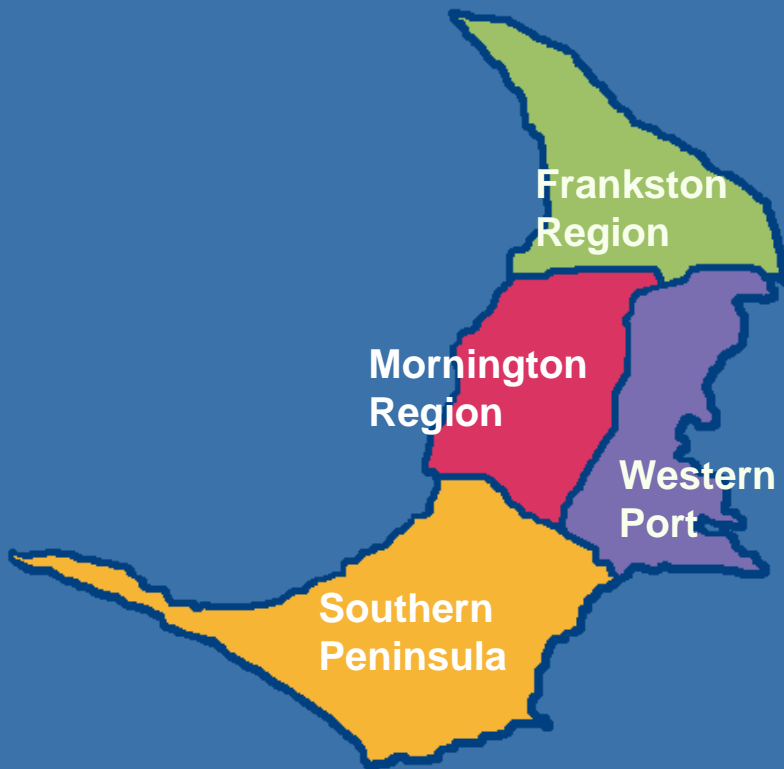


Physical Activity Directory for Older People

2011 - 2012



Frankston Region

Mornington Region

Southern Peninsula

Western Port



PENINSULA HEALTH



Produced by Ageing Well,
Peninsula Health Community Health

www.peninsulahealth.org.au/ageingwell

**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)*

PHYSICAL ACTIVITY DIRECTORY



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PHYSICAL ACTIVITY DIRECTORY 2011 / 2012

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 ACCESS 1300 665 781
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 ACCESS 1300 665 781
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 **Contact:** Reception
54 - 70 Thompson Rd 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 **Contact:** Reception
54 - 70 Thompson Rd 9772 8588

Melways Ref: 98 H9 **Led By:** Trained Leader

Times: Wed 1.30 - 3.00pm **Group Access:**
Mon 6.30 – 7.30pm

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		

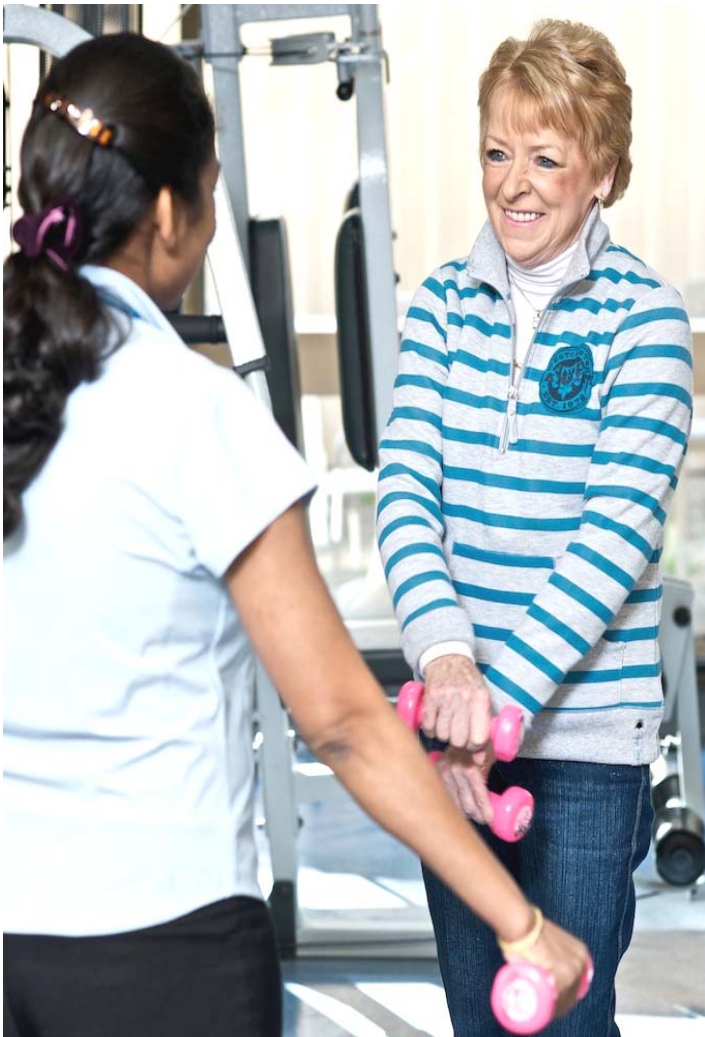
Fabulous Fifties Swimming Club		50+	Frankston
Venue:	Jubilee Park Swimming Centre Hillcrest Rd	Contact:	Pat Mathew 9775 5179
Melways Ref:	102 J4	Led By:	Volunteer
Times:	Fri 9.00am - 2.00pm (every hour on the hour)	Group Access:	WA - as long can support self in water
Cost:	\$75 for 6 months	Venue Access:	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		

Mornington Region

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Moorooduc | Mornington
Mt Eliza | Mt Martha | Teurong

PHYSICAL ACTIVITY DIRECTORY – MORNINGTON REGION

DANCING

Montana Line Dancing - Advanced 40 - 80yrs Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Thu 10.00am - 12.00pm

Group Access:

Cost: \$10 per session

Venue Access: No steps.

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Montana Line Dancing - Beginners 40 - 80yrs Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Thu 1.00 - 2.00pm

Group Access:

Cost: \$10 per session

Venue Access: No steps.

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Montana Line Dancing - Advanced 30 - 80+ Moorooduc

Venue: Moorooduc Hall
Cnr Bentons Rd & Derril Rd

Contact: June
5975 0118

Melways Ref: 146 H9

Led By: Trained Dance Instructor

Times: Mon 7.00 - 9.00pm

Group Access:

Cost: \$10 per session

Venue Access: Disabled access

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

DANCING

Montana Line Dancing - Advanced **30 - 80+** Mornington

Venue: St Peters Church Hall
Cnr Albert & Octavia Sts **Contact:** June
5975 0118

Melways Ref: 104 D11 **Led By:** Trained Dance Instructor

Times: Tue 12.00 - 2.00pm **Group Access:**

Cost: \$10 per session **Venue Access:** Disabled access

Prerequisites: Good balance required **Transport:**

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

Dancing **55 - 85+** Mt Eliza

Venue: Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd **Contact:** Mount Eliza Senior Citizens
9787 8170

Melways Ref: 105 F2 **Led By:** Volunteer

Times: Tue 10.00 - 12.00pm
Thu 10.00 - 12.00pm
Thu 1.00 - 4.00pm **Group Access:** WA MF

Cost: \$2 per session
(includes tea and biscuits) **Venue Access:** Disabled access

Prerequisites: Annual membership \$5
(\$10 for first year) **Transport:** Bus 781, 784, 785

Activities: New Vogue dancing

Tea Dance **55 - 85+** Mt Eliza

Venue: Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd **Contact:** Mount Eliza Senior Citizens
9787 8170

Melways Ref: 105 F2 **Led By:** Volunteer

Times: 1st & 3rd & 5th Sun of month
2.00 - 4.00pm **Group Access:** MF

Cost: \$2 per session
(includes tea and biscuits) **Venue Access:** Disabled access

Prerequisites: Annual membership \$5
(\$10 for first year) **Transport:** Bus 781, 784, 785

Activities: Tea dance

DANCING

Montana Line Dancing - Advanced

30 - 80+

Mt Martha

Venue: Community One Inc.
Cnr Dominion Rd & Esplanade

Contact: June
5975 0118

Melways Ref: 144 J12

Led By: Trained Dance Instructor

Times: Wed 4.00 - 6.00pm

Group Access:

Cost: \$10 per session

Venue Access: Disabled access

Prerequisites: Good balance required

Transport:

Activities: Low impact line dancing, all ages welcome, no partner needed. Tea and coffee supplied.
Weekly door prizes

GENERAL EXERCISE CLASSES

Circuit Breakers **Majority 50+** **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Wed 10.00 - 11.00am **Group Access:**

Cost: \$8 per session (\$60 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: Circuit based classes for Prime Movers utilising cardio and resistance training exercises to help increase fitness and health

Prime Movers **Majority 50+** **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Mon & Fri 8:30am - 9.30am **Group Access:** MF

Cost: \$8 per session (\$60 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: Gentle low impact exercise class designed for those young at heart or returning to exercise. The class is designed with basic moves and non complex routines.

Get Fit Vet Fit **Mornington**

Venue: David Collings Leisure Centre
Dunns Rd **Contact:** David Collings Leisure Centre
5975 0133

Melways Ref: 145 H4 **Led By:** Trained Leader

Times: Mon 12.30pm
Fri 10.30am **Group Access:**

Cost: \$6 per session (\$50 for 10 sessions) **Venue Access:** Disabled access

Prerequisites: **Transport:**

Activities: A class specifically designed for Veterans. Various physical activities and advice on adopting a healthier lifestyle

GENERAL EXERCISE CLASSES

Fifty to Infinity		Mostly 60+		Mornington
Venue:	Studio @ PCT Wilsons Rd	Contact:	Sue Emanuel 0416 148 853	
Melways Ref:	145 E2	Led By:	Trained Leader	
Times:	Wed & Fri 9.00 - 10.00am	Group Access:		
Cost:	\$9 per class or \$7 if attend more than once a week	Venue Access:	Disabled access	
Prerequisites:	Good balance required	Transport:		
Activities:	Low impact exercise to music. Includes tummy, hips and thighs.			

Older Adults Fitness		60+		Mt Eliza
Venue:	Mt Eliza Family Fitness 185 Mt Eliza Way	Contact:	Reception 9787 4442	
Melways Ref:	105 F3	Led By:	Trained Leader	
Times:	Tue & Fri 10.30am - 11.30am	Group Access:		
Cost:	\$6.50 per session	Venue Access:	Paved with small step	
Prerequisites:		Transport:		
Activities:	Gentle group movement to music			

Gentle Exercises		55 - 85+		Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170	
Melways Ref:	105 F2	Led By:	Volunteer	
Times:	Wed 9.30am	Group Access:	WA MF	
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access	
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785	
Activities:	Gentle group exercises			



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

GENERAL EXERCISE CLASSES

Fifty to Infinity

40 - 70

Mt Martha

Venue: Community One Inc.
Cnr Dominion Rd & Esplanade

Contact: Sue Emanuel
0416 148 853

Melways Ref: 144 J12

Led By: Trained Leader

Times: Mon 9.00 - 10.00am

Group Access:

Cost: \$9 per class or \$7 if attend more than once a week

Venue Access: Disabled access

Prerequisites: Good balance / Able to get up and down off floor and onto knees
BYO mat

Transport:

Activities: Stretch breath - relax using yoga type moves and relaxation at completion of class

INDIVIDUALLY TAILORED EXERCISES

Lungs in Action		All Ages	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Thu 12.00 - 1.00pm	Group Access:	WA MF SA
Cost:	\$6.40 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.		

Pulmonary Rehab Program		All Ages	Mornington
Venue:	Community Health Mornington 62 Tanti Ave	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 F11	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		

Association Croquet - Training & Beginners

All Ages

Mornington

Venue: Civic Reserve
Cnr M'ton-Tyabb & Dunns Rd

Contact: Howard
9787 2218

Melways Ref: 145 H4

Led By: Trained Leader

Times: Tue & Thu 9.30am

Group Access:

Cost: Free

Venue Access:

Prerequisites: None

Transport: Bus to Dunns Rd

Activities: Opportunity to trial the game.

The Monday Group

50 - 100

Mt Eliza

Venue: Mount Eliza Village Neighbourhood Centre
90 - 100 Canadian Bay Rd

Contact: Mt Eliza Neighbourhood House
9787 8160

Melways Ref: 105 F2

Led By: Trained Leader

Times: Mon 10.30am - 3.30pm

Group Access: WA MF SA

Cost: \$8 per session
\$11 for outings

Venue Access: Car Park adjoining building
Disabled access

Prerequisites: HACC Eligible

Transport:

Activities: Gentle exercises, Bingo, Varied activities eg painting, craft

Bowls

55 - 85+

Mt Eliza

Venue: Mt Eliza Senior Citizens Club
90 - 100 Canadian Bay Rd

Contact: Mount Eliza Senior Citizens
9787 8170

Melways Ref: 105 F2

Led By: Volunteer

Times: Mon 1.00 - 4.00pm
Wed 1.00 - 4.00pm
Sat 1.00 - 4.00pm

Group Access: WA MF

Cost: \$2 per session (includes tea and biscuits)

Venue Access: Disabled access

Prerequisites: Annual membership \$5 (\$10 for first year)

Transport: Bus 781, 784, 785

Activities: Indoor Bowls

Mt Eliza Sen. Citizens Club - Snooker		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Mon, Wed & Thu 1.00 - 4.00pm Sat 9.00am	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Billiards		

Table Tennis		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Mon 9.30am - 12.00pm	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Table Tennis		

STRENGTHENING PROGRAMS

Active Adults 55+ Mornington

Venue: Optima Health & Fitness
7 Milgate Dve

Contact: Reception
5976 4000

Melways Ref: 145 K3

Led By: Trained Leader

Times: Tue & Thu 12.00 - 1.00pm

Group Access: SA MF

Cost: \$5 per class

Venue Access: Disabled Access

Prerequisites: GP Certificate, Initial Assessment (costs \$20)

Transport:

Activities: Strength training to improve strength, balance, gait & flexibility

Stay On Your Feet - Chair based All Ages Mornington

Venue: David Collings Leisure Centre
Dunns Rd

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 145 H4

Led By: Trained Leader

Times: Thu 2.00 - 3.00pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Stay On Your Feet - Entry 50+ Mornington

Venue: David Collings Leisure Centre
Dunns Rd

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 145 H4

Led By: Trained Leader

Times: Thu 12.45 - 1.45pm

Group Access: MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

STRENGTHENING PROGRAMS

Stay On Your Feet - Self Management		All Ages	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Fri 1.00 - 2.00pm & 2.15 - 3.15pm	Group Access:	
Cost:	\$5.40 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Living Longer Living Stronger		50+	Mornington
Venue:	David Collings Leisure Centre Dunns Rd	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	145 H4	Led By:	Trained Leader
Times:	Mon 9.30am & 10.45am Thu 10.00am & 10.45am Fri 9.30am	Group Access:	
Cost:	\$5.00 per session	Venue Access:	Disabled access
Prerequisites:	An orientation session (bookings essential)	Transport:	
Activities:	A program with leaders that will guide you through your own fitness and strength program whilst you exercise with others		

Living Longer Living Stronger		60+	Mt Eliza
Venue:	Mt Eliza Family Fitness 185 Mt Eliza Way	Contact:	Reception 9787 4442
Melways Ref:	105 F3	Led By:	Trained Leader
Times:	Wed 10.30am	Group Access:	
Cost:	Contact for pricing	Venue Access:	Paved with small step
Prerequisites:	\$40 assessment	Transport:	
Activities:	Endorsed COTA program		



STRENGTHENING PROGRAMS

Active One Group Exercise Classes

50+

Mt Martha

Venue: Mt Martha Community House
Cnr Dominion Rd & Esplanade

Contact: Trent Malcolm
8707 0830

Melways Ref: 144 J12

Led By: Exercise Physiologist

Times: Tue 3.00 - 4.00pm

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, balance & coordination, health & motivation coaching.

TAI CHI / YOGA / PILATES

Body Balance		All Ages	Mornington
Venue:	Kings Swim Centre 5 St Catherines Ct	Contact:	Reception 5975 0777
Melways Ref:	143 H3	Led By:	Trained Leader
Times:	Seasonal, contact for times	Group Access:	MF Disabled access
Cost:	Casual - \$15 Book of 10 - \$110 (10% discount for snrs cards)	Venue Access:	
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	A mixture of Tai Chi, Yoga and Pilates involving stretching.		

Tai Chi - Beginners		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 9:30 - 10:30am	Group Access:	WA MF
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of self medical assessment (and review by physio if required)	Transport:	Near Bus Routes 784 & 786
Activities:	Gentle Tai Chi movements based on Arthritis Victoria program		

Tai-Chi - Intermediate		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 9:30 - 10:30am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of beginners program	Transport:	Near Bus Routes 784 & 785
Activities:	Learning further movements based on the Arthritis Victoria program		

TAI CHI / YOGA / PILATES

Tai-Chi - Maintenance		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 11.00 -12.00pm	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of advanced program	Transport:	Near Bus Routes 784 & 788
Activities:	Further development of skills learnt in beginners classes		

Tai-Chi - Advanced		All Ages	Mornington
Venue:	Mornington Masonic Centre 69 Barkly St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	104 E11	Led By:	Trained Volunteer
Times:	Mon 11.00 -12.00pm Tue 10.00 - 11.00am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of advanced program	Transport:	Near Bus Routes 784 & 788
Activities:	Further development of skills learnt in beginners classes		

Yoga		All Ages	Mornington
Venue:	Optima Health & Fitness 7 Milgate Dve	Contact:	Reception 5976 4000
Melways Ref:	145 K3	Led By:	Trained Leader
Times:	Tue 7.30pm Fri 10.35am Sat 10.00am	Group Access:	
Cost:	\$15 per class	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Gentle yoga exercises		

TAI CHI / YOGA / PILATES

Pilates		All Ages	Mornington
Venue:	Optima Health & Fitness 7 Milgate Dve	Contact:	Reception 5976 4000
Melways Ref:	145 K3	Led By:	Trained Leader
Times:	Tue 9.20am Thu 7.30pm	Group Access:	
Cost:	\$15 per class	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Pilates exercises		

Tai-Chi - Maintenance		All Ages	Mornington
Venue:	David Collins Leisure Centre Dunns Rd	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	145 H4	Led By:	Trained Volunteer
Times:	Thu 10.30 - 11.30am	Group Access:	WA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of beginners program	Transport:	Near Bus Route 785
Activities:	Further development of skills learnt in beginners classes		

Tai Chi		55 - 85+	Mt Eliza
Venue:	Mt Eliza Senior Citizens Club 90 - 100 Canadian Bay Rd	Contact:	Mount Eliza Senior Citizens 9787 8170
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Wed 9.30 - 10.30am	Group Access:	WA MF
Cost:	\$2 per session (includes tea and biscuits)	Venue Access:	Disabled access
Prerequisites:	Annual membership \$5 (\$10 for first year)	Transport:	Bus 781, 784, 785
Activities:	Tai Chi		

TAI CHI / YOGA / PILATES

Yoga & Meditation

All Ages

Teurong

Venue: Be Remarkable
600 Stumpy Gully Rd

Contact: Lauren
5983 2427

Melways Ref: 163 E2

Led By: Trained Leader

Times: Sat 7.00am
Mon 7.00pm
Wed 9.30am

Group Access:

Cost: \$21 casual (10% of for seniors)

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: Gentle, accessible yoga suitable for all levels. Free assessment available prior to beginning classes.

WALKING / CYCLING

Walk for Wellness - Mornington Esplanade **All Ages** Mornington

Venue: Meets in the Royal Hotel
770 Esplanade **Contact:** Mornington Peninsula Shire
5950 1560

Melways Ref: 104 C10 **Led By:** Trained Leaders & Carers

Times: Tue 10.00 - 11.30am **Group Access:** WA MF

Cost: Gold coin donation for morning tea **Venue Access:** Wheelchair accessible

Prerequisites: None **Transport:**

Activities: A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track.

Mornington Centro Walks **All Ages** Mornington

Venue: Centro Mornington Shopping
Centre
78 Barkly St **Contact:** Centre Management Office
5976 1299

Melways Ref: 104 E11 **Led By:** Trained Leader

Times: Thu 7.45 - 8.45am **Group Access:** WA

Cost: Free **Venue Access:** Disabled access

Prerequisites: None **Transport:**

Activities: Supported Walking Group. Group warm up / stretches followed by a walk around shopping centre (walk at own pace) finish with relaxing cool down

Bicycle User Group - Mornington **All Ages** Mornington

Venue: Meet at David Collings Leisure
Centre
Dunns Rd **Contact:** Mornington Peninsula Shire
5950 1560

Melways Ref: 145 H4 **Led By:** Volunteer

Times: Wed 10.00am **Group Access:**

Cost: Free **Venue Access:**

Prerequisites: None **Transport:**

Activities: Bring your bike along for a group ride on undulating terrain.

WALKING / CYCLING

Ramblers Walking Group		55+	Mt Eliza
Venue:	Mount Eliza Village Neighbourhood Centre 90 - 100 Canadian Bay Rd	Contact:	Mt Eliza Neighbourhood House 9787 8160
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Sat afternoon - once a month for an all day walk. Please contact for times.	Group Access:	WA on some walks
Cost:	Annual membership \$20	Venue Access:	Wheelchair access available on some walks
Prerequisites:	None	Transport:	
Activities:	Outdoor walk, weather permitting (don't walk if over 30 degrees)		

Steps to a Healthier Mount Eliza		40+	Mt Eliza
Venue:	Mount Eliza Village Neighbourhood Centre 90 - 100 Canadian Bay Rd	Contact:	Mt Eliza Neighbourhood House 9787 8160
Melways Ref:	105 F2	Led By:	Volunteer
Times:	Tue & Fri 9.15am - 10.15am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	A medium level fitness walk 3-4km		

Walk and Talk Program		All Ages	Mt Martha
Venue:	Begin at Community One Inc. Cnr Esplanade & Dominion Rd	Contact:	Community One Inc 5974 2092
Melways Ref:	144 J12	Led By:	
Times:	Mon, Wed & Fri 9.15 - 10.15am	Group Access:	
Cost:	Free	Venue Access:	Terrain includes hills
Prerequisites:	Need to be independently mobile	Transport:	
Activities:	Break off into smaller groups (Brisk/Slower, variable distances). Dogs on leads welcome		

WATER EXERCISES

Aquasize		All Ages	Mornington
Venue:	Kings Swim Centre 5 St Catherines Ct	Contact:	Reception 5975 0777
Melways Ref:	145 H3	Led By:	Trained Aqua Instructor
Times:	Mon - Thu 1.00 - 2.00pm	Group Access:	WA MF Disabled access
Cost:	Casual - \$11.90 Book of 10 - \$90 Book of 20 - \$160 (10% discount for snrs cards)	Venue Access:	
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	Simple rhythmic water exercise & stretching		

Gentle Water Exercises		55+	Mornington
Venue:	Kankama Cnr Racecourse & M'ton-Tyabb Rds	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	146 A4	Led By:	
Times:	Mon 3.00pm Tue 3.00pm Wed 9.45am, 11.00am & 3.00pm, Thu 11.00am & 3.00pm, Fri 9.45am, 10.45am & 11.45am	Group Access:	WA MF SA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access. Pool has hoist
Prerequisites:	Physiotherapist Assessment	Transport:	
Activities:	Water exercises. Work at own pace for strength and balance		

Aqua Aerobics		40+	Mt Martha
Venue:	Mt Martha Swim Centre 62 Forest Dve	Contact:	Reception 5974 3400
Melways Ref:	150 G8	Led By:	Trained Leader
Times:	Thu 12:30 - 1:15pm	Group Access:	WA
Cost:	\$10 per session (\$90 for book of 10)	Venue Access:	Disabled access but steep
Prerequisites:	None	Transport:	
Activities:	Aqua aerobics, gentle movement in water, work at your own pace		

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



Group Access

SA - Exercise available in Sitting

WA - Members with walking aids welcome

MF - Exercises can be modified for frailer people

Southern Peninsula Region



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**Blairgowrie | Dromana | Rosebud
Rye | Sorrento | Tootgarook | McCrae**

DANCING

Peninsula Old Time Ceilidh Dance Club		All Ages	Dromana
Venue:	Catholic Church Hall 1 Foote St	Contact:	Lorraine Watt 5985 3551
Melways Ref:	159 F7	Led By:	Trained Dance Instructor
Times:	Fri 1.30 - 4.00pm	Group Access:	MF
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	A mixture of dances including New Vogue, Old Time Ballroom and Scottish Country Dancing. Partners not needed. Beginners welcome.		

Line Dancing - Advanced		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 1.00pm	Group Access:	WA MF
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7 Reasonable balance	Transport:	200m from Bus 788
Activities:	Line dancing		

Line Dancing - Beginners		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 12.00pm - 1.00	Group Access:	WA MF
Cost:	\$4 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7 Reasonable balance	Transport:	200m from Bus 788
Activities:	Line dancing for beginners - can then join advanced		



DANCING

Line Dancing - Beginners

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Trained Leader

Times: Thu 10.30 - 11.00am

Group Access:

Cost: \$6 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: Line Dancing

Line Dancing - Intermediate

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Trained Leader

Times: Thu 11.00am - 1.00pm

Group Access:

Cost: \$6 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: Line Dancing

New Vogue Dancing

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Mon - 7.30 - 10.30pm

Group Access:

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: New Vogue Dancing

DANCING

New Vogue Dancing - Beginners

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Mon - 7.00 - 7.30pm

Group Access:

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: New Vogue Dancing lessons - then join in with the 7.30pm group

GENERAL EXERCISE CLASSES

Gentle Exercise		55+	Blairgowrie
Venue:	Blairgowrie Senior Citizens Club 9 William Rd	Contact:	Senior Citizens Club 5988 8395
Melways Ref:	167 G3	Led By:	Volunteer
Times:	Mon 9.30 - 10.30am	Group Access:	WA MF SA
Cost:	\$1 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$5	Transport:	300m from Bus 788
Activities:	Low impact gentle exercise using chairs		

Gentle Fitness		50+	Dromana
Venue:	Catholic Church Hall 1 Foote St	Contact:	Nanette Currie 5982 2994
Melways Ref:	159 F7	Led By:	Trained Leader
Times:	Tue 9.00am	Group Access:	WA MF SA
Cost:	\$7 per session	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Gentle stretching, strengthening and balance exercises.		

Keep Fit		55-80+	Rosebud
Venue:	Rosebud Senior Citizens Centre Ninth Ave	Contact:	Rosebud Senior Citizens Club 5986 1923
Melways Ref:	170 D1	Led By:	Trained Leader
Times:	Tue 9.30 - 10.30am	Group Access:	WA MF SA
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual membership - \$10	Transport:	
Activities:	Gentle keep fit exercises. Work at own pace		

GENERAL EXERCISE CLASSES

Gentle Fitness		50+		Rosebud
Venue:	Anglican Church Hall (opposite Memorial Hall) Nepean Hwy	Contact:	Nanette Currie 5982 2994	
Melways Ref:	158 C12	Led By:	Trained Leader	
Times:	Thu 9.00am	Group Access:	WA MF SA	
Cost:	\$7 per session	Venue Access:	Disabled access	
Prerequisites:	Doctors clearance is advisable if over 50	Transport:		
Activities:	Gentle stretching and strengthening and balance exercises			

Low Impact Fitness / Pilates		55 - 80		Rye
Venue:	Rye Yacht Club Foreshore	Contact:	Nanette Currie 5982 2994	
Melways Ref:	168 H4	Led By:	Trained Leader	
Times:	Wed 9.30am	Group Access:		
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Stairs to access hall	
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor.	Transport:		
Activities:	Low impact exercises and Pilates. Bring a yoga mat.			

Zumba		All Ages		Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360	
Melways Ref:	157 A7	Led By:	Trained Leader	
Times:	Tue 9.30 - 10.30 Thu 7pm	Group Access:		
Cost:	\$12 per session	Venue Access:	Disabled access	
Prerequisites:		Transport:		
Activities:	A fun fitness program using Latin dance			



GENERAL EXERCISE CLASSES

Aerobics		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Wed - 9.00am	Group Access:		
Cost:	\$4 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Exercise on Mats			

Keep Fit		55+		Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992	
Melways Ref:	169 E4	Led By:	Trained Leader	
Times:	Mon 930 - 10.30am	Group Access:	WA	
Cost:	\$4 per session	Venue Access:	Ground Floor	
Prerequisites:	Annual membership - \$8	Transport:	None	
Activities:	Standing and floor exercise			

INDIVIDUALLY TAILORED EXERCISE

Pulmonary Rehab Program

All Ages

Rosebud

Venue: Community Health Rosebud
38 Braidwood Ave

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 199 K2

Led By: Trained Leader

Times: Tue & Thu 1.00 - 3.00pm

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

Indoor Bowls		55+	Blairgowrie
Venue:	Blairgowrie Senior Citizens Club 9 William Rd	Contact:	Senior Citizens Club 5988 8395
Melways Ref:	167 G3	Led By:	Volunteer
Times:	Tue & Sat 1.30 - 3.30pm	Group Access:	WA MF
Cost:	\$1 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$5	Transport:	300m from Bus 788
Activities:	Indoor bowling		

Indoor Bowls		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Tue 9.00am & 1.00pm. Thu 1.00pm	Group Access:	WA MF
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Indoor bowls		

Marching Practice		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Sat 10.30am	Group Access:	WA MF
Cost:	\$2 per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Marching Practice		

Southern Peninsula Vic. Veterans Athletic

30 - 60

Rosebud

Club

Venue: Athletics track
Truemans Rd

Contact: Russell Dow
5986 1228

Melways Ref: 169 D6

Led By: Trained Volunteer

Times: Sun 9.00am (When not daylight savings)
Wed 6.00pm (During daylight savings)

Group Access:

Cost: \$2 tea/coffee

Venue Access: Grass track

Prerequisites: None

Transport:

Activities: Not a structured group, monthly program. All standards welcome

Learn to play golf

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By: Professional Golfer

Times:

Group Access:

Cost: 4 sessions \$110

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: 4 sessions with a professional to teach you how to play golf.

Social soccer for blokes

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By:

Times: Wed 7pm

Group Access:

Cost: \$3 per session

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: A social game of soccer for all levels of skill

Indoor Bowls

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Thu 1.30

Group Access:

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities:

Snooker

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Volunteer

Times: Tue 1:30pm

Group Access: WA

Cost: \$2 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport: None

Activities: Snooker

STRENGTHENING PROGRAMS

Stay On Your Feet - Active

All Ages

Blairgowrie

Venue: Blairgowrie Community Hall
8 William Rd

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 167 H2

Led By: Trained Leader

Times: Mon & Fri 1.30 - 2.30pm

Group Access: WA MF SA

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Entry

All Ages

Dromana

Venue: Dromana Community House
15 Gibson St

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 159 H6

Led By: Trained Leader

Times: Tue 2.00 - 3.00pm
Thu 11.00am - 12.00pm

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Self Management

All Ages

Dromana

Venue: Dromana Community House
15 Gibson St

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 159 H6

Led By: Trained Leader

Times: Tue 1.00 - 2.00pm
Thu 10.00 - 11.00am

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: Completed an Agestrong Entry Program

Transport:

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

STRENGTHENING PROGRAMS

Live Well Strength Training - Chair based

All Ages

Rosebud

Venue: Rosebud Comm Health Centre
38 Braidwood Ave

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 199 K2

Led By: Trained Leader

Times: Thu 10:30 - 11:30am

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Entry

All Ages

Rosebud

Venue: Rosebud Comm Rehab Centre
Cnr Third Ave & Eastbourne Rd

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 170 C3

Led By: Trained Leader

Times: Wed & Fri 1:15 - 2:15pm

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Agestrong - Self Management

All Ages

Rosebud

Venue: Rosebud Comm Rehab Centre
Cnr Third Ave & Eastbourne Rd

Contact: ACCESS, Peninsula Health
9788 1377

Melways Ref: 170 C3

Led By: Trained Leader

Times: Wed & Fri 2.30 - 3.30pm

Group Access: WA MF SA

Cost: \$4.50 per session

Venue Access: Disabled access

Prerequisites: Completed an Agestrong Entry
Program

Transport:

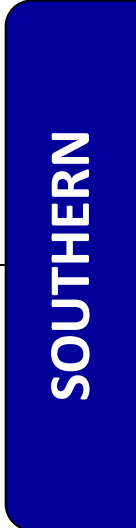
Activities: An Agestrong Exercise Program, see page 3 for details

STRENGTHENING PROGRAMS

Live Well Strength Training - Entry		All Ages	Rosebud
Venue:	Rosebud Public Library McDowell St (next to Ritchies IGA)	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	158 E12	Led By:	Trained Leader
Times:	Tue 2:30 - 4:30pm	Group Access:	WA MF
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	GP or Physio Assessment	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Live Well Strength Training - Self Management		All Ages	Rosebud
Venue:	Rosebud Public Library McDowell St (next to Ritchies IGA)	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	158 E12	Led By:	Trained Leader
Times:	Tue 1.00 - 2:30pm	Group Access:	WA MF
Cost:	\$4.50 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		

Staying Stronger for Longer - Self Management		Majority 50-70	Rosebud
Venue:	Rosebud Memorial Hall Nepean Hwy	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	158 C12	Led By:	Trained Leader
Times:	Wed 1.00 - 2.00pm	Group Access:	SA WA MF
Cost:	\$5.40 per session	Venue Access:	Disabled access
Prerequisites:	Completed an Agestrong Entry Program	Transport:	
Activities:	An Agestrong Exercise Program, see page 3 for details		



STRENGTHENING PROGRAMS

Staying Stronger for Longer - Chair based

Majority 70+

Rosebud

Venue: Rosebud Memorial Hall
Nepean Hwy

Contact: David Collings Leisure Centre
5975 0133

Melways Ref: 158 C12

Led By: Trained Leader

Times: Wed 12.00 - 1.00pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport: Available to HACC Clients

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

Staying Stronger for Longer - Entry

Majority 50-70

Rosebud

Venue: Rosebud Memorial Hall
Nepean Hwy

Contact: David Collings Leisure Centre
5975 0133

Melways Ref: 158 C12

Led By: Trained Leader

Times: Wed 2.00 - 3.00pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Live Well Strength Training - Active

40+

Rye

Venue: Rye Beach Comm Hall
27 Nelson St

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 168 F4

Led By: Trained Leader

Times: Tue 1.00 - 2.00pm
Thu 9.00 - 10.00am

Group Access: SA MF

Cost: \$4 per class

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport: Portsea Bus to Rye Hotel

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

STRENGTHENING PROGRAMS

Strength Training		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Wed & Fri 9.15-10.15	Group Access:	
Cost:	\$8 casual or 10 for \$60	Venue Access:	Disabled access
Prerequisites:	Able to get on floor. Relatively fit	Transport:	
Activities:	Various exercises including fitball use, mats and yoga & use of dumbbells		

Agestrong		55+	Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992
Melways Ref:	169 E4	Led By:	Trained Leader
Times:	Fri 12.00 - 1.00pm	Group Access:	WA MF SA
Cost:	\$5 per session	Venue Access:	Ground Floor
Prerequisites:	Annual membership - \$8	Transport:	None
Activities:	An Agestrong Exercise Program, see page 3 for details		

TAI CHI / YOGA / PILATES

Fitball Workout/Pilates

Rye

Venue:	Rye Community House 27 Nelson St	Contact:	Nanette Currie 5982 2994
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Fri 9.15am	Group Access:	WA MF SA
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Fitball workout / Pilates. Bring a yoga mat.		

Yoga / Relaxation

Rye

Venue:	Rye Community House 27 Nelson St	Contact:	Nanette Currie 5982 2994
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Fri 10.30am	Group Access:	
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor	Transport:	
Activities:	Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat.		

Yoga

All Ages

Blairgowrie

Venue:	Blairgowrie Yacht Squadron Point Nepean Rd	Contact:	Jo Hafey 0438 023 484
Melways Ref:	167 E1	Led By:	Trained Leader
Times:	Tue & Fri 9.15am - 10.30am	Group Access:	WA MF
Cost:	\$15 casual (Concessions available)	Venue Access:	Stairs into building
Prerequisites:	None	Transport:	
Activities:	Oki-do Yoga - A Japanese style yoga. A combinations of stretches		

TAI CHI / YOGA / PILATES

Yoga		All Ages	Blairgowrie
Venue:	Blairgowrie Yacht Squadron Point Nepean Rd	Contact:	Jo Hafey 0438 023 484
Melways Ref:	167 E1	Led By:	Trained Leader
Times:	Wed 7.00pm - 8.30	Group Access:	MF
Cost:	\$15 casual (Concessions available)	Venue Access:	Stairs into building
Prerequisites:	None	Transport:	
Activities:	Oki-do Yoga - A Japanese style yoga. A combinations of stretches		

Tai Chi / Yoga		Seniors	Dromana
Venue:	Dromana Senior Citizens Centre 43 Pier St	Contact:	Senior Citizens Club 5987 1109
Melways Ref:	159 J6	Led By:	Volunteer
Times:	Wed 9.00 - 10.00am	Group Access:	WA MF
Cost:	\$2per session	Venue Access:	Disabled access
Prerequisites:	Annual Membership - \$7	Transport:	200m from Bus 788
Activities:	Gentle exercise to improve balance, co-ordination, breathing and relaxation		

Tai Chi Club		50+	Rosebud
Venue:	Rosebud Comm Rehab Centre Cnr Third Ave & Eastbourne Rd	Contact:	Rosebud Comm Rehab Centre 5986 3344
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Tue 12.30pm - 1.30	Group Access:	
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	Must have completed intro & intermediate	Transport:	
Activities:	Self help group tai chi for those completing the 8 week intro course Ongoing tai chi club after course completion		

TAI CHI / YOGA / PILATES

Fitball Workout/Pilates		55 - 80	Rosebud
Venue:	Southern Community Care Centre Cnr Eastbourne and Hinton St	Contact:	Nanette Currie 5982 2994
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Tue 6.00pm	Group Access:	WA MF SA
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50	Transport:	
Activities:	Fitball workout / Pilates. Bring a yoga mat.		

Yoga / Relaxation			Rosebud
Venue:	Southern Community Care Centre Cnr Eastbourne and Hinton St	Contact:	Nanette Currie 5982 2994
Melways Ref:	170 C3	Led By:	Trained Leader
Times:	Mon 6.00pm	Group Access:	
Cost:	\$12 per session if paying by term \$18.50 casual	Venue Access:	Disabled access
Prerequisites:	Doctors clearance is advisable if over 50. Must be able to get on floor	Transport:	
Activities:	Breathing - standing movements. Sitting on floor relaxation. Bring a yoga mat.		

Pilates		All Ages	Rosebud
Venue:	Rosebud Memorial Hall Nepean Hwy	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	158 C12	Led By:	Trained Leader
Times:	Tue 11:30am - 12:30pm	Group Access:	
Cost:	\$9.00 per session	Venue Access:	Disabled access
Prerequisites:	Must be able to get on floor	Transport:	
Activities:	A gentle class designed to improve flexibility and core strength.		

TAI CHI / YOGA / PILATES

Yoga		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Tue & Fri 9.15 - 10.30am Wed 7.00pm - 8.15	Group Access:	
Cost:	\$15 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Okido for health and wellbeing		

Qigong		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Wed & Thu 9.00am	Group Access:	
Cost:	\$15 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Meditation		

Meditation		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trainer Leader
Times:	Mon 9.15	Group Access:	
Cost:	\$8 per session	Venue Access:	Disabled access
Prerequisites:		Transport:	
Activities:	Meditation		



TAI CHI / YOGA / PILATES

Tai Chi		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Mon 10.30 - 11.30	Group Access:	SA MF WA
Cost:	\$140 for 10 weeks	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle Tai Chi movements for beginners.		

Tai Chi		All Ages	Sorrento
Venue:	Sorrento Community Centre 860 - 868 Melbourne Rd	Contact:	Sorrento Community Centre 5984 3360
Melways Ref:	157 A7	Led By:	Trained Leader
Times:	Tue & Thu - 10.15 - 11.15am	Group Access:	SA MF WA
Cost:	\$140 for 10 weeks	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle Tai Chi movements		

Tai Chi for Health & Relaxation - Beginners		55+	Tootgarook
Venue:	Tootgarook Snr Citizens Centre 2 Barry St	Contact:	Senior Citizens Centre 5985 4992
Melways Ref:	169 E4	Led By:	Trained Leader
Times:	Wed 1.00pm	Group Access:	WA MF
Cost:	\$3 per session	Venue Access:	Ground Floor
Prerequisites:	Annual membership - \$8	Transport:	None
Activities:	Tai chi to resume/maintain involvement in active leisure. Suited for individuals who have ceased physical activity and social contact		

TAI CHI / YOGA / PILATES

Tai Chi for Health & Relaxation

55+

Tootgarook

Venue: Tootgarook Snr Citizens Centre
2 Barry St

Contact: Senior Citizens Centre
5985 4992

Melways Ref: 169 E4

Led By: Trained Leader

Times: Tue 9.00 - 10.00am

Group Access:

Cost: \$3 per session

Venue Access: Ground Floor

Prerequisites: Annual membership - \$8

Transport:

Activities:

WALKING / CYCLING

Walking/Cycling Group		All Ages	McCrae
Venue:	Meet at McCrae Lighthouse Point Nepean Rd	Contact:	New Peninsula 5973 8888
Melways Ref:	158 K10	Led By:	Self Help
Times:	Mon 9.30 - 10.30am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Social walking group		

Rosebud Plaza Walks		All Ages	Rosebud
Venue:	Rosebud Plaza Shopping Centre Cnr of Boneo Rd and McCombe St	Contact:	David Collings Leisure Centre 5975 0133
Melways Ref:	170 B2	Led By:	Trained Leader
Times:	Thu 7.45 - 8.45am	Group Access:	WA
Cost:	Free	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Supported indoor walking group. Includes warm up, indoor walk and cool down exercises. Volunteers available if extra support is required.		

Pole Walking		All Ages	Rosebud
Venue:	Leaves from Rosebud Foreshore Opposite Jetty Rd	Contact:	Sue Russell 0412 452 498
Melways Ref:	158 F11	Led By:	Trained Leader
Times:	Tue 10.30am	Group Access:	
Cost:	\$5 per session (includes pole hire)	Venue Access:	On the sand
Prerequisites:	Must be able to walk in firm sand	Transport:	
Activities:	Walking with 2 poles in the firm sand along the foreshore		

WALKING / CYCLING

Pacers Walking Club - Rosebud		All Ages	Rosebud
Venue:	Meet at Sound Shell Village Green, Foreshore Reserve Point Nepean Road (opposite 6th Avenue)	Contact:	Pam Romanoff 5986 3094
Melways Ref:	158 D12	Led By:	Volunteers
Times:	Wed 9.00 - 10.00am	Group Access:	
Cost:	Donation	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Walk along the board walk in a group. Walk at your own pace		

Rosebud Walking Group		All Ages	Rosebud West
Venue:	Meet at Aqua Blue Café 1591 Point Nepean Hwy	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	169 J2	Led By:	Trained Leader
Times:	Fri 10.00am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	None	Transport:	
Activities:	Run in partnership by Mornington Peninsula Shire and the Heart Foundation this outdoor walk is suitable for all abilities.		

Rye Coastal Walk		All Ages	Rye
Venue:	Meet in the Rye Community House 27 Nelson St	Contact:	Rye Community House 5985 4462
Melways Ref:	168 F4	Led By:	Trained Leader
Times:	Mon 9.30 - 11.00am	Group Access:	WA MF
Cost:	Gold coin donation for morning tea	Venue Access:	Wheelchair accessible
Prerequisites:	None	Transport:	
Activities:	A supported outdoor walking group. Includes warm up and refreshments. Seating available along the walking track.		



WALKING / CYCLING

Wednesday Walkers

All Ages

Sorrento

Venue: Sorrento Community Centre
860 - 868 Melbourne Rd

Contact: Sorrento Community Centre
5984 3360

Melways Ref: 157 A7

Led By: Self Help Group

Times: Wed 9.30 - 11.30am

Group Access:

Cost: Free

Venue Access: Disabled access

Prerequisites:

Transport:

Activities: A brisk-paced outdoor walk along a variety of tracks.

WATER EXERCISES

Aqua Exercise		All Ages	Rosebud
Venue:	Peninsula Swim & Aquatic Centre Colchester Rd	Contact:	Rosebud Swimming Centre 5981 2667
Melways Ref:	170 A6	Led By:	Water Aerobics
Times:	Mon, Wed, & Fri 9.00am Mon & Thu 12pm	Group Access:	MF
Cost:	\$8.50 per session Book of 10 - \$70	Venue Access:	Disabled access - not into pool
Prerequisites:	GP certificate if underlying condition	Transport:	
Activities:	Water Aerobics		

PHYSICAL ACTIVITY DIRECTORY – SOUTHERN REGION

Westernport Region



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Crib Point | Hastings
Somerville

GENERAL EXERCISE GROUPS

Hastings Hall Exercise Class		50+	Hastings
Venue:	Hastings Hall 1973 Frankston-Flinders Rd	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	154 G8	Led By:	Trained Leader
Times:	Thu 9.30 - 10.30am	Group Access:	
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle exercise		

Circuit Breakers		All Ages	Hastings
Venue:	Pelican Park 2 Marine Pde	Contact:	Pelican Park Rec Centre 1300 850 197
Melways Ref:	154 K11	Led By:	Trained Leader
Times:	Thu 12:30 - 1:30pm	Group Access:	WA
Cost:	\$13 per session \$9.10 concession \$5.40 All Access	Venue Access:	Disabled access
Prerequisites:	GP Assessment - contact for form	Transport:	
Activities:	Circuit based aerobics		

Somers Hall Exercise Class		50+	Hastings
Venue:	Somers Community Hall 68 Camp Hill Rd	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	194 C9	Led By:	Trained Leader
Times:	Thu 11.00-12.00pm	Group Access:	
Cost:	\$5 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle exercise		

GENERAL EXERCISE GROUPS

Circuit Breakers		All Ages	Somerville
Venue:	Somerville Rec Centre 14 Edward St	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	107 E12	Led By:	Trained Leader
Times:	Thu 10:30 - 11.30am	Group Access:	
Cost:	\$5.40 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle aerobics circuit		

Prime Movers		Majority 50+	Somerville
Venue:	Somerville Rec Centre 14 Edward St	Contact:	Mornington Peninsula Shire 5950 1560
Melways Ref:	107 E12	Led By:	Trained Leader
Times:	Tue 10.30am	Group Access:	
Cost:	\$5.40 per session	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Gentle exercise to music		

Pryme Movers		All Ages	Somerville
Venue:	Somerville YMCA 55 Grant Rd	Contact:	Somerville YMCA 5977 7711
Melways Ref:	107 F11	Led By:	Trained Leader
Times:	Wed & Fri 1.30pm	Group Access:	SA
Cost:	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	Venue Access:	Ramped access
Prerequisites:	None	Transport:	
Activities:	A modified exercise program for older adults who like to keep active. Works on cardio fitness, strength, flexibility and balance in a fun and friendly environment.		

STRENGTHENING PROGRAM

Stay On Your Feet - Chair based

All Ages

Hastings

Venue: Pelican Park
2 Marine Pde

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 154 K11

Led By: Trained Leader

Times: Mon 2.30 - 3.15pm

Group Access: SA WA MF

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Stay On Your Feet - Entry

50+

Hastings

Venue: Pelican Park
2 Marine Pde

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 154 K11

Led By: Trained Leader

Times: Mon 1.30 - 2.30pm

Group Access: WA MF SA

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: GP or Physio Assessment

Transport:

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

Stay On Your Feet - Self Management

60+

Hastings

Venue: Pelican Park
2 Marine Pde

Contact: Community Health ACCESS
1300 665 781

Melways Ref: 154 K11

Led By: Trained Leader

Times: Mon 12.00 - 1.00pm
Wed 8.10 - 9.15am

Group Access:

Cost: \$5.40 per session

Venue Access: Disabled access

Prerequisites: Completed entry program

Transport:

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

TAI CHI / YOGA / PILATES

Yoga		All Ages	Crib Point
Venue:	Crib Point Comm House 7 Park Rd	Contact:	Crib Point Comm House 5983 9888
Melways Ref:	195 B2	Led By:	Trained Leader
Times:	Mon 9.30am - 11.00am Thu 6.00 - 7.00pm	Group Access:	SA MF WA
Cost:	\$60 for 8 weeks	Venue Access:	Ramped access
Prerequisites:	None	Transport:	Bus 782 Train to Crib Point
Activities:			

Tai Chi for Arthritis - Beginners		All Ages	Hastings
Venue:	Community Health Hastings 185 High St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	154 F11	Led By:	Trained Leader
Times:	Tue 3.00 - 4.00pm	Group Access:	WA MF SA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	None	Transport:	
Activities:	Specially designed Tai Chi movements for people with arthritis		

Tai Chi for Arthritis - Intermediate		All Ages	Hastings
Venue:	Community Health Hastings 185 High St	Contact:	Community Health ACCESS 1300 665 781
Melways Ref:	154 F11	Led By:	Trained Leader
Times:	Tue 2.00 - 3.00pm	Group Access:	WA MF SA
Cost:	\$4 per session (paid by term)	Venue Access:	Disabled access
Prerequisites:	Completion of the beginners sessions	Transport:	
Activities:	Specially designed Tai Chi movements for people with arthritis		

TAI CHI / YOGA / PILATES

Tai Chi		All Ages	Hastings
Venue:	Pelican Park 2 Marine Pde	Contact:	Pelican Park Rec Centre 1300 850 197
Melways Ref:	154 K11	Led By:	Trained Leader
Times:	Tue 12:45 - 1:45pm	Group Access:	
Cost:	\$13 per session \$9.10 concession \$5.40 All Access	Venue Access:	Disabled access
Prerequisites:	GP Assessment - contact for form	Transport:	
Activities:	Tai Chi movements		

WALKING / CYCLING

Walking Slow Pace		All Ages	Crib Point
Venue:	Crib Point Comm House 7 Park Rd	Contact:	Crib Point Comm House 5983 9888
Melways Ref:	195 B2	Led By:	Trained Volunteer
Times:	Tue 9.00am	Group Access:	
Cost:	Free	Venue Access:	Ramped access
Prerequisites:	None	Transport:	Bus 782 Train to Crib Point
Activities:	Slow paced walk, weather permitting. Various routes in local area		

Hastings U3A Cycling Group		55+	Hastings
Venue:	Meet at Hastings Community Hub 1973 Frankston-Flinders Rd	Contact:	U3A 5979 8585
Melways Ref:	154 G8	Led By:	Trained Volunteer
Times:	Thu 9.30am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	Member of Hastings U3A (\$25 annually)	Transport:	
Activities:	Perfect for all abilities. 15 - 30km at your own pace		

U3A Walking Group		55+	Hastings
Venue:	Meet at Hastings Community Hub 1973 Frankston-Flinders Rd	Contact:	U3A 5979 8585
Melways Ref:	154 G8	Led By:	Trained Volunteer
Times:	Wed 9.30am	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	Member of Hastings U3A (\$25 annually)	Transport:	
Activities:	5-6km at a slow - medium pace. Suitable for beginners.		

WALKING / CYCLING

Bicycle User Group - Hastings

All Ages

Hastings

Venue: Meet at Pelican Park Rec Centre
2 Marine Pde

Contact: Mornington Peninsula Shire
5950 1560

Melways Ref: 154 K11

Led By: Volunteer

Times: Mon 10.00am

Group Access:

Cost: Free

Venue Access:

Prerequisites: None

Transport:

Activities: Bring your bike along for a group ride on undulating terrain.

Somerville Walk

All Ages

Somerville

Venue: Meet at Somerville Rec Centre
14 Edward St

Contact: Mornington Peninsula Shire
5950 1560

Melways Ref: 107 E12

Led By: Trained Leader

Times: Mon, Wed & Fri 9.00am

Group Access:

Cost: Free

Venue Access:

Prerequisites: None

Transport:

Activities: Run in partnership by Mornington Peninsula Shire and the Heart Foundation this outdoor walk is suitable for all abilities.

WATER EXERCISES

AquaEze		All Ages	Hastings
Venue:	Pelican Park 2 Marine Pde	Contact:	Pelican Park Rec Centre 1300 850 197
Melways Ref:	154 K11	Led By:	Trained Leader
Times:	Fri 12.45 - 1.45pm	Group Access:	WA
Cost:	\$13 per session \$9.10 concession \$5.40 All Access	Venue Access:	Disabled access Ramped access into the pool
Prerequisites:	GP Assessment - contact for form	Transport:	
Activities:	Pool is 28 - 30 C. Modified water aerobics for those with mobility concerns		

SWEAT Aqua		All Ages	Hastings
Venue:	Pelican Park 2 Marine Pde	Contact:	Pelican Park Rec Centre 1300 850 197
Melways Ref:	154 K11	Led By:	Trained Leader
Times:	Wed 10.30 - 11.30am	Group Access:	WA
Cost:	\$13 per session \$9.10 concession \$5.40 All Access	Venue Access:	Disabled access Ramped access into the pool
Prerequisites:	GP Assessment - contact for form	Transport:	
Activities:	Pool is 28 - 30 C. Aqua exercise to music, based on Sports Science Research.		

Koori Water Program		All Ages	Hastings
Venue:	Pelican Park 2 Marine Pde	Contact:	Koori Team 9784 8100
Melways Ref:	154 K11	Led By:	Trained Leader
Times:	Tue 11.30am - 1.00pm	Group Access:	
Cost:	Free	Venue Access:	
Prerequisites:	Must have an assessment with a Koori Team member or Physiotherapist.	Transport:	Transport available if required.
Activities:	Water exercises followed by a healthy meal.		

WATER EXERCISES

Aqua Exercises		All Ages	Somerville
Venue:	Somerville YMCA 55 Grant Rd	Contact:	Somerville YMCA 5977 7711
Melways Ref:	107 F11	Led By:	Trained Leader
Times:	Wed 6.30pm	Group Access:	
Cost:	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	Venue Access:	Steps into pool & hoist
Prerequisites:	Must be able to move quickly in the water	Transport:	
Activities:	Pool is 34 - 35 C. Exercise in the water - a fantastic cardio and toning workout using the water as resistance		

Hydrotherapy Aqua		All Ages	Somerville
Venue:	Somerville YMCA 55 Grant Rd	Contact:	Somerville YMCA 5977 7711
Melways Ref:	107 F11	Led By:	Trained Leader
Times:	Tue & Thu 1.30pm Fri 12.30pm	Group Access:	
Cost:	Casual - \$8 10 sessions - \$65 25 sessions - \$147.50	Venue Access:	Steps into pool & hoist
Prerequisites:	Must be able to move quickly in the water	Transport:	
Activities:	Pool is 34 - 35 C. Intermediate hydro using resistance to help increase muscular endurance and fitness.		

WATER EXERCISES

Hydrotherapy for Beginners

All Ages

Somerville

Venue: Somerville YMCA
55 Grant Rd

Contact: Somerville YMCA
5977 7711

Melways Ref: 107 F11

Led By: Trained Leader

Times: Tue & Thu 2.45pm

Group Access: MF WA as long as can support
self in pool

Cost: Casual - \$8
10 sessions - \$65
25 sessions - \$147.50

Venue Access: Steps into pool & hoist

Prerequisites: None

Transport:

Activities: Pool is 34 - 35 C. Hydro for people with joint problems/replacements or arthritis or those who have not exercise for some time.

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