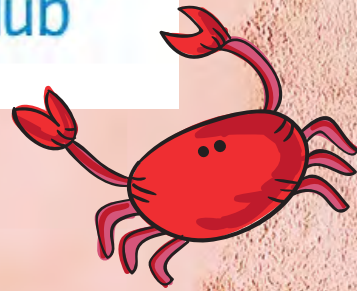




# Bellarine Training & Community Hub



## 2024 JANUARY - JUNE PROGRAM

TOID 20459

☎ 5255 4294

📍 1 JOHN DORY DRIVE, OCEAN GROVE

✉ reception@btach.com.au

📘 bellarinetraining

🌐 www.btach.com.au

📷 bellarinetrainingcommunityhub



The centre office is open from: 9am to 5pm Monday - Thursday and 9am - 4.30pm Friday. Out of hours activities also take place, please see the program for details of the times and dates.

Enrolments can be taken over the phone on **5255 4294 using Bankcard, MasterCard, Visa Cards or in person at 1 John Dory Drive, Ocean Grove**. Full payment must be made at time of enrolment for community classes and a \$100 non-refundable deposit is required on all Certificate III courses & above. Conditions apply, please see refund policy. (Unless negotiated with centre staff prior to enrolment). No class enrolment is deemed valid until payment has been received.

Should a class be cancelled due to a lack of enrolments or unforeseen circumstances, fees are refunded in full and the enrollee notified by phone. Clients wishing to withdraw from a course must do so prior to the commencement of the course. No refund will be issued once a course has commenced.

A full member of the Bellarine Training and Community Hub has the right to be elected to the committee of Management at the Annual General Meeting or where a vacancy exists on a current Committee. Full members also have a valid vote at the Annual General Meeting on any and all special resolutions or changes to the Constitution.

**Cost of full membership for 2024 is \$10.00**

Room rental is available at BTACH. If you require a room for your meeting, or workshop please contact the centre for availability.

**Cost:**

Single room - **\$27.50 (INC.GST) per hour**

Double room - **\$38.50 (INC.GST) per hour**

**Cost for not-for-profit organisations**

Single room - **\$22 (INC.GST) per hour**

Double room - **\$33 (INC.GST) per hour**

- Health & Fitness
- Art & Craft
- General Interest
- Languages
- Computers
- Primary School
- Youth Activities
- Accredited Training



## NATIONALLY RECOGNISED TRAINING...

Training is provided with Victorian Government funding. Those seeking funded places must meet the funding criteria to be eligible.

Payment plans are available for all Certificate III and above courses. Students may be eligible for additional funding, Centrelink entitlements or JSA entitlements. A \$100 non-refundable deposit is required on enrolment for all full certificate courses.

The following courses cover nationally accredited units therefore you are required to provide a Unique Student Identifier (USI) on enrolment.

To obtain your USI simply go to [www.usi.gov.au](http://www.usi.gov.au)



### USE HYGIENIC PRACTICES FOR FOOD SAFETY (SITXFSA005)

Safe food handling skills are essential for all people working within the food industry of Australia. This course meets the workplace requirements in applied food handling and provides a pathway to completion of Certificate II or III in Hospitality.

#### Dates:

Saturday 2nd March or  
Saturday 15th June

#### Times:

9am - 5pm

#### Fees:

Full Fee - \$150.00



NATIONALLY RECOGNISED  
TRAINING



### RESPONSIBLE SERVICE OF ALCOHOL CERTIFICATE (SITHFAB021)

This course covers all areas relating to the serving of alcohol in and around licensed premises and is essential if you plan to work in the hospitality industry. Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

#### Dates:

Saturday - 17th February or  
Saturday - 16th March or  
Saturday - 25th May

#### Times:

9am - 1pm

#### Fees:

Full Fee - \$90.00

Fees include all text books and admin costs.



NATIONALLY RECOGNISE  
TRAINING



## CERTIFICATE III IN EARLY CHILDHOOD EDUCATION & CARE (CHC30121)

This nationally recognised qualification is designed to help you develop essential skills in areas such as how to communicate with children, support play and basic developmental needs to turn your passion for working with children into a successful career. Our trainers are experienced Early Childhood Educators who are up-to-date with current industry standards and practices. Students are required to obtain a current Victorian Police Check and Working with Children Check card.

**Start Date:**  
5th February 2024

**Days:**  
Monday & Tuesdays

**Times:**  
9am - 3pm



**Fees:**  
**Funded / Concession - \$400.00**  
**Full Fee - \$5440.00**

Fees include all text books and admin costs.

## CERTIFICATE III IN INDIVIDUAL SUPPORT (AGEING & DISABILITY) (CHC33021)

Discover a rewarding career working in aged care or disability support by studying this certificate with us. This course equips you to work as a support or care worker in a variety of settings. Our trainers are experienced disability and aged care educators who are up-to-date with current industry standards and practices and will support you through the classroom based learning and practical placement that we find for you. Students are required to obtain a current Victorian Police Check and Working with Children Check card.

### Information Session:

**6th February 2024**

**Start Date:**

**Days:**

**13th February 2024**

**Tuesday & Thursdays**

**Times:**

**9am - 3pm**



**Fees:**

**Funded / Concession - \$400.00**

**Full Fee - \$5400.00**

Fees include all text books and admin costs.  
(Police check and WWC not included in price).



## CERTIFICATE IV IN YOUTH WORK (CHC40421)

This nationally recognized qualification equips you with the skills and knowledge to work with young people in a range of community-based programs and settings. The course is designed to help you develop and facilitate programs that address the social, behavioral, health, welfare, developmental, and protection needs of young people.

Pre-requisite: Basic computer skills are required for this course.

**Information Session:**  
**7th February 2024**

**Start Date:**  
**21st February 2024**

**Days:**  
**Wednesdays & Thursdays**

**Times:**  
**9- 3pm**

**Fees:**  
**Funded / Concession - \$440.00**  
**Full Fee - \$5440.00**  
Fees include all text books and admin costs.



## CERTIFICATE IV IN DISABILITY (CHC43121)

This certificate will prepare you for work in a range of community settings and clients' homes, to provide support in a manner that empowers people with disabilities to achieve greater levels of independence, self-reliance, community participation and wellbeing. Potential careers include disability support worker, residential support worker, supervisor and respite worker. Police Check and Working with Children Check card are required.

**Pre requisite:** to enrol in this course you must have completed the Certificate III in Individual Support.

**Information Session:**  
**8th February 2024**

**Start Date:**  
**22nd February 2024**

**Days:**  
**Thursday & Fridays**

**Times:**  
**9am - 3pm**

**Fees:**  
**Funded / Concession - \$300.00**  
**Full Fee - \$4300.00**

Fees include all text books and admin costs.  
(Police check and WWC not included in price.)





## CERTIFICATE IV IN SCHOOL BASED EDUCATION SUPPORT (CHC40221)

This qualification will prepare you for work in a range of education settings, including public and independent schools, community education settings, where you will provide assistance and support to teachers and students under broad based supervisions as integration aides or teachers' aides. Students are required to obtain a current Victorian Police Check and Working with Children Check card.

### Evening Class- Information Session:

5th February 2024

### Start Date:

12th February 2024

### Days:

Mondays, Tuesday + Wednesday evenings

### Times:

5pm- 9pm

or

### Day Class- Information Session:

29th May 2024

### Start Date:

12th June 2024

### Days:

Wednesday + Thursdays

### Times:

9am- 3pm

### Fees:

Funded / Concession - \$440.00

Full Fee - \$4940.00

Fees include all text books and admin costs.



## CERTIFICATE IV IN LEISURE AND HEALTH (CHC43415)

This certificate will teach you how to design, implement and evaluate leisure activities and programs for clients who are in residential facilities, day programs and other community settings, enhancing their quality of life. Students are required to obtain a current Victorian Police Check and Working with Children Check card.

### Venue:

Offsite

### Fees:

Funded / Concession - \$480.00

Full Fee - \$4940.00

Fees include all text books and admin costs.



## CERTIFICATE IV IN AGEING SUPPORT (CHC43015)

This qualification applies to workers in residential facilities. These workers carry out activities related to maintaining an individual's wellbeing through personal care and/or other activities of living. Occupational titles may include but are not limited to: accommodation support worker, care team leader, care supervisor, residential care worker, support worker, day activity worker, assistant coordinator, or personal care worker. Prerequisite modules from Certificate III in Individual Support apply for this course. Students must be working in a facility to complete this course.

### Venue:

Offsite

### Fees:

Funded / Concession - \$500.00

Full Fee - \$5460.00

Fees include all text books and admin costs.





## CERTIFICATE IV IN HEALTH ADMINISTRATION (HLT47321)

This qualification will provide you with the technical skills to interpret and apply medical terminology, lead effective workplace relationships and manage patient record keeping systems. Our highly-experienced industry professionals will guide you every step of the way to ensure your transition into the health sector is a success. Successful completion of this course will qualify you to lead a health admin team. It will also give you the knowledge to undertake further studies in the field. This course provides the skills required to work in a senior/ supervisor role within health administration.  
Pre-requisite: Basic computer skills are required for this course.

### Information Session:

**6th February 2024**

### Start Date:

**12th February 2024**

### Days:

**Mondays & Tuesdays**

### Times:

**9- 3pm**

### Fees:

**Funded / Concession - \$400.00**

**Full Fee - \$4900.00**

**Fees include all text books and admin costs.**



## CERTIFICATE IV IN MENTAL HEALTH (CHC43315)

If you are seeking a meaningful career, this course will qualify you to provide vital mental health services. You will gain in-demand skills to support people affected by mental illness and psychiatric conditions.

This course will prepare you for roles in clinical, community and residential settings. This includes: home-based outreach, respite care, rehabilitation programs and employment support.

### Information Session:

**8th February 2024**

### Start Date:

**22nd February 2024**

### Days:

**Thursdays & Fridays**

### Times:

**9am - 3pm**

### Fees:

**Funded / Concession - \$400.00**

**Full Fee - \$5400.00**

**Fees include all text books and admin costs.**





## DIPLOMA OF YOUTH WORK (CHC50421)

This course would suit anyone who wants to work with young people in a diverse range of settings. This course will give you the practical knowledge you need to engage respectfully with young people and identify and respond to people in crisis. You will learn to conduct group activities, manage case loads, and to develop and implement procedures to help young people address their needs.

**Information Session:**  
8th February 2024

**Start Date:**  
22nd February 2024

**Days:**  
Wednesdays & Thursdays

**Times:**  
9- 3pm

**Fees:**  
Funded / Concession - \$440.00  
Full Fee - \$6020.00  
Fees include all text books and admin costs.



## DIPLOMA OF EARLY CHILDHOOD EDUCATION & CARE (CHC50121)

The course is designed to help you develop the skills and knowledge needed to work as an early childhood educator. The course is delivered through a combination of targeted learning and practical exercises, ensuring that you develop the skills needed to work with children during their formative years. Upon completion of the course, you will be able to implement and manage education and care programs, supervise staff and support children's learning and development .

Pre-requisite: Certificate III in Early Childhood Education and Care

**Information Session:**  
7th February 2024

**Start Date:**  
21st February 2024

**Days:**  
Wednesdays & Thursdays

**Times:**  
9am - 3pm

**Fees:**  
Funded / Concession - \$500.00  
Full Fee - \$5400.00  
Fees include all text books and admin costs.





## YOUNG ADULTS 12-17 YRS...

### DROP IN / YOUTH GROUP

Welcome to Drop In the Bellarine's longest running youth group. Drop In provides a safe and supportive environment for young people to hang out, learn new skills, make new friends and have a fun Friday night. Activities range from surfing, bush walks, yoga for teens, camping, life-skills and team building games. If you're son or daughter is 12-17 years old then please contact us at [reception@btach.com.au](mailto:reception@btach.com.au). We look forward to welcoming them to the group.

#### Days & Time:

**Fridays 6pm - 9pm  
activities**

**During school term  
excursions**

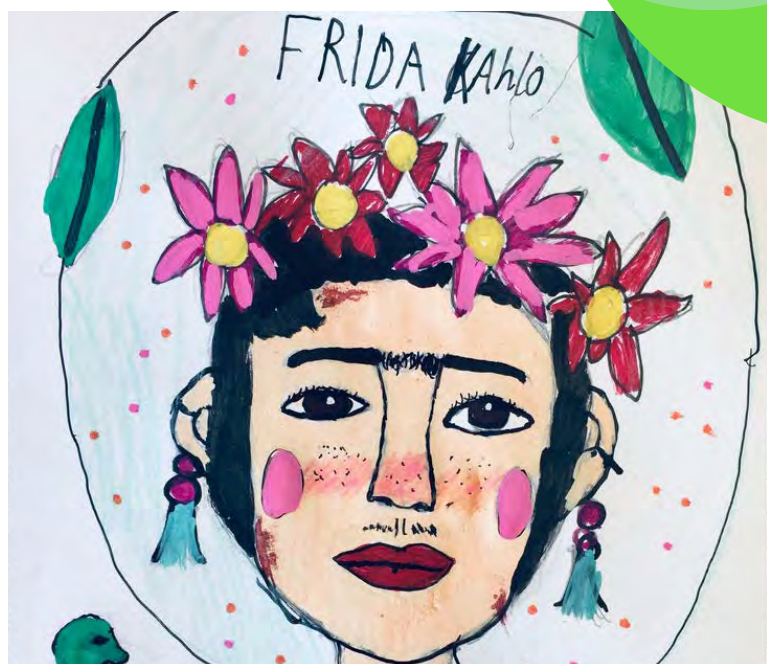
#### Fees:

**\$5 - in house**

**\$15(approx) External  
excursions**



## PRIMARY SCHOOL CHILDREN 7-11YRS...



### KIDS ART CLASS

Young artists will experiment with a variety of new techniques and mediums such as drawing, painting, collage, stenciling, stamping and photography to construct a personal visual journal. A balance between direction and freedom, these classes are a rare opportunity for our children to express themselves creatively, become comfortable with their own abilities, skills and style and perhaps even develop valuable skills they need to feel comfortable to become more like their unique selves instead of always trying to be like everyone else. **Materials list available on enrolment.**

Start Date Term 1:	Days:	Time:
29th January	Mondays	4pm
7th February	Wednesdays	4pm
8th February	Thursdays	4pm

Start Date Term 2:	Days:	Time:
29th April	Mondays	4pm
1st May	Wednesdays	4pm
2nd May	Thursdays	4pm

Sessions:	Fees:	Tutor:
8 x 1.5 hours	\$165	Adie & Beth

## COMPUTER CLASSES...



## FREE COMPUTER/PHONE/ INTERNET HELP FOR THE OVER 50'S

Are you frustrated with the trend that requires you to use the internet for banking, government agencies etc? Maybe you don't even have a computer? Then this is the course for you! Come and learn in a fun, informative and respectful environment. You are welcome to bring your phone, tablet, laptop or you can use one of our computers.

This course funded by the Australian government.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Fees:</b>
<b>31st January</b>	<b>Wednesdays</b>	<b>Free</b>
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Fees:</b>
<b>17th April</b>	<b>Wednesdays</b>	<b>Free</b>
<b>Sessions:</b>	<b>Time:</b>	<b>Tutor:</b>
<b>10 x 1hour</b>	<b>11.30am</b>	<b>Lianne</b>

## INTRODUCTION TO EXCEL

Excel allows you to develop computer records that involve calculations or comparisons. Examples include household budgets or spending and other financial data, including tax. It can also be used for record keeping related to health or fitness, e.g. blood pressure or sugar levels, DVD or CD collections, sports performance, weather or tide data, etc. This short course provides an introduction to spreadsheets and data entry and manipulation using MS Excel and Windows.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Fees:</b>
<b>27th February</b>	<b>Tuesdays</b>	<b>\$73</b>
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Fees:</b>
<b>14th May</b>	<b>Tuesdays</b>	<b>\$73</b>
<b>Sessions:</b>	<b>Time:</b>	<b>Tutor:</b>
<b>3 x 2 hours</b>	<b>4pm</b>	<b>Barry</b>





# PHOTOGRAPHY...



## GETTING TO KNOW YOUR DIGITAL SLR OR MIRRORLESS CAMERA

Just bought a new camera or dug one out of the cupboard and want to know how to use it properly? Learn how to use your digital SLR or mirrorless camera to improve your photography. Topics will include: basic camera functions – menus and buttons; file formats – JPEG vs raw; understanding and controlling exposure – aperture, shutter speed and ISO; understanding program/auto, semi-automatic and manual exposure controls; metering modes, scene modes and picture settings; focussing; lenses and accessories. The course will also include lots of hands-on practice and critiques of participant photographs.

**No background knowledge is required for this course.**

### What you will need

- A digital SLR or mirrorless camera.
- Your camera manual – all camera makes and models are different so it is important that participants have a copy of their camera manual with them during the course.

<b>Start Date:</b>	<b>Days:</b>	<b>Fees:</b>
7th February	Wednesday	\$90
<b>Sessions:</b>	<b>Times:</b>	<b>Tutor:</b>
4 x 2 hours	6.30pm	Ian

## LANDSCAPE PHOTOGRAPHY

This course is a general introduction to the topic of landscape photography. It is suitable for photographers who have a good understanding of their cameras and are looking to expand their photographic expertise and experience into landscape. Topics covered will include: defining and understanding landscape photography, camera settings for landscape photography; advice on shooting in the field; understanding light; composition; strategies for finding and making memorable landscape photographs. The course will include two field trips and critiques of participant photographs

**Pre-requisites and expectations of background knowledge:** It is expected that participants have a good understanding of how to use their camera and how to change the functional and background menu settings, so it is important that participants have a copy of their camera manual with them during the course. If you are a beginner with a digital SLR or mirrorless camera, please consider doing the course Getting to Know Your Digital SLR or Mirrorless Camera first.

**What you will need:** A camera with some level of manual control (i.e., the capability to override the fully automatic settings) is desirable so you can get the most from the technical aspects of the course. Most modern compact cameras, 'bridge' cameras, DSLR or mirrorless cameras would be suitable. However, a significant proportion of this course deals with aesthetics of landscape photography so almost any camera will do. A camera with interchangeable lenses or a built-in zoom lens would be desirable but is NOT mandatory. A tripod would be highly desirable but is NOT mandatory. Please note: This course will discuss a range of gear and introduce some advanced techniques but participation in the course will not require specialised gear so participants are advised to NOT purchase gear they don't already own just to take this course. The tutor will provide advice on the appropriate gear that participants may wish to purchase in the future if they want to pursue an interest in landscape photography.

<b>Start Date:</b>	<b>Days:</b>	<b>Fees:</b>
17th April	Wednesday	\$151
<b>Sessions:</b>	<b>Times:</b>	<b>Tutor:</b>
7 x 2 hours	6.30pm	Ian
(plus 2 x field trips) Field trips: Saturday 27th April and 11th May – times and locations TBA during the course.		



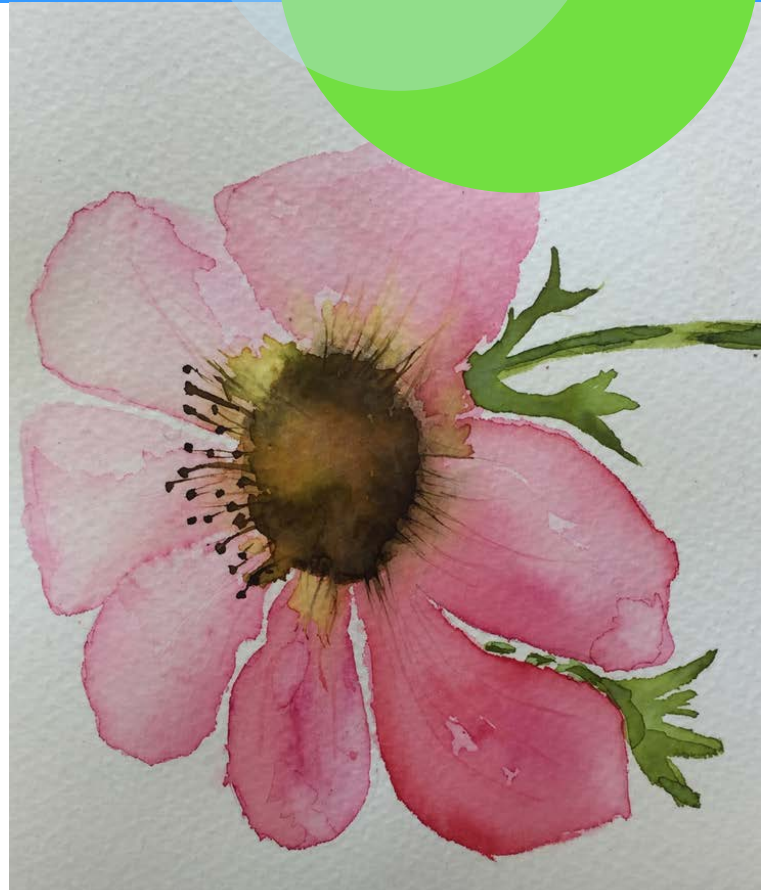
# ARTS AND CRAFTS...

## BEGINNERS

### DRAWING AND PAINTING

You don't need to be a highly skilled artist to use art to bring more joy, healing, stress relief or connection into our community. These classes will introduce you to mediums such as water colour, acrylic painting, pencil, pen and pastel drawing, pen and ink and mixed media and are designed to nurture your own ability no matter what level you are at, whilst connecting you with a group of like-minded interesting and fun creative people. This term we will be exploring watercolour and inks. **We welcome NDIS participants. Mediums and themes change. A materials list will be provided on enrolment.**

Start Date Term 1:	Days:	Time:
29th January	Mondays	9.30am
7th February	Wednesdays	6.30pm
9th February	Friday	9.30am
Start Date Term 2:	Days:	Time:
29th April	Mondays	9.30am
1st May	Wednesdays	6.30pm
3rd May	Friday	9.30am
Sessions:	Fees:	Tutor:
8 x 2 hours	\$215	Adie & Beth



## MIXED-MEDIA PAINTING

For self-expression and mindfulness. Students all over the world are using my unique techniques to totally free their creativity, to bring more relaxation and mindfulness into their lives and begin to develop a unique painting style of their own! Great for total beginners, as well as more advanced artists, these classes will teach you skills and techniques in many different mediums, then how to bring them all together into something that is uniquely your own. Most importantly in this class, you will gently learn to trust (and to be) yourself!!! I will teach you all my favourite processes, techniques, tips and tricks that allow you to express yourself; let go, be more in the moment and.....create art you love making. This work is spontaneous, intuitive and expressive, as opposed to precise and planned and it is really freeing. We welcome NDIS participants. **A materials list will be provided when you book in with the centre.**

Start Date Term 1:	Days:	Time:
9th February	Fridays	1pm
Start Date Term 2:	Days:	Time:
3rd May	Fridays	1pm
Sessions:	Fees:	Tutor:
8 x 2 hours	\$215	Adie & Beth



## ARTS AND CRAFTS...

### DRAWING AND PAINTING CONTINUED

In this class we are continuously discovering new mediums and learning new professional drawing and painting techniques. We see developments in each other's work every single week. Class members enjoy hanging out within a group of like-minded creative people, whilst exploring mediums such as watercolour, acrylic painting, pencil, pen and pastel painting, pen and ink and mixed media. It is encouraged from the start that you learn to feel comfortable in your own individual artistic ability and that you allow yourself to be creative. Prior experience in drawing is an advantage in these classes, but not essential. **Mediums and themes change. A materials list will be provided on enrolment.**

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Time:</b>
29th January	Mondays	12noon
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Time:</b>
29th April	Mondays	12noon
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
8 x 3 hours	\$295	Adie & Beth



### KID'S ART - AGE 7-11

Young artists will experiment with a variety of new techniques and mediums such as drawing, painting in watercolour and acrylics, collage, stencilling, stamping and photography and create unique, self-expressive mixed-media artworks. A balance between direction and freedom, these classes are so much more than just an art class, they are a rare opportunity for our children to express themselves and who they are creatively, become comfortable with their own abilities, skills and style and perhaps even develop valuable skills they need to feel comfortable to become more like their unique selves instead of always trying to be like everyone else.. Spaces are limited to 8, and a materials list will be provided when you book in with the centre.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Time:</b>
29th January	Mondays	4pm
7th February	Wednesdays	4pm
8th February	Thursdays	4pm
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Time:</b>
29th April	Mondays	4pm
1st May	Wednesdays	4pm
2nd May	Thursdays	4pm
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
8 x 1.5 hours	\$165	Adie & Beth





## ARTS AND CRAFTS...

## BEGINNERS

## PATCHWORK

Join Jenni who has an infectious enthusiasm for patchwork and a desire to share the joy of quilting with others. In this workshop she will demonstrate how quickly and easily beautiful quilts can come together. She shares little tips and tricks to help simplify the patching process and encourages participants to play with colour and pattern. Most importantly Jenni gives participants permission to laugh, relax and enjoy the process of creating and she will not allow anyone to get bogged down with perfectionism.

**Materials list is provided at first lesson and this class is in Point Lonsdale..**

<b>Start Date:</b>	<b>Days:</b>	<b>Time:</b>
<b>8th February</b>	<b>Thursdays</b>	<b>10am</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>6 x 2 hours</b>	<b>\$130</b>	<b>Jenni</b>



## POLYMER CLAY

## BEGINNERS WORKSHOP

Come along and unlock your creativity with this fun and interactive 3-hour polymer clay workshop. During this workshop you will be introduced to the wonderful world of polymer clay by learning basic skills of clay conditioning, design and colour theory, assembly and how to cure and finish your creations. All supplies will be provided and you will have access to an extensive range of tools and equipment to create your masterpieces.

By the end of the workshop you will take home 2 pairs of earrings, a keyring and a whole host of tips and tricks for you to be able to continue your polymer clay journey at home.

**Date:** Saturday 10th March 1-4pm

**Cost:** \$85pp

**Please book directly with Franklin and Bear on the below link;**

[franklinandbear@hotmail.com](mailto:franklinandbear@hotmail.com)



## ARTS AND CRAFTS...

# MATERNAL JOURNAL

Maternal Journal Group

**“Being able to see that other women were having similar worries to me and were able to express them in a journal as well as talk about them, was really helpful.”**

The Maternal Journal group provides a positive outlet for some of the new feelings and challenges you might experience, both physically and emotionally in pregnancy and new parenthood. Through a series of creative workshops, we will explore the practice of journaling to promote positive mental health and well-being.

One of the best things about journaling in a group is sharing a safe space to connect with other people. By exploring our emotions, thoughts and experiences in a creative way, we get to be vulnerable and authentically connect with each other through the language of art. Each session is guided by a different journaling exercise, including poetry and prose writing to collage, drawing and painting.

The group is facilitated by Lisa Quinney, Perinatal Counsellor, mother of two, and passionate creative. She provides an inclusive and safe space for anyone who has experienced pregnancy, given birth, identifies as a mother or as a woman or non-binary carer.

Please be aware that strong feelings can emerge during the group workshops, and they are not recommended for people with a history of severe mental illness.

**Date:** Mondays 5th February

**Time:** 11.30am-1pm

**Cost:** \$265

**Tutor:** Lisa Quinney



## CHUNKY SISAL MACRAME POTHANGER

Create a beautifully textured chunky sisal macrame pothanger that also comes with a gorgeous wooden pot...this coastal vibes, earthy, rustic, bogong decor that will suit the seaside lifestyle of Ocean Grove. You will have the opportunity to make your very own & display it in your home. Spend 3 hours with Anita from #knotsbyanita receiving expert tuition in one of her most popular ever workshops that are a huge hit in Torquay & Geelong. Grab this chance now!!

Please book directly with 'Love of knots'-  
[trybooking.com/CNVXI](https://trybooking.com/CNVXI)

**Date:** 17th February 1pm - 4pm

or 14th March 5pm - 8pm

or 18th May 1pm - 4pm

or 14th June 10am -1pm

**Cost:** \$90pp - materials and grazing platters included in price





## COMMUNITY GROUPS AND ACTIVITIES...



### BELLARINE KNIT ONE CROCHET TOO

Bellarine Knit One Crochet Too get together at the Hub on the 2nd & 4th Saturday of the month. The catch ups started in April 2022 and since then many projects have been finished and many friendships have been formed. Whether you enjoy knitting or crochet come along for a chat, a cuppa and a few laughs.

**Start Dates:**

**10th February**

**Time:**

**2pm - 4pm**

**Fees:**

**\$3**

**Days:**

**Saturday**

**Facilitator:**

**Julie**

### DEPRESSION AND ANXIETY SUPPORT GROUP

Help break down the barriers.

Join this group which meets to support each other and offer friendship to those with mental health issues. The group meets weekly during the school term and is facilitated by a qualified Mental Health Practitioner.

**Days:**

**Thursdays**

**Time:**

**1pm**

**Facilitator:**

**Sue**



### GASP

A FREE social group for LGBTQIA+ young people age 12-18. Includes food, games and discussion. This program is run by the CoGG.

**Days:**

**Fridays**

**Time:**

**3.30pm**

**Facilitator:**

**Dylan**



## COMMUNITY GROUPS AND ACTIVITIES...

### SCRABBLE/MAHJONG

Grab your friends and come and play a game that will keep your mind active.

**Days & Time:**

Mondays at 1pm

**Fees:**

\$2.50

### HUB HIKERS

This group usually meets at the Hub to walk around the local area and occasionally meets to walk at other locations on the southern part of the Bellarine.

This is a great chance to meet new people and keep fit at the same time. Please note that you are responsible for your own safety on the walks and an enrolment form is required to be completed prior to your first walk. New members welcome! Please call us for more details.

**Days & Time:**

Thursdays at 9am

**Fees:**

Free



### WALK, TALK AND CUPPA

Are you 'new' to the area?

Would you like to join a walking group to develop friendships? This group will meet outside The Dunes cafe at **10am on Tuesdays during term for a beach walk**. Walks will be approximately 1hour. Please call for more information.





## HEALTH AND WELLBEING...

### FIT FOREVER -FOR THE OVER 50'S

This group fitness class encourages co-ordination, strength, balance and flexibility. It is a low-impact workout which uses a variety of styles and equipment. Bring along your water bottle.

**Start Date:** 23rd January  
**Days:** Tuesdays  
**Fees:** \$10

**Time:** 10.15am 1 x 1hr  
**Fitness Instructor:** Heather

**Note:** class runs during school terms



### STRENGTH TRAINING FOR OLDER ADULTS

This group weight training class will help you gain strength and flexibility, improve balance and get fitter. This is an energetic circuit-based class, which uses a variety of simple equipment. The exercises are low impact. Bring along your water bottle.

**Start Date:** 24th January  
**Days:** Wednesdays  
**Fees:** \$10

**Fitness Instructor:**

Heather

**Times:**

9.30am - is a higher intensity session or  
10.45am - is less intense, however, a basic level  
of fitness is required.

Both sessions are 1 x 1hr and classes run during school terms.



### FIT FOREVER CIRCUIT -FOR THE OVER 50'S

This is an energetic blend of functional strength training, cardio, balance and flexibility. It is a low impact circuit based class. Bring along your water bottle.

**Start Date:** 25th January  
**Days:** Thursdays  
**Fees:** \$10

**Time:** 9am 1 x 1hr  
**Fitness Instructor:** Heather

**Note:** class runs during school terms

# HEALTH AND WELLBEING...

## TAI CHI

### CONTINUED 3 & 4

Enjoy the gentle movement of Tai Chi to improve your balance, flexibility and co-ordination, gradually stretching and opening all the joints, improving blood flow, and providing gentle massage to the internal organs. Remembering the Tai Chi pattern and learning to move your body in new ways creates subtle new challenges for your brain, keeping both your mind and your body active and learning. Please wear loose, comfortable clothing and flat shoes.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Times:</b>
<b>30th January</b>	<b>Tuesdays</b>	<b>12 noon</b>
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Times:</b>
<b>16th April</b>	<b>Tuesdays</b>	<b>12noon</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>Term 1: 9 x 1 hour</b>	<b>\$110</b>	
<b>Term 2: 11 x 1 hour</b>	<b>\$135</b>	<b>Leanne</b>



## TAI CHI FOR BEGINNERS

Enjoy the gentle movement of Tai Chi to improve your balance, flexibility and co-ordination, gradually stretching and opening all the joints, improving blood flow, and providing gentle massage to the internal organs. Remembering the Tai Chi pattern and learning to move your body in new ways creates subtle new challenges for your brain, keeping both your mind and your body active and learning. Any ages and fitness levels are welcome. Please wear loose, comfortable clothing and flat shoes. No prior experience needed.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Times:</b>
<b>2nd February</b>	<b>Fridays</b>	<b>11am</b>
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Times:</b>
<b>19th April</b>	<b>Fridays</b>	<b>11am</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>Term 1: 8 x 1 hour</b>	<b>\$98</b>	<b>Leanne</b>
<b>Term 2: 11x 1 hour</b>	<b>\$135</b>	





# HEALTH AND WELLBEING...

## TAI CHI CONTINUED

Enjoy the gentle movement of Tai Chi to improve your balance, flexibility and co-ordination, gradually stretching and opening all the joints, improving blood flow, and providing gentle massage to the internal organs. Remembering the Tai Chi pattern and learning to move your body in new ways creates subtle new challenges for your brain, keeping both your mind and your body active and learning. Any ages and fitness levels are welcome. Please wear loose, comfortable clothing and flat shoes. Must have completed 2 terms of Tai Chi in order to join this class.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Times:</b>
31st January	Wednesday	1pm
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Times:</b>
17th April	Wednesday	1pm
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
Term 1: 9 x 1 hour	\$110	Leanne
Term 2: 11 x 1 hour	\$135	



## ADVANCED TAI CHI

It is a pre-requisite that you have attended the previous term's class in order to join this class.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Times:</b>
31st January	Wednesdays	6pm
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Times:</b>
17th April	Wednesdays	6pm
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
Term 1: 9 x 1 hour	\$110	Leanne
Term 2: 11 x 1 hour	\$135	

HEALTH AND  
WELLBEING...

## ZUMBA®

Friday = ZUMBA® FITNESS

Finish up the work day and prepare yourself for some fun filled Zumba time! Dance and smile your way to fitness with this international exercise phenomenon. Party yourself into shape. The Latin inspired, easy-to-follow, energy-burning, dance-fitness party is here. Feel the music and let loose! Let the fun begin....

<b>Start Date:</b>	<b>Days:</b>	<b>Times:</b>
<b>2nd February</b>	<b>Fridays</b>	<b>9.30am</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>1 x 1 hour</b>	<b>\$13</b>	<b>TBA - keep an eye on our socials for the announcement</b>

THE MECHANICS  
OF MEDITATION

Have you tried to meditate in the past but found it very uncomfortable, or felt like you failed because of all the thoughts that pop into your head? This short course is to help you find a comfortable meditation position for YOU, and to talk about what meditation is and what meditation is not, and what you might experience instead of an instantly "empty mind". We will also learn more about our brain and nervous system from a scientific point of view and understand how the process of meditation can strengthen the mind and help manage anxiety. This course is not to teach you to meditate, it is to give you the foundation you need to be able to enjoy a successful meditation practice of your choice going forward.

**Start Date:**      **Days:**      **Times:**  
**Taking expressions of interest**

**Sessions:**      **Fees:**      **Tutor:**  
**4 x 1 hour**      **\$20**      **Leanne**

NEW EXERCISE CLASS  
COMING TO MONDAY  
NIGHTS!!!!!!

Keep an eye on our socials for  
the exciting announcement!

**Mondays at 6pm**





## HEALTH AND WELLBEING...

## QIGONG - BAMBOO FORMULA

Based in ancient Chinese medicine and philosophy, Bamboo Formula Qigong aims to improve the circulation of blood and qi in your body through a series of gentle exercises. Join us for a nine week course and find out how this practice may improve the sense of balance, health and well-being in your everyday life.

**Start Date:**

**1st February**

**Sessions:**

**9 x 1 hour**

**Days:**

**Thursdays**

**Fees:**

**\$97**

**Time:**

**10.30am**

**Tutor:**

**Klaas**



## YOGA WITH ALEX

Hi I'm Alex, I have completed 250hr Tantric Vinyasa flow & 100hrs of Yin yoga teacher training. In my classes, you'll feel welcome and nurtured. You will be guided into a mindful connection with your body that will bring you back to yourself and leave you feeling more balanced in your daily life. Classes will be a mix of styles, between Yin & Vinyasa Flow. No yoga experience necessary.

Please arrive 5-10min before class starts and ensure your phone is turned off. Bring a yoga mat if you have one, if not I usually have a few spares.

Instagram #galaxyontrail

45 Minute Yoga Class

**Start Date:** Ongoing  
**Days:** Tuesdays  
**Times:** 7.30pm -8.15pm  
**Fees:** \$15 casual  
 \$50 for 5 classes  
**Instructor:** Alex  
 To book please call 0438 854 489



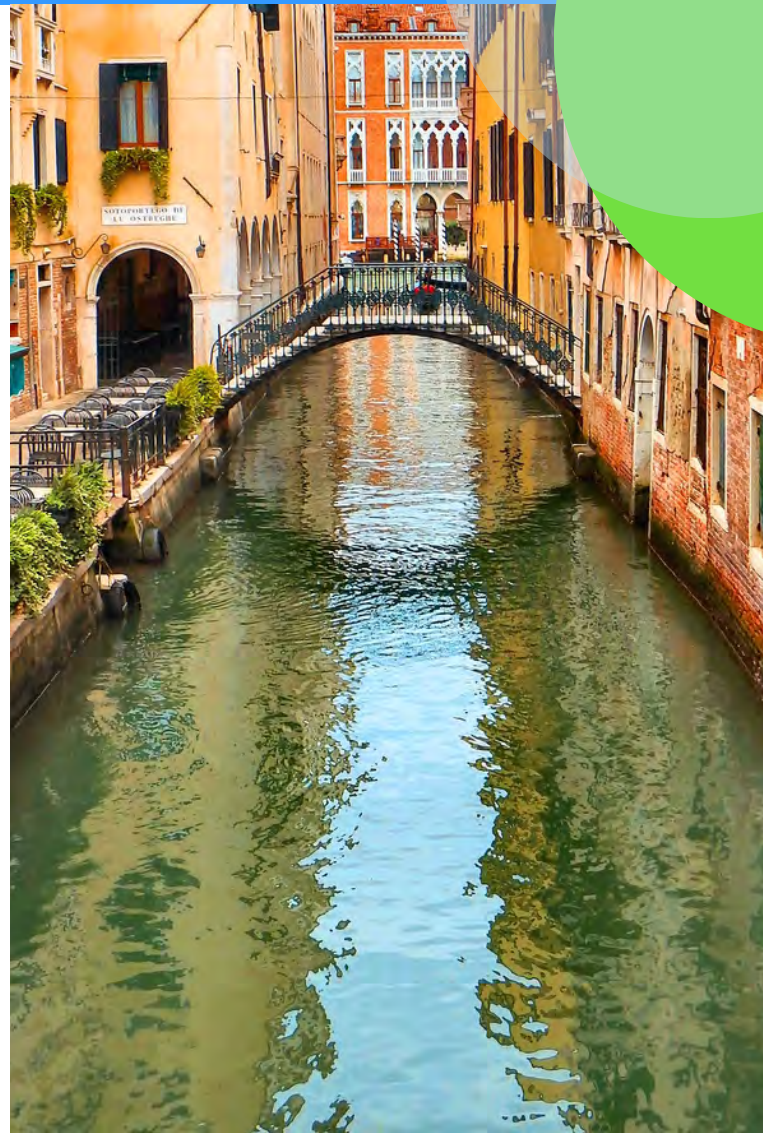


# LANGUAGES...

## FRENCH FOR TRAVELLERS

Are you looking at holidaying in France or would you just like to learn some French? Then this class is for you! It is the first class in a series of 'French for travellers' courses and will cover the very basics you will need to know: how to pronounce the French alphabet, how to count to 100, the gender of words and their definite/indefinite articles, negation, the use of 'tu' and 'vous', greetings, telling the time, courtesy phrases, how to ask questions and more... We will be focusing on very basic and essential grammar, as well as on pronunciation and basic must know phrases. The class will be run by a native Frenchman.

<b>Start Date Term 1:</b>	<b>Days:</b>	<b>Time:</b>
<b>1st February</b>	<b>Thursdays</b>	<b>6pm</b>
<b>Start Date Term 2:</b>	<b>Days:</b>	<b>Time:</b>
<b>18th April</b>	<b>Thursdays</b>	<b>6pm</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>Term 1: 9 x 1.5 hours</b>	<b>\$146</b>	
<b>Term 2: 10 x 1.5 hours</b>	<b>\$162</b>	<b>Serge</b>



## ITALIAN FOR BEGINNERS T2

This class is suitable for prospective travellers or those who would like to learn a new language for enjoyment and cultural insight.  
Pre-requisite: Beginners Italian T1

<b>Start Date:</b>	<b>Days:</b>	<b>Times:</b>
<b>TBA</b>	<b>Tuesdays</b>	<b>5pm</b>
<b>Sessions:</b>	<b>Fees:</b>	<b>Tutor:</b>
<b>8x 1.5 hours</b>	<b>\$97</b>	<b>Grace</b>

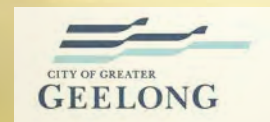




# Bellarine Training & Community Hub



**Neighbourhood Houses**  
The heart of our community



TOID 20459

☎ 5255 4294

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