zone, followed with floor stretching.		

Prymeball		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Mon 9.30 - 11.30am	Group Access:	
Cost:	\$5.50 per class	Venue Access:	Disabled access
Prerequisites:	Reasonably fit, good balance.	Transport:	
Activities:	Modified game of volleyball ball is caught before being passed over the net, played in a non-competitive atmosphere.		

Tri Class for Older Adults		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Mon 8.30am & 9.30am	Group Access:	
Cost:	\$5.50 per class	Venue Access:	Disabled access
Prerequisites:	Reasonable balance	Transport:	
Activities:	Exercises for all levels using steps, fit balls, bands and weights. Finished with stretching.		

GENERAL EXERCISE CLASSES

Easy Exercise Class		50 - 80	Patterson Lakes
Venue:	Patterson Lakes Community Centre 54 - 70 Thompson Rd	Contact:	Reception 9772 8588
Melways Ref:	98 H9	Led By:	Trained Leader
Times:	Tue 9.30 - 10.30am	Group Access:	WA
Cost:	\$6 per session	Venue Access:	Disabled access
Prerequisites:	Previous Exercise Experience	Transport:	
Activities:	Exercise program, run at a medium pace for people who have exercised previously		

Fun and Fitness		50-80	Patterson Lakes
Venue:	Patterson Lakes Community Centre 54 - 70 Thompson Rd	Contact:	Reception 9772 8588
Melways Ref:	98 H9	Led By:	Trained Leader
Times:	Thu 9.30 - 10.30am	Group Access:	
Cost:	\$6 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	Bus 708 stops right out front
Activities:	General fitness, aids flexibility, muscle tone, strengthening		

Gentle Exercise to Music		50 - 80yrs	Patterson Lakes
Venue:	Patterson Lakes Community Centre 54 - 70 Thompson Rd	Contact:	Reception 9772 8588
Melways Ref:	98 H9	Led By:	Trained Leader
Times:	Mon 9.30 - 10.30 am	Group Access:	WA
Cost:	\$6 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	Bus 708 stops right out front
Activities:	Slow gentle moves, aids flexibility and fitness, work at own pace		

GENERAL EXERCISE CLASSES

Going Strong		50+	Seaford
Venue:	Everything for Women 132 Nepean Hwy	Contact:	Reception 9776 9940
Melways Ref:	99 D3	Led By:	Trained Leader
Times:	Thu 2.00 - 3.00pm Fri 9.30 - 10.30pm	Group Access:	WA MF SA
Cost:	\$10 per class (10% discount for seniors)	Venue Access:	Enter rear entrance - no steps
Prerequisites:	Reasonable balance	Transport:	200m to Seaford Train Station
Activities:	Gentle aerobics, weight exercises for strength and balance		

INDIVIDUALLY TAILORED EXERCISE

Pulmonary Rehab Program		All Ages	Chelsea
Venue:	Chelsea Church of Christ 3 - 5 Blantyre Ave	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	97 B1	Led By:	Trained Leader
Times:	Tue & Thu afternoon	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.	Transport:	
Activities:	A 6 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Course book costs \$10 and should be purchased in the first class		

Arthritis Self Management Course		All Ages	Frankston
Venue:	John Madder Hall Frankston Hospital Davey St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 E4	Led By:	Physiotherapist
Times:	Contact for times. 6 Week course	Group Access:	WA MF SA
Cost:	\$6.40 per session	Venue Access:	Steps to door
Prerequisites:	None	Transport:	Bus to Frankston Hospital
Activities:	Education on pain management, nutrition, relaxation, stretches, flexibility & balance.		

Back in Action / Get Moving		All Ages	Frankston
Venue:	Frankston Integrated Health Centre Physio Gym Davey St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 E4	Led By:	Physiotherapist
Times:	Tue 10.30am - 11.30am Thu 10.30 - 11.30am	Group Access:	WA MF SA
Cost:	\$6.40 per session (or \$10 for two sessions)	Venue Access:	Disabled access
Prerequisites:	Physio Assessment	Transport:	
Activities:	Exercises specifically tailored for people with lower back pain and mobility issues and low level fitness		

Group Access SA - Exercise available in Sitting
 WA - Members with walking aids welcome
 MF - Exercises can be modified for frailer people

INDIVIDUALLY TAILORED EXERCISE

TAFE Gym Group		All Ages	Frankston
Venue:	Chisholm Tafe Gym Fletcher Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 D3	Led By:	Physiotherapist
Times:	Tue 9.00 - 10.00am Thu 9.00 - 10.00am	Group Access:	
Cost:	\$6.40 per session (or \$10 for 2 sessions in week)	Venue Access:	No disabled access 10-12 steps
Prerequisites:	Physio Referral	Transport:	
Activities:	Individually tailored gym program - Maximum 8 sessions		

Chronic Heart Failure Rehab Program		All Ages	Frankston
Venue:	Frankston Integrated Health Centre Hastings Road	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 E4	Led By:	Trained Leader
Times:	Wed 9.00am - 12.00pm	Group Access:	WA MF SA
Cost:	Free	Venue Access:	Disabled access
Prerequisites:	Must be diagnosed with chronic heart failure and undergo assessment prior to starting.	Transport:	
Activities:	A 10 week education and exercise course for people with chronic heart failure.		

Pulmonary Rehab Program		All Ages	Frankston
Venue:	Community Health Frankston Frankston Integrated Health Centre, Hastings Road	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 E4	Led By:	Trained Leader
Times:	Tue & Thu 1.30 - 3.30pm	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Must be diagnosed with respiratory conditions. Preferable to have a referral and a recent lung function test.	Transport:	
Activities:	A 6 week education and exercise course for people with chronic lung disease. Includes a pre and post assessment. Course book costs \$10 (to be purchased in the first class)		

INDIVIDUALLY TAILORED EXERCISE

Lungs in Action		All Ages	Frankston
Venue:	Frankston Monash Gym, Building u McMahons Rd	Contact:	Reception 9904 4496
Melways Ref:	102 F4	Led By:	Trained Leader
Times:	Thu 1.30 - 2.30pm	Group Access:	WA MF SA
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	Must have completed a Pulmonary Rehab Program and undergo assessment	Transport:	
Activities:	A group exercise program for people with respiratory problems. Everyone has an individualised program including strength training and cardiovascular exercise.		

Stroke Care		50+	Frankston
Venue:	Frankston Monash Gym, Building u McMahons Rd	Contact:	Reception 9904 4496
Melways Ref:	102 F4	Led By:	Trained Leader
Times:	Tue & Thu 9.30 - 10.30am	Group Access:	
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	GP sign off for over 65 with heart problems	Transport:	
Activities:	Exercise maintenance program for stroke survivors.		

MS Exercise Group		50+	Frankston
Venue:	Frankston Monash Gym, Building u McMahons Rd	Contact:	Reception 9904 4496
Melways Ref:	102 F4	Led By:	Trained Leader
Times:	Tue 10.30 - 11.30am	Group Access:	WA SA MF
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	GP sign off for over 65 with heart problems	Transport:	
Activities:	Exercise program for people with MS		

LEISURE

Indoor Bowls		56+	Aspendale
Venue:	Aspendale Senior Citizens Club 151A Station St	Contact:	Aspendale Senior Citizens 9580 1555
Melways Ref:	92 J7	Led By:	Volunteers
Times:	Tue & Sat 1.00pm	Group Access:	
Cost:	\$2 per session	Venue Access:	Car park adjoining building
Prerequisites:	Annual Membership - \$2	Transport:	Near Aspendale Station
Activities:	Indoor Bowls		

Table Tennis		56+	Aspendale
Venue:	Aspendale Senior Citizens Club 151A Station St	Contact:	Aspendale Senior Citizens 9580 1555
Melways Ref:	92 J7	Led By:	Volunteer
Times:	Thu 7.30pm	Group Access:	
Cost:	\$2 per session	Venue Access:	Car park adjoining building
Prerequisites:	Annual Membership - \$2	Transport:	Near Aspendale Station
Activities:	Table Tennis		

Indoor Bowls		55+	Chelsea
Venue:	Chelsea Senior Citizens Club 3 - 5 Showers Ave	Contact:	Senior Citizens Club 9772 3167
Melways Ref:	97 A1	Led By:	Volunteer
Times:	Fri 1.00 - 3.00pm	Group Access:	
Cost:	\$2 per session	Venue Access:	No steps
Prerequisites:	Annual Membership - \$5	Transport:	
Activities:	Indoor Bowls		

Indoor Bowls Over 55's		55 - 90	Frankston
Venue:	East Frankston Over 55's Club 200 Beach St	Contact:	Thelma 9781 1538
Melways Ref:	102 H3	Led By:	Volunteer
Times:	Competition Tue 1.00-3.00pm Social Fri 10.00-12.00pm Sat 1.00-3.00pm	Group Access:	WA
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$10	Transport:	Karingal Bus
Activities:	Indoor Bowls		

Over 55's Carpet Bowls		55+	Frankston North
Venue:	Mahogany Neighbourhood Centre 26 Mahogany Ave	Contact:	Pat 9785 3192
Melways Ref:	99 J8	Led By:	Volunteers
Times:	Wed 10.30am - 1.30pm	Group Access:	WA MF
Cost:	\$3 per session	Venue Access:	Disabled access
Prerequisites:	Member of Over 55's Frankston North - Annual Membership \$4	Transport:	Bus Nos. 830/831 - 100m to bus stop
Activities:	Indoor Carpet Bowls		

Social Badminton		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Wed 9.15am & 11.30am Sat 3.00pm & 6.00pm	Group Access:	
Cost:	\$5.50 per class	Venue Access:	Disabled access
Prerequisites:	Reasonable balance, moderately fit	Transport:	
Activities:	Social game - shuttles and racquets provided, no previous experience needed.		

Social Badminton - Beginners		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Mon 2.00pm & 3.00pm	Group Access:	
Cost:	\$5.50 per class	Venue Access:	Disabled access
Prerequisites:	Reasonable balance, moderately fit	Transport:	
Activities:	Social game - shuttles and racquets provided, no previous experience needed.		

Seagull Day Club		60+	Seaford
Venue:	Meeting Room, Seaford Community Centre Cnr Broughton Ave & Stations St	Contact:	Sharon Collins 9783 5509
Melways Ref:	99 D3	Led By:	Volunteers - First Aid Trained
Times:	Tue 10.00am - 2.00pm	Group Access:	WA MF SA
Cost:	\$8 per week (outings \$20)	Venue Access:	Disabled access
Prerequisites:	Assessment required - contact to organise. Living in the community.	Transport:	Transport available if HACC Eligible
Activities:	Light exercise included in social program Includes light lunch		

STRENGTHENING PROGRAMS

Strength Training **50+** Carrum Downs

Venue:	Lyrebird Community Centre 203 - 205 Lyrebird Dve	Contact:	Kerrie 0414 482 431
Melways Ref:	100 H3	Led By:	Trained Leader
Times:	Thu 9.00 - 10.00am	Group Access:	
Cost:	\$9 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	Grenda Bus lines 830 / 832 - 100m
Activities:	Moderate exercises using a variety of equipment including weights, circuit, fit balls, steps.		

Agestrong **All Ages** Carrum Downs

Venue:	Lyrebird Community Centre 203 Lyrebird Drive	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	100H3	Led By:	Trained Leader
Times:	Mon & Fri 9.00 – 10.00am	Group Access:	SA WA MF
Cost:	\$4.50 per session	Venue Access:	Diabled access
Prerequisites:	GP or Physio Assessment	Transport:	Limited transport available contact 9768 1861
Activities:	An Agestrong Exercise Program, see page 3 for details		

Agestrong - Chair based **All Ages** Chelsea

Venue:	Chelsea Church of Christ 3 - 5 Blantyre Ave	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	97 B1	Led By:	Trained Leader
Times:	Tue & Thu 11.30 - 12.30pm	Group Access:	SA WA MF
Cost:	\$4.50 per session	Venue Access:	Ramped access
Prerequisites:	GP or Physio Assessment	Transport:	Opposite Chelsea train station
Activities:	An Agestrong Exercise Program, see page 3 for details		

STRENGTHENING PROGRAMS

Agestrong - Entry		All Ages	Chelsea
Venue:	Chelsea Church of Christ 3 - 5 Blantyre Ave	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	97 B1	Led By:	Trained Leader
Times:	Tue & Thu 10.15 - 11.15am	Group Access:	SA WA MF
Cost:	\$4.5 per session	Venue Access:	Ramped access
Prerequisites:	GP or Physio Assessment	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Agestrong - Self Management		All Ages	Chelsea
Venue:	Chelsea Church of Christ 3 - 5 Blantyre Ave	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	97 B1	Led By:	Trained Leader
Times:	Tue & Thu 9.00am - 10.00am	Group Access:	
Cost:	\$4.50 per session	Venue Access:	Ramped access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Active One Group Exercise Classes		50+	Frankston
Venue:	Innervation Health Care Clinic 25 Yuille St	Contact:	Trent Malcolm 8707 0830
Melways Ref:	102 D4	Led By:	Exercise Physiologist
Times:	Tue & Fri 7.30, 8.30 or 9.30	Group Access:	
Cost:	\$16.50 per session (\$10.50 for pensioners) Rebates available - Diabetes/Private health	Venue Access:	Disabled access
Prerequisites:	GP certificate preferred but not essential	Transport:	
Activities:	Strength training, enhanced fitness, balance and coordination, health and motivation coaching.		

STRENGTHENING PROGRAMS

Agestrong - Entry		All Ages	Frankston
Venue:	Frankston Comm Rehab Centre 125 Golf Links Rd	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	102 K10	Led By:	Trained Leader
Times:	Mon & Thu 11.00 - 12.00pm Tue & Fri 9.30 - 10.30am	Group Access:	WA MF SA
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	Bus 775 from Frankston Station
Activities:	An Agestrong Exercise Program, see page 3 for details		

Agestrong - Self Management		All Ages	Frankston
Venue:	Frankston Comm Rehab Centre 125 Golf Links Rd	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	102 K10	Led By:	Trained Leader
Times:	Tue & Fri 11.00 - 12.00pm	Group Access:	WA MF SA
Cost:	\$4.50 per session	Venue Access:	No steps, can be dropped off at front door
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Agestrong - Entry		All Ages	Frankston North
Venue:	Mahogany Neighbourhood Centre 26 Mahogany Ave	Contact:	Community Health Frankston 9784 8100
Melways Ref:	99 J8	Led By:	Trained Leader
Times:	Mon 10.45 - 11.45am Thu 11.30 - 12.30pm	Group Access:	WA MF
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	Free class if travel by half price taxi
Activities:	An Agestrong Exercise Program, see page 3 for details		

STRENGTHENING PROGRAMS

Agestrong - Self Management		All Ages	Frankston North
Venue:	Mahogany Neighbourhood Centre 26 Mahogany Ave	Contact:	Community Health Frankston 9784 8100
Melways Ref:	99 J8	Led By:	Trained Leader
Times:	Mon 9:30- 10:30pm Thu 10.15 - 11.15am	Group Access:	
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	Bus 830/831 from Frankston Station
Activities:	An Agestrong Exercise Program, see page 3 for details		

Twinges in the Hinges		50+	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Thu 9.30am	Group Access:	SA WA MF
Cost:	\$5.50 per session	Venue Access:	Disabled access
Prerequisites:	Reasonable balance	Transport:	
Activities:	Gentle exercise class intended to improve balance, strength and flexibility. This is a good beginners class which includes stress relief and relaxation.		

Agestrong Frankston South - Active		All Ages	Frankston South
Venue:	Frankston South Rec Centre 55 Towerhill Rd	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	102 E7	Led By:	Trained Leader
Times:	Mon & Wed 10.30 - 11.30am	Group Access:	
Cost:	\$4.40 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

STRENGTHENING PROGRAMS

Agestrong Frankston South - Active & Chair based

All Ages

Frankston South

Venue: Frankston South Rec Centre
55 Towerhill Rd

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 102 E7

Led By: Trained Leader

Times: Mon, Wed & Fri 11.30 - 12.30pm

Group Access: SA WA MF

Cost: \$4.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport: Available for HACC eligible clients

Activities: An Agestrong Exercise Program, see page 3 for details

TAI CHI / YOGA / PILATES

Tai Chi		56+	Aspendale
Venue:	Aspendale Senior Citizens Club 151A Station St	Contact:	Aspendale Senior Citizens 9580 1555
Melways Ref:	92 J7	Led By:	Trained Leader
Times:	Thu 8.00 - 9.00am (Beginners) Thu 9.00 - 10.00am (Advanced)	Group Access:	MF
Cost:	\$40 for 8 lessons	Venue Access:	Car park adjoining building
Prerequisites:	Annual Membership - \$2	Transport:	Near Aspendale Station
Activities:	Tai Chi		

Yogalates		All Ages	Carrum Downs
Venue:	Lyrebird Community Centre 203 - 205 Lyrebird Dve	Contact:	Julia 0418 176 484
Melways Ref:	100 H3	Led By:	Trained Leader
Times:	Wed 7.00pm	Group Access:	
Cost:	\$120 for 10 weeks	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	A fusion of Hatha Yoga & Pilates to develop core strength and improve posture.		

Tai Chi for Health and Arthritis		All Ages	Frankston
Venue:	Frankston Comm Rehab Centre 125 Golf Links Rd	Contact:	ACCESS, Peninsula Health 9788 1377
Melways Ref:	102 K10	Led By:	Physiotherapist
Times:	Thu 10.00am	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Reasonable balance	Transport:	100m max to bus stop
Activities:	Tai Chi exercise suitable for older people for balance and strength		

TAI CHI / YOGA / PILATES

Meditation		All Ages	Frankston
Venue:	Orwil Community House 16 Orwil St	Contact:	Orwil St Comm House 9783 5073
Melways Ref:	99 F12	Led By:	Trained Leader
Times:	Mon 5.30 - 6.30pm	Group Access:	
Cost:	Free	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Teaches ancient methods of meditation.		

Meditation		All Ages	Frankston
Venue:	Orwil Community House 16 Orwil St	Contact:	Orwil St Comm House 9783 5073
Melways Ref:	99 F12	Led By:	Trained Leader
Times:	Tue 1.00 - 2.00pm	Group Access:	
Cost:	Donation	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Teaches ancient methods of meditation.		

Yoga & Relaxation		All Ages	Frankston
Venue:	5 Meribah Crt	Contact:	Barbara 0403 022 152 or 9775 5309
Melways Ref:	102 H6	Led By:	Yoga Teacher
Times:	Fri 9.30 - 11.00	Group Access:	MF
Cost:	Casual \$17 per session or \$13 per session paid term in full	Venue Access:	Ramped access
Prerequisites:	None	Transport:	
Activities:	Practical techniques include gentle exercise to improve health, posture and well being		

TAI CHI / YOGA / PILATES

Frankston Arthritis Self Help - Tai Chi **50 - 80** Frankston South

Venue: Frankston South Rec Centre
55 Towerhill Rd

Contact: Marjorie Armitage
9789 3491

Melways Ref: 102 E7

Led By: Trained Volunteer

Times: Tue 12.00 - 1.00pm

Group Access: WA MF SA

Cost: \$2 each week

Venue Access: Disabled access

Prerequisites: Annual Membership - \$10

Transport:

Activities: Tai chi for arthritis, also conduct social outings and information meetings

Tai Chi for Arthritis/Diabetes **50+** Frankston South

Venue: Frankston South Rec Centre
55 Towerhill Rd

Contact: Frankston South Rec Centre
9293 7122

Melways Ref: 102 E7

Led By: Trained Leader

Times: Mon & Wed 9.15am

Group Access: SA WA MF

Cost: \$5.50 per class

Venue Access: Disabled access

Prerequisites: None

Transport:

Activities: Light Tai Chi movements that are beneficial for your strength and balance.

Yoga **All Ages** Karingal

Venue: Karingal Neighbourhood House
88 Karingal Dve

Contact: Meredith
0409 756 595

Melways Ref: 103 B2

Led By: Trained Leader

Times: Mon 6.30 - 8.00pm

Group Access:

Cost: \$15 per session

Venue Access: Disabled access

Prerequisites: None

Transport:

Activities:

TAI CHI / YOGA / PILATES

Tai Chi		All Ages	Karingal
Venue:	Karingal Neighbourhood House 88 Karingal Dve	Contact:	Reception 8786 6656
Melways Ref:	103 B2	Led By:	Self Help
Times:	Mon 7.00 - 8.00pm	Group Access:	WA MF SA
Cost:	\$3 per class	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	This is a self run group - members share their knowledge. Does not run on public holidays.		

Yoga & Relaxation		All Ages	Langwarrin
Venue:	Langwarrin Community Centre 2 - 6 Lang Rd	Contact:	Barbara 0403 022 152 or 9775 5309
Melways Ref:	103 J5	Led By:	Yoga Teacher
Times:	Tue 6.00 - 7.30pm	Group Access:	MF
Cost:	Casual \$17 per session or \$13 per session paid term in full	Venue Access:	Disabled access
Prerequisites:	None	Transport:	200m from Bus Stop - Route 768
Activities:	Practical techniques include gentle exercise to improve health, posture and well being		

Tai Chi		All Ages	Langwarrin
Venue:	Langwarrin Community Centre 2 - 6 Lang Rd	Contact:	Reception 9789 7653
Melways Ref:	103 J5	Led By:	Trained Leader
Times:	Wed 1.00 - 2.30pm	Group Access:	MF
Cost:	\$90 for 10 weeks	Venue Access:	Disabled Access
Prerequisites:	None	Transport:	200m from Bus Stop - Route 768
Activities:	Tai Chi		

TAI CHI / YOGA / PILATES

Meditation		50+		Langwarrin
Venue:	Langwarrin Community Centre 2 - 6 Lang Rd	Contact:	Reception 9789 7653	
Melways Ref:	103 J5	Led By:	Trained Leader	
Times:	Sat 10.00am - 2.30pm	Group Access:	WA MF SA	
Cost:	Donation	Venue Access:	Disabled access	
Prerequisites:	None	Transport:	200m from Bus Stop - Route 768	
Activities:	Explores various forms of meditation & relaxation to help you discover a technique that works for you			

Yogalates		All Ages		Patterson Lakes
Venue:	Patterson Lakes Community Centre 54 - 70 Thompson Rd	Contact:	Julia 0418 176 484	
Melways Ref:	98 H9	Led By:	Trained Leader	
Times:	Thu 6.45pm	Group Access:		
Cost:	\$120 for 10 weeks	Venue Access:	Disabled access	
Prerequisites:	None	Transport:	Bus 708 stops right out front	
Activities:	A fusion of Hatha Yoga & Pilates to develop core strength and improve posture.			

Tai Chi Plus		All Ages		Patterson Lakes
Venue:	Patterson Lakes Community Centre 54 - 70 Thompson Rd	Contact:	John 1300 882 813	
Melways Ref:	98 H9	Led By:	Trained Leader	
Times:	Wed 6.30pm	Group Access:		
Cost:	\$90 for 10 weeks (\$75 concession)	Venue Access:	Disabled access	
Prerequisites:	None	Transport:	Bus 708 stops right out front	
Activities:	Tai Chi for all levels			

TAI CHI / YOGA / PILATES

Four Seasons Tai Chi

50-80

Patterson Lakes

Venue: Patterson Lakes Community Centre
54 - 70 Thompson Rd

Contact: Reception
9772 8588

Melways Ref: 98 H9

Led By: Trained Leader

Times: Mon 1.15 - 2.45pm

Group Access:

Cost: \$6 per session

Venue Access: Disabled access

Prerequisites: None

Transport: Bus 708 stops right out front

Activities: Tai Chi and relaxation, promotes flexibility, reduces strength

HATHA Yoga - Beginners to Intermediate

50 - 80yrs

Patterson Lakes

Venue: Patterson Lakes Community Centre
54 - 70 Thompson Rd

Contact: Reception
9772 8588

Melways Ref: 98 H9

Led By: Trained Leader

Times: Wed 1.30 - 3.00pm
Mon 6.30 – 7.30pm

Group Access:

Cost: \$10 per session

Venue Access: Disabled access

Prerequisites: None

Transport: Bus 708 stops right out front

Activities: Moderate Level Yoga

Dog Walking Group		All Ages	Baxter
Venue:	Baxter Park Frankston Flinders Road	Contact:	Suzanne Gardiner 9789 8475
Melways Ref:	106 H4	Led By:	Leader
Times:	Tue 8.30am & 9.30am Thu 9.30am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	Annual membership \$12. Dogs must be well socialised and a non-aggressive. Please contact prior to attending to ensure your dog is suitable.	Transport:	
Activities:	A walk through the park for one hour followed by tea and coffee.		

Casual Walking Group		45+	Carrum Downs
Venue:	Meets at Lyrebird Community Centre 203 - 205 Lyrebird Dve	Contact:	Reception 9782 0133
Melways Ref:	100 H3	Led By:	Self Help
Times:	Wed. 9.30 -11.00	Group Access:	
Cost:	\$1 per session	Venue Access:	Disabled access
Prerequisites:	Able to walk safely outdoors / Reasonable balance and fitness	Transport:	Grenda bus lines. Nos. 830/.832
Activities:	Unstructured leisure walking group in local area-Walk at own pace Varied fitness levels of participants		

Eliza 57 Walking Group		All Ages	Frankston
Venue:	Orwil Community House 16 Orwil St	Contact:	Orwil St Comm House 9783 5073
Melways Ref:	99 F12	Led By:	Volunteer
Times:	Fri 10.00am	Group Access:	
Cost:	Gold coin donation	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	A casual, social low level walk.		

WALKING / CYCLING

U3A Bush Walking		55+	Frankston
Venue:	Meeting point varies - contact for details.	Contact:	U3A Frankston 9770 1042
Melways Ref:		Led By:	Volunteer
Times:	Sat	Group Access:	
Cost:	\$1 per walk	Venue Access:	
Prerequisites:	Member of U3A - \$30 annually	Transport:	
Activities:	10 - 12km, BYO lunch & water, moderate fitness required		

Ramblers Walking Group		55+	Frankston
Venue:	Meeting point varies - contact for details.	Contact:	Bill Blackham 9785 7896 or 0400675896
Melways Ref:		Led By:	Volunteer
Times:	2nd and 4th Wed of the month 9.30-12.30pm	Group Access:	WA
Cost:	\$1 per walk	Venue Access:	
Prerequisites:	Member of U3A - \$30 annually	Transport:	
Activities:	Leisure walking - area varies. Bring packed lunch, water, hat. Walks between 4-6km.		

Across the Ages Walk		All Ages	Frankston South
Venue:	Leaves Frankston South Rec Centre 55 Towerhill Rd	Contact:	Frankston South Rec Centre 9293 7122
Melways Ref:	102 E7	Led By:	Self Help
Times:	Tue 9.30am	Group Access:	WA
Cost:	\$2 for tea/coffee/fresh fruit	Venue Access:	Pram accessible
Prerequisites:	Must be reasonably fit	Transport:	
Activities:	An outdoor walk for all ages. Walk at your own pace. Sometimes leaves from other venues, please call prior to confirm. Indoor group on wet days.		

WALKING / CYCLING

Centro Karingal Health Walks

All Ages

Karingal

Venue: Centro Karingal Shopping Centre
Cranbourne Rd

Contact: Centre Management Office
9789 1192

Melways Ref: 103 C5

Led By: Trained Leader

Times: Mon, Wed, Fri 7:45 - 8:45am
Thu 5.30 - 6.30pm

Group Access: WA MF

Cost: Free

Venue Access: Disabled access

Prerequisites: None

Transport:

Activities: Supported indoor walk including warm up / stretches, walk and cool down. Walk own pace. Support from volunteers.

WATER EXERCISES

Water aerobics for older adults		55+	Chelsea Heights
Venue:	Indoor Swim Centre 10 Ashley Park Dve	Contact:	Reception 9776 1133
Melways Ref:	93 G9	Led By:	Trained Leader
Times:	Mon & Wed 7.00pm Fri 1.00pm	Group Access:	
Cost:	\$7 per class	Venue Access:	Walk down steps to pool
Prerequisites:	None	Transport:	20m from Bus Route 889
Activities:	Gentle exercise in water. Work at own pace.		

AQUA Aerobics		All Ages	Cranbourne
Venue:	Casey RACE - Recreation & Aquatic Centre Cranbourne-Berwick Rd	Contact:	Casey RACE 5990 8600
Melways Ref:	134 C6	Led By:	Trained Leader
Times:	Mon 9.30am, 6.00pm, 7.00pm Tue 7.00pm Thu 6.00pm Fri 9.30am	Group Access:	WA MF
Cost:	\$11.60 per session (\$9.60 concession)	Venue Access:	Disabled access
Prerequisites:	None	Transport:	None
Activities:	Water aerobics at your own pace		

Water Exercises for Arthritis		All Ages	Cranbourne
Venue:	Casey RACE - Recreation & Aquatic Centre Cranbourne-Berwick Rd	Contact:	Mrs Rae Johnson 5996 0438
Melways Ref:	134 C6	Led By:	Trained Leaders
Times:	30 min classes on Mon & Thu mornings commencing 7.30, 8.00, 8.30 & 9.00am	Group Access:	WA MF SA
Cost:	\$7 per month club fee, tea, coffee + \$4.50 entry to pool	Venue Access:	Disabled access
Prerequisites:	GP certificate	Transport:	None
Activities:	Gentle water exercises followed by a tea or coffee		

Group Access SA - Exercise available in Sitting
 WA - Members with walking aids welcome
 MF - Exercises can be modified for frailer people

WATER EXERCISES

Gentle Water Exercise		All Ages	Frankston
Venue:	Frankston Comm Rehab Centre 125 Golf Links Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 K10	Led By:	Physiotherapist
Times:	Mon 12.30 -1.30pm Wed 12.00 - 1.00pm, 1.00 - 2.00pm & 1.00 - 2.00pm Thu 5.00 - 6.00pm	Group Access:	Hoist into water - must be able independent in water
Cost:	\$6.40 per session	Venue Access:	Disabled access
Prerequisites:	Physio Assessment	Transport:	100m to Bus 775
Activities:	Gentle exercise in pool		

Hydrotherapy		All Ages	Frankston
Venue:	Frankston Comm Rehab Centre Hydro pool 125 Golf Links Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	102 K10	Led By:	Physiotherapist
Times:	Sessions provided once registered	Group Access:	Hoist into water - must be able independent in water
Cost:	\$6.40 per session	Venue Access:	Disabled access
Prerequisites:	Physio Assessment	Transport:	100m to Bus 775
Activities:	Individually tailored exercises. Maximum of 8 sessions		

Koori Gentle Water Exercise Class		All Ages	Frankston
Venue:	Hydro Pool 125 Golf Links Rd	Contact:	Koori Team 9784 8100
Melways Ref:	102 K10	Led By:	Trained Leader
Times:	Thu 2.00 - 3.00pm	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	Must have an assessment with a Koori Team member or Physiotherapist.	Transport:	
Activities:	Water exercises run by a physiotherapist.		

WATER EXERCISES

AQUA Aerobics		All Ages	Frankston
Venue:	Input Fitness 224 Cranbourne Rd	Contact:	Reception 9789 3566
Melways Ref:	103 A4	Led By:	Trained Leader
Times:	Mon, Wed & Fri 12.00pm Tue & Thu 7.15pm	Group Access:	MF
Cost:	\$6.50 casual	Venue Access:	Steps into pool
Prerequisites:	None	Transport:	
Activities:	Aqua aerobics medium level		

Power Aqua		All Ages	Frankston
Venue:	Core Health Club 313 Nepean Hwy	Contact:	Reception 9781 5533
Melways Ref:	99 D11	Led By:	Trained Leader
Times:	Sat 10.40am	Group Access:	MF
Cost:	\$15 for seniors casual	Venue Access:	Steps into pool
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	High intensity water aerobics		

Water Aqua		All Ages	Frankston
Venue:	Core Health Club 313 Nepean Hwy	Contact:	Reception 9781 5533
Melways Ref:	99 D11	Led By:	Trained Leader
Times:	Mon, Wed, Fri 10.40am Tues & Thurs 6.30pm	Group Access:	MF
Cost:	\$15 for seniors casual	Venue Access:	Steps into pool
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	Low intensity water aerobics		

WATER EXERCISES

Active		All Ages	Frankston
Venue:	Core Health Club 313 Nepean Hwy	Contact:	Reception 9781 5533
Melways Ref:	99 D11	Led By:	Trained Leader
Times:	Mon - 10.30am	Group Access:	
Cost:	\$15 for seniors casual	Venue Access:	
Prerequisites:		Transport:	
Activities:	A combination of light weights and aerobics		

Water aerobics		All Ages	Frankston
Venue:	Jubilee Park Swimming Centre Hillcrest Rd	Contact:	Reception 8786 6544
Melways Ref:	102 J4	Led By:	Trained Leader
Times:	Mon, Tue & Thu 7.30pm Fri 2.00pm	Group Access:	MF
Cost:	\$11	Venue Access:	Steps into pool
Prerequisites:	None	Transport:	
Activities:	Water aerobics at your own pace		

Fabulous Fifties Swimming Club		50+	Frankston
Venue:	Jubilee Park Swimming Centre Hillcrest Rd	Contact:	Pat Mathew 9775 5179
Melways Ref:	102 J4	Led By:	Volunteer
Times:	Fri 9.00am - 2.00pm (every hour on the hour)	Group Access:	WA - as long can support self in water
Cost:	\$75 for 6 months	Venue Access:	Disabled access Steps and rails into shallow end
Prerequisites:	GP certificate	Transport:	Limited transport available contact 9784 1961
Activities:	30 minutes of gentle exercise to music followed by an additional 30 minutes in the pool. Heated indoor pool. Trial sessions available contact for details.		

WATER EXERCISES

Gentle Water Exercise		50+	Langwarrin
Venue:	Langwarrin Sports Medicine 83-85 Cranbourne Rd	Contact:	Reception 9789 1233
Melways Ref:	103 E5	Led By:	Physiotherapist
Times:	Tue 9.00am Wed 9.00 & 10.00am Fri 9.00am	Group Access:	
Cost:	\$12 per session	Venue Access:	Disabled access to building but not into pool
Prerequisites:	Bathers, towel and thongs	Transport:	
Activities:	Light cardio and resistance work in pool. Caters for all levels of ability and injuries		

Contact Information

Additional copies of this directory can be requested through Ageing Well, Peninsula Health Community Health.

Phone: **9784 8320**

Email: **ageingwell@phcn.vic.gov.au**

The directory can also be downloaded from:

www.peninsulahealth.org.au/ageingwell



PENINSULA HEALTH