

Local & Affordable Exercise Guide 2010

for all ages

SPORTS

DANCING

GYMNASIUMS

**STRENGTH
TRAINING**

**TAI CHI &
YOGA**

**WATER
EXERCISES**



**It's easier and closer
than you think!.....**

Community Hubs & Facilities

Port Melbourne Neighbourhood House
Cnr Liardet & Nott St,
Port Melbourne 3207
Ph: 9209 6351

South Melbourne Community Centre
Cnr Park St & Ferrars Pl,
South Melbourne 3205
Ph: 9209 6349

Port Melbourne Centre & Trugo Club
219 Esplanade East,
Port Melbourne 3207
Ph: 9209 6351

Port Melbourne Community Room
Upstairs 147 Liardet St,
Port Melbourne 3207
Ph: 9209 6351

Sol Green Recreation Centre
Cnr Montague & Coventry Sts,
South Melbourne 3205
Ph: 9209 6349

St Kilda Library Community Room
150 Carlisle St
St Kilda 3205
Ph: 9209 6371

Middle Park Community Centre
Cnr Nimmo & Richardson St,
Middle Park 3206
Ph: 9209 6349

Mary Kehoe Centre
224 Danks St,
Albert Park 3206
Ph: 9209 6349

The Cora Graves Centre
38 Blessington St,
St Kilda
Ph: 9209 6371

Betty Day Centre
67 Argyle St,
St Kilda 3206
Ph: 9209 6371

Elwood Beach Community Centre
63A Ormond Esp,
Elwood 3184
Ph: 9209 6347

Sandridge Centre & Trugo Club
1 Tucker Ave,
Garden City 3207
Ph: 9209 6351

Fishermans Bend Community Centre
Cnr Dunstan Pde & Centre Ave,
Garden City 3207
Ph: 9209 6351

Neighbourhood Houses



161 Chapel St
St Kilda
Ph: 9534 0777



Alma Road Community House
200 Alma Rd,
East St Kilda
Ph: 9525 8746

Elwood St Kilda Neighbourhood Learning Centre (ESNLC)
87 Tennyson St
Elwood
Ph: 9531 1954
Fax: 9531 1754



Port Melbourne Neighbourhood House

Cnr Liardet & Nott St,
Port Melbourne 3207
Ph: 9209 6351

Note: (Formerly known as Liardet Community Centre)

Updated December 2009

Gymnasiums and Strength Training

Weight for Age Program

Includes socialisation aspect.

Where: SWEAT
7 Armstrong St
Middle Park

When: Monday & Thursday
3.00 pm– 4.00pm

Contact: Jack Revens- 9682 8998

Cost: \$5.00
Includes refreshments

Inner South Community Health Service - PCYC Kick Start Program

Suitable for people with chronic health problems.
ISCHS Physiotherapist's assessment and medical clearance required before starting.

Where: PCYC Gym,
179 Inkerman St, St Kilda

When: Monday, Wednesday & Friday
11.00 -12.00 pm

Contact: 9534 0981

Port Phillip Community Group Gym & Swim.

An inclusive program that welcomes people of all abilities. Specifically targets rooming house residents and people who are economically and socially disadvantaged within the City of Port Phillip.

Note: Swimming is an open session.
No lessons provided.

Where: Fitness First
97 Alma Road, St Kilda

When: Thursday
Gym - 11.30-12.15pm
Swim - 12.15-1.00 pm

Contact: Shayne- 9534 0777

BOOKINGS ESSENTIAL

Cost: Gym \$2.00
Swim \$2.00
Gym & Swim \$3.00

Inner South Community Health Service - Pulmonary Rehabilitation Exercise Program

A six-week exercise program for people with chronic lung disease.

ISCHS Physiotherapist's assessment and medical clearance required.

Where: Southport Community Rehabilitation

When: Tuesday: 11.00 -12.00 pm

Thursday: 2.00 - 3.30 pm

Contact: Sara McArdle - 9690 9144

Inner South Community Health Service- Genesis St Kilda Rd Strength Training Group

For those recovering from injury or a chronic health issue affecting their strength, flexibility or balance. Need ISCHS Physiotherapist's assessment & medical clearance.

Where: Genesis Gym,
441 St Kilda Rd

When: Tuesday & Thursday
2.00 pm - 3.00 pm

Contact: Greg Paine - 9534 0981

Cost: \$4.00

Body World

For residents who are 65yrs of age or over and students. Make an initial appointment to develop a program that is suitable to you.

Where: Body World,
285 Carlisle St, Balaclava
(Top floor)

When:
Monday - Friday: 6.00 am-5.00 pm
Saturday: 8.00 am - 7.00 pm
Sunday: 8.00 am - 5.00 pm

Contact: 9527 7966

Cost: \$5.00 a visit

Port Phillip Community Group - Gym.

An inclusive program that welcomes people of all abilities. Specifically targets rooming house residents and people who are economically and socially disadvantaged within the City of Port Phillip.

Where: Fitness First
97 Alma Road, St Kilda

When: Tuesday: 2.00 - 2.45pm

Contact: Shayne: 9534 0777

BOOKINGS ESSENTIAL

Cost: Gym \$2.00

St Kilda Police & Citizens Youth Club

Cardio & Weights gym, boxing hall and basketball court.

Where: PCYC Gym,
179 Inkerman St, St Kilda

When:
Monday-Thursday: 6 am - 9 pm
Friday: 9 am - 9 pm
Saturday: 8 am - 3 pm

Contact: 9534 7584

Cost: \$3.00 (under 25 yrs)
\$7.50 (Adult)

ACTIVATE

Caulfield Community Health Services.

Need a referral for eligibility to the program. Attend twice a week after starting the program.

Where: 260 Kooyong Rd, Caulfield
When: Mon- Fri: Times to be advised

Contact: Intake Worker- 9523 6666
For referrals- 9076 6776

Cost: \$6.50 Assessment
\$48 monthly (8 lessons)

STRENGTH TRAINING

\$6.50 for Assessment
\$4.50 per session

Gymnasiums and Strength Training

South Pacific St Kilda Sea Baths

For those who are 55yrs of age or over.

Where: 10-18 Jacka Boulevard, St Kilda

When: Monday & Thursday
11.00 -12.00 pm

Contact: 9525 4888
for more information

Gives full access to gym, pool, steam room, spa & the active seniors group.



Inner South Community Health Service Southport Strengtheners.

Individual strength training programs supervised by fitness instructor.

Where: Melbourne Sports & Aquatic Centre Gym
Albert Park

When: Thursday: 12.30 - 2.30pm

Contact: 9690 9144
Cost: \$5 a visit
(\$20 joining fee).

Inner South Community Health Service - Prahran Strength Training

Exercises with weights to improve body strength to help manage osteoporosis, arthritis and fall risk, etc.

Where: Prahran Centre,
240 Malvern Rd,
Prahran

When: Tuesday & Thursday
2.30pm - 3.30pm

Contact: Information & Referral worker
9525 1300

Cost: \$3

City of Port Phillip Community Access in partnership with Inner South Community Health Service- Strength Training

Provides elderly people (65+) with mobility issues the opportunity to do exercise with light weights.

Supervised by a fitness instructor

Where: Cora Graves
Community Centre,
38 Blessington St,
St Kilda

When: Thursday: 11am—12pm

Contact: 9534 0981

Cost: \$4.50

Transport provided

Inner South Community Health Service Genesis Port Melbourne Strength Training Group

For those recovering from injury or a chronic health problem affecting their strength, flexibility or balance.

Need ISCHS physiotherapist's assessment and medical clearance

Where: Genesis Fitness,
Waterfront Place,
Port Melbourne

When: Friday: 1pm - 2pm

Cost: \$5

Inner South Community Health Service Genesis Prahran Strength Training Group

For those recovering from injury or a chronic health problem affecting their strength, flexibility or balance.

Need ISCHS Physiotherapist's assessment & medical clearance.

Where: Genesis fitness,
Level 1, 286 - 300
Chapel St, Prahran

When: Monday & Thursday
1.00 - 2.00 pm

Contact: Alison Folley-9525 1300

Cost: \$5



South Port Uniting Care- Burra 'B- Fit' Club

Fun exercises and social program for older adults

- Fun and games
- Information about health & well being
- Strength training
- Gentle exercises

Where: South Port Uniting Church Hall, 319 Dorcas St, South Melbourne

When: Wednesday: 10.30 am– 12.30 pm

Contact: Intake worker: 9690 9144 (for an appointment)
Sandy Atherton: 9696 4270 (for further Information)

Cost: \$5
Medical clearance required

Yoga

Yoga

When: Monday: 3.00 pm - 4.00 pm

Where: Port Melbourne
Neighbourhood House
Corner Liardet & Nott St,

When: Friday: 10.15 am - 11.15 am

Where: Community Room
147 Liardet Street

Cost: \$10 a session.
Concession available

When: Thursday: 10.30 am - 11.30 am

Tailored for seniors and people with disabilities.

Cost: \$5 a session

Contact: 9645 1476

Yoga

Dynamic Hatha Yoga catering for all levels

Where: Elwood Beach
Community Centre,
63A Ormond Esplanade
Elwood

When: Monday & Wednesday:
7.00 pm - 8.30 pm
Tuesday & Thursday:
7.15 pm - 8.15 pm
Saturday (Studio 1)
9.30 am - 10.30 am

Contact: Yvonne - 9531 6145
0416 019134

Cost: \$150 / \$135 (concession)
for 10 wk term
Casual: \$18 / \$15 (concession)

Multiple Class deal available.

Body Flow Yoga

Where: Port Melbourne
Community Centre,
147 Liardet St,
Port Melbourne

When:

Body Flow

Monday: 6.00 - 7.30pm

Tuesday: 6.30 - 8 pm

Wednesday: 6.00 - 7.30pm

Saturday: 10.00 - 11.30 am

Yoga Discover Course:

Wednesday: 7.00 - 8.30pm

Revitalize Classes:

Thursday: 6pm - 7.30pm

Contact: Sophie 0411 724 234

For more info visit:

www.bodyflowyoga.com

Cost: \$19/ \$17 (concession)
per class

Unlimited access \$17.50 per week
Conditions apply

"Body Flow Yoga delivers body tone, posture, core strength, energy, bliss and calm to you"

Ohana Yoga

Where: Gasworks Arts Park
Graham St,
Albert Park (Studio 3)

When:

Monday: 10.00 - 11.00 am

Tuesday: 7.15 - 8.15 pm

Thursday: 6.00 - 7.00 pm

Sunday: 9.00 - 10.00 am

Contact: Gena: 0424 397 498

Cost: \$15 Casual
\$72 for 6 week term

Welcome to two classes per week, NO extra charge



Hatha Yoga Tuesday and Thursday

Where: Elwood, St Kilda Neighbourhood Learning Centre
87 Tennyson St. Elwood

When: Session 1 - 6.30 - 7.40 pm
Session 2 - 7.45 - 9.00 pm (Beginners Welcome)

Cost: \$8 / \$6 concession

Contact: Tuesday, Lisa: 0409 473 162
Thursday, Penny: 9578 3715



Yogareal

Where: Level 1, 45 Victoria Avenue
Albert Park

When: Monday - Thursday
7.00 pm - 8.30 pm (Beginners)

Check website or call for more programs and class times.

Contact: Robert, 9585 1694

Email: www.yogareal.com.au

Cost: 1hr drop in - \$15
1½ hr drop in - \$18
10 week course - \$150

Discounted value deals available, phone or check website for further details.

Tai Chi

South Melbourne Community Centre

Where: Corner Park St & Ferrars Place, South Melbourne

When: Tuesday - 9.30 am - 11.30 am

Contact: 9654 1476

Cost: \$3.00

Caulfield Community Health Services Tai Chi

Cost: \$52 (8 week course)

Contact Caulfield Access for further details

Contact: 9076 6776

Middle Park Community Centre Tai Chi

Where: Corner Nimmo & Richardson St, Middle Park

When: Monday

Continuing: 7.00pm -8.30

Wednesday

Beginners: 6.30pm - 8

Friday

Beginners class catered for seniors: 9.30 am-11.00 am

Continuing: 11.00 am -12.30 pm

Contact: Marion: 9699 6806

Cost: \$38 (regular)
\$25 (concession)

Where: Elwood Beach Community Centre, 63A Ormond Esplanade, Elwood

When: Tuesday: 6.45pm - 8.15pm

Contact: Master Liu: 0409 853 756

www.ziranmen.com

Cost: \$120 for 10 weeks



Learn for Yourself- Tai Chi

When: Wednesday , 9.30 am- 11.00 am

Where: Mary Kehoe Centre
244 Danks St, Albert Park

Cost: \$2

Contact: 9682 5390

Walking

Port Phillip Community Group

Take a gentle walk around the areas beautiful parks with other local residents & then join in on a cuppa and a chat. All residents of the City of Port Phillip are welcome.

Where: Alma Rd Community House

When: Friday: Meet at 10.00 am

Contact: Anthea: 9525 8746

Cost: FREE (with cuppa)

Community Access Walk Along

Provides older active people the opportunity to participate in a social walking group

Where: Locations vary

When: Thursday: 9.30 to 1.30pm

Contact: Laura: 9209 6738

Cost: \$7.80

Includes pick up to location, morning tea and drop off

Stepping Stones Walking Group.

- For those who are 55 years of age and over.
- Great for socializing and meeting new people.

Where: Christ Church Community Centre
14 Acland St, St Kilda

When: Wednesday
2.30 pm – 4.00 pm
(fortnightly)

Afternoon tea included

OR Stepping Out

Explores historical sites of St Kilda while doing some easy exercise.

Where: Christ Church Community Centre
14 Acland St, St Kilda

When: Thursday: 10.00 am

Contact: Kathy: 9534 9250

Coffee included

Walk and Talk: City of Port Phillip

Explores the heritage treasures of the seven neighbourhood precincts of the City of Port Phillip. A leisurely paced walk. Families welcome.

See website for more details:

<http://www.portphillip.vic.gov.au/walks.html>

Where: Various locations

When: Various

For venues and dates contact:

City of Port Phillip ASSIST on 9209 6522

Bookings are essential!

walking@portphillip.vic.gov.au

Cost: FREE



Gasworks Walking Group

- All ages are welcome.
- Wear comfortable walking shoes
- Bring a water bottle, hat and sun screen
- It is a brisk walk not a stroll.

Distance covered;

- 6 kilometers in the hour.

Where: Meet outside Gasworks Café
21 Graham Street
Albert Park

When: Tuesday & Thursday
8.50- 10.00 am

LEAVING 9 AM SHARP

Contact: Di: 0400 989 788

No bookings necessary

Port Phillip Community Group

An inclusive program that welcomes people of all abilities. Specifically targets people in rooming houses and people who are economically and socially disadvantaged within the City of Port Phillip.

When: Monthly bush walking, including transport and BBQ lunch.

FITNESS REQUIRED 5 - 6km graded walk.

When: Contact for dates, times and locations

Contact: 9534 0777 for further details.

Cost: \$4



***BOOKINGS ESSENTIAL ***

Includes BBQ lunch & Transport

Gentle Exercise

Inner South Community Health Service South Port Gentle Exercise Group

Where: South Port Centre,
Coventry St,
South Melbourne

When: Wednesday
1.00pm – 2.00 pm

Contact: Duty Worker: 9690 9144

Cost: \$3

St Kilda Police & Citizen Youth Club Over 50 and Rehabilitation Exercise program

These Movement Programs are personalised to your requirements with input from your health care practitioner.

When: Monday, Wednesday, and Friday 11.00 am - 12.00 noon.
Contact: 9534 7584 for more information and costs

Monday: *Ball Class* using medicine balls, Swiss balls and a range of different movement exercises runs from 11am-12noon.

Wednesday: *Pump Class* from 11:00 am-11:30 am
Stretching Class from 11:30 am-12 noon.

Inner South Community Health Service St Kilda Gentle Exercise Group

Where: St Kilda Centre,
18 Mitford St, St Kilda

When: Monday, 1.00pm – 2.00 pm

Contact: Duty Worker: 9534 0981

Cost: \$4

Learn for Yourself Gentle exercise to music

Where: Mary Kehoe
Community Centre
(CBR/ Hall)

When: Wednesday: 10.15-11.00am

Contact: Ute Korallus: 9682 5390

Cost: \$2

BOOKINGS ESSENTIAL

Port Melbourne Neighborhood House

All are welcome for gentle exercise

Where: Sol Green
Community Centre

When: Monday
9.00 am - 10.00 am

OR

Where: Elwood Beach
Community Centre

When: Tuesday
9.00 am - 10.00 am

OR

Where: Port Melbourne
Neighborhood House
154 Liardet St

When: Friday
9.00 am - 10.00 am

Contact: 9645 1476

Cost: \$5.00 Each

Inner South Community Health Service Prahran Gentle Exercise Group.

Where: Prahran Centre, 240 Malvern Road, Prahran

When: Tuesday, 11.00 am - 12.00 pm

Contact: Duty Worker- 9525 1300

Cost: \$3

All Inner South Community Health Service groups criteria:

Gentle exercise for People of all ages to have fun, improve health and independence.

ISCHS Physiotherapist's assessment and medical clearance required.

City of Port Phillip Community Access

Chair based gentle exercise and movement for older people (65+).

Where: Cora Graves Centre
38 Blessington St, St Kilda

When: Wednesday: 10.00 am - 11.30 am

Contact: 9209 6738

Cost: \$4.45
TRANSPORT PROVIDED

Sitting Dances

Provides Older people 65+ & people with special needs an opportunity to do a range of seated gentle exercises to music.

Where: Betty Day Centre

When: Wednesday: 10.30 am - 11.30 am

Contact: 9209 6738

Cost: \$4.45
TRANSPORT PROVIDED

Parents, Kids and Teens

Aikido- Kids

Japanese martial art for kids

Where: Elwood Beach
Community Centre

When: Thursday, 5.30- 6.30pm
Saturday, 9.00 - 10.00 am

Contact: Julius: 0418 568 638
9533 4859

Cost: Casual rates

Mini Maestros

Music and Dance for pre-schoolers 6 months – 3 years.

Where: The Hub (Port Melbourne Family & Children's Hub),
Clark Street, Port Melbourne

When: Wednesdays: 9.45 am – 1-2 year olds
10.25 am – 2-3 year olds
11.15 am – 6- 24 months

OR

Where: Sol Green Community Centre
(corner Montague & Coventry St)

When: Thursdays 10.50 am – 1-2 yr olds
10.00 am – 2-3yr olds
11.30 am – 6-15mths

Contact: 9387 1500 for information and costs

Mummy & Millie

For mums who want to regain their fitness, strength and shape in a small, private class environment.

- No need for babysitters!
- Fun, friendly environment with an opportunity to meet and interact with other mums.

Where: South Melbourne Community Centre
Corner Park St & Ferrars place

When: Tuesday: 11.15 am - 12.30 pm

OR

Where: 301 High Street, Prahran

When: Friday: 10.15 am - 11.15 am

Cost : \$170 for 10 classes (\$20 per casual class)



Girls Zone

Weekly club for young women aged 12-17years.

Activities include:

Tai-bo, yoga, belly dancing, funk, hip hop and more!

Where: Port Melbourne
Neighbourhood House

When: Monday: 4.00 pm - 5.30 pm
(During School terms)

Contact: 9645 1476

Cost: FREE

Street Style Dancing

Dance class for low income teens
Hip-hop, street style Dancing

Where: Port Melbourne Neighbourhood House

When: Tuesday: 3.40 pm - 5.10 pm

Contact: 9645 1476

Cost: Free

Not operating during school holidays



Parents, Kids and Teens

St Kilda Police & Citizen Youth Club

179 Inkerman St, St Kilda

Phone: 9534 7584



Cardio Combat & Morning Combat - Boxing

- No previous experience required

When: Monday, Wednesday & Thursday: 6.30 pm

Tuesday & Thursday: 6.00 am

Saturday: 10.00 am

Cost: \$7.50 (members); \$15 (non-members).

\$10 (all Morning combat classes)



Friday Night Activities

6 - 12 year olds - Various games

When: Friday: 6.00 pm - 8.00 pm

Cost: \$2.00 (members)
\$3.00 (non-member)
\$1 (canteen)



Dancing

Ballroom Dancing

Old Time/ New Vogue Dancing
A place to dance

Where: South Melbourne Centre

When: Thursday:
(Fortnightly)
1.00 pm – 3.00 pm

Contact: 9699 8560

Cost: \$3
\$1 raffle

Tango & Salsa Dancing

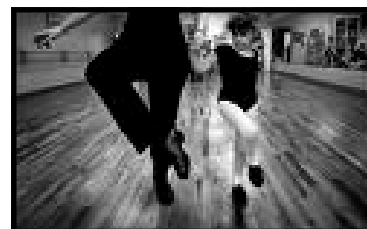
Group lessons
There is also a social event the last Saturday of every month

Where: Port Melbourne Neighbourhood House

When: Thursday:
7.30 pm - 8.30 pm

Contact: Natalia & Albetro
9687 3295

Cost: \$15 a lesson



Line Dancing

For all ages
You don't need a partner.



Where: Port Melbourne Neighbourhood House

When: Wed & Fri, 7.30 pm - 9.30 pm
(Friday for beginners)

Contact: Margaret, 0418 360 956

Cost: \$5 per session
Includes tea and coffee

Tappers of Share Care

Where: Fishermans Bend Community Centre

When: Wednesday
1.00 pm -3.00 pm

Contact: Helen: 9699 3400

Cost: \$6

Song and Dance

This Program provides people the opportunity to sing and dance in a fun and supportive environment

Where: Betty Day Centre

When: Friday, 10.45 am – 11.45 am

Target: SRS Residents, people who are socially isolated or have special needs

Cost: FREE
(Morning Tea included)

TRANSPORT PROVIDED



Other Sports

Aikido

Japanese martial arts for adults
(see *Parents, kids & teens* for Kids classes)

Where: Elwood Beach
Community Centre,
63A Ormond Esp,
Elwood

When: Mon, Wed & Fri
6.30pm - 7.30pm
Wednesday
7.30pm - 8.30pm
Sunday
9.00am - 10.00am

Contact: Julius
0418 568 638
9533 4859

Cost: Not advised/ flexible

City of Port Phillip (CoPP) Sporting Clubs

- Over 93 sporting clubs in CoPP
- Wide range of activities to various groups

Where: Various locations

When: Various

Contact: ASSIST
9209 6777
Or visit



Port Phillip Community Group Tennis

Inclusive program
Coaching available fortnightly
Equipment supplied

Where: Carmelite Tennis Club,
Albert Park Reserve,
South Melbourne

When: Friday: 2.00pm - 3.00pm

Contact: Shayne: 9534 0777

BOOKINGS ESSENTIAL

Cost: \$1.00

Trugo

All welcome to join (including ladies)
Each team needs eight players

Thursdays play matches with other teams

Where: South Melbourne
Centre,
1-5 Howe Crescent,
South Melbourne

When: Season: September - March
Tuesday 12.30 pm - 2.30pm

Contact: Jackson: 9690 5751

Cost: \$8 senior citizen membership
(South Melbourne)
\$5 registration
\$3 for away games

\$10.00 Annual subscription

Melbourne Sports & Aquatic Centre

Various sports (wet and dry),
fully supervised
Tailored for people with an
intellectual disability

Where: Melbourne Sports &
Aquatic Centre,
Albert Park

When: Saturday
2.00 pm - 4.00 pm

Contact: Jeff Torney
9926 1547

Cost: \$8.50 per person,
per session

Badminton

Informal group activity

Where: Fishermans Bend
Community Centre,
Cnr Dunstan Pde &
Centre Ave,
Garden City

When: Thursday
7.30 pm - 9.30 pm

Contact: Shirley: 9645 1694

Cost: \$2.00



Social Bowls

Supported by Albert Park VRI Bowls Club
Provides people an opportunity to play a social game of bowls

Where: Albert Part Bowls Club

When: Wednesday, 1.30- 3.00pm

Cost: FREE

Afternoon Tea included!
TRANSPORT PROVIDED

Water Exercise

Inner South Community Health Service - Prahran Aged Care Hydrotherapy Group.

Water exercises for various muscular and joint conditions.

ISCHS Physiotherapist's assessment and Medical clearance required

Where: Caulfield General Medical Centre, 260 Kooyong Rd, Caulfield

When: Thursday
12.00 pm - 1.00 pm

Contact: Duty worker
9525 1300

Cost: \$7.00
Transport available

Inner South Community Health Service Albert Park Self Help Water Exercise

ISCHS Physiotherapist's assessment and Medical clearance required

Where: Melbourne Sports & Aquatic Centre, Albert Park

When: Wednesday
2.30 pm-3.30

Contact: Greg Paine
9534 0981

Cost: \$4.75

Water Leisure

Gentle Aquatic exercises. for older persons (65+ yrs), and/or people with mobility issues.

Where: Melbourne Sports & Aquatic Centre, Albert Park

When: Tuesday,
10.00am - 12.30pm

For more details phone 9209 6738
TRANSPORT PROVIDED

Cost: \$7.55

Community Access

Active Seniors Water Exercise Program

Where: Alma Road Swim Centre, Alma Rd, St Kilda

When: Tuesday & Friday
8.45 am - 9.45 am

Contact: Laura Cattapan: 9209 6738

Cost: \$4.45



Port Phillip Community Group

Inclusive program targeting rooming house residents and those who are economically & socially disadvantaged

Where: Melbourne Sports & Aquatic Centre, Albert Park

When: Friday - Fortnightly
10.00am - 11.30am

Contact: Shayne
9534 0777

Cost: FREE
Transport available

Inner South Community Health Service - Albert Park Aquatic Physiotherapy Group

For those recovering from injury or a chronic health issue
ISCHS Physiotherapist's assessment and Medical clearance required

Where: Melbourne Sports & Aquatic Centre, Albert Park

When: Tuesday
12.00pm - 1.00pm

Contact: St Kilda: 9534 0981
Prahran: 9525 1300
SouthPort: 96909144

Cost: \$6.00

Hydro Therapy

- Great for rehabilitation or for those with injuries
- Physiotherapist's assessment and referral required

Where: Caulfield General Medical Centre, 260 Kooyong Rd, Caulfield

When: Wednesday
5.30 pm

Contact: 9532 8001

Cost: \$20 per 1hr session

Claimable from private insurance.

Swim School

- For people with disability
- Open to all residents of City of Port Phillip
- Eligible for a City of Port Phillip subsidy on receipt of valid proof of address and identification at time of registration

Where: Melbourne Sports & Aquatic Centre, Albert Park

When: School terms.

Times not advised

Ring for more Information
Limited spaces available

Contact: Swim School
9926 1581

Cost: Not advised

Medical clearance required