



live and learn

2020
COURSES
AND CLASSES



Create and connect with your community

The Live and Learn guide showcases the many diverse classes and courses throughout the City of Port Phillip. Whether you want to learn a new language, practice your art skills or join an exercise class, there is something on offer for all ages and abilities.

Create and connect with your community now for an exciting 2020.

To contact Council's community centres and for more information

- 📞 **ASSIST 03 9209 6777**
- ✉️ **comfacil@portphillip.vic.gov.au**
- 🌐 **portphillip.vic.gov.au**

If you require a large print version contact **ASSIST** on **03 9209 6777**

Language assistance

廣東話	9679 9810
普通話	9679 9858
PolSKI	9679 9812
Ελληνικά	9679 9811
Русский	9679 9813
Other	9679 9814

National Relay Service

If you are deaf or have hearing or speech impairment, you can phone us through the National Relay Service (NRS):

- TTY users dial **133677**, then ask **03 9209 6777**
- Speak & Listen users phone **1300 555 727**, then ask **03 9209 6777**

For more information visit www.relay.service.gov.au

Elwood St Kilda Neighbourhood Learning Centre

87 Tennyson Street, Elwood
03 9531 1954
esnlc@esnlc.com.au
esnlc.com.au

ARCS Training (Applied Reception and Customer Service)

🕒 Thursdays 9.30 am to 12.30 pm

Beginner Computer Classes

🕒 2.5 hour-classes weekly for 10 weeks

Intermediate Computers (Get that Job)

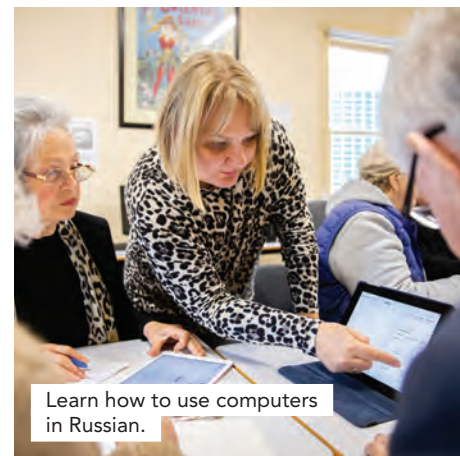
🕒 Tuesdays 9.30 am to 3 pm

iPads, Tablets and Smartphones

🕒 Tuesdays 3.30 pm to 5.30 pm

Computer Classes taught in Russian

🕒 Contact for timetable



Learn how to use computers in Russian.



Learn English in a friendly environment.

English as an additional language

🕒 Enquire for timetable

French

🕒 Mondays, Tuesdays or Thursdays evenings
📞 Amanda 0405 086 480

Spanish

🕒 Mondays or Tuesdays evenings
📞 Helen 0418 172 747
helene.shingler@gmail.com

Elwood Community Choir

🕒 Wednesdays 7.30 pm to 9 pm

Bones for Life Feldenkrais

🕒 Thursdays 2 pm to 3 pm

Yoga

🕒 Tuesdays and Thursdays 6.30 pm to 7.40 pm, 7.45 pm to 9 pm

Yoga Nidra (meditation)

🕒 Contact for timetable
📞 03 9531 1954

Betty Day Community Centre

67 Argyle Street, St Kilda

St Kilda Adult Glee Club

- 🕒 Wednesdays 7 pm to 8 pm
- 📧 info@adultgleeclub.com.au
- 🌐 www.adultgleeclub.com.au

Dance/Aerobics Group

- 🕒 Tuesdays 4.30 pm and Saturdays 9.30 am
- 📞 Larisa 03 9527 9246

Spanish language classes in St Kilda

- 🕒 Mondays 5 pm to 9 pm
- 📞 1800 655 140

Auslan

- 🕒 Tuesdays 6 pm to 8 pm
- 📧 auslan@expression.com.au
- 📞 03 9473 1111

Weight Watchers

- 🕒 Mondays 5.15 pm to 7.15 pm
- 📞 13 19 97

Balaclava Toastmasters

- 🕒 Second and fourth Tuesday of the month 6.30 pm to 8 pm
- 📞 Paula 0408 133 186 or Paul 0415 575 567

The Hungarian Language School

- 🕒 Thursdays 7.30 pm to 8.45 pm
- 📞 Tibor 0448 105 659



Practice your singing skills with the Russian choir at Betty Day Community Centre.

Port Phillip Community Group

200 Alma Road, East St Kilda
03 9525 8746 arch@ppcg.org.au

Nurture at Alma

- 🕒 Mondays during school term 9.30 am to 11 am

Computers at ARCH

- 🕒 Mondays during school term 10 am to 12 pm

Czech and Slovak Playgroup

- 🕒 Wednesdays 10 am to 1 pm

Art Attack

- 🕒 Thursdays during school term 1 pm to 3 pm



Families can experience a range of fun and educational activities at the toy library.

Mums 'n' Bubs Playgroup

- 🕒 Thursdays 3.30 pm to 6 pm

Akhanda Yoga

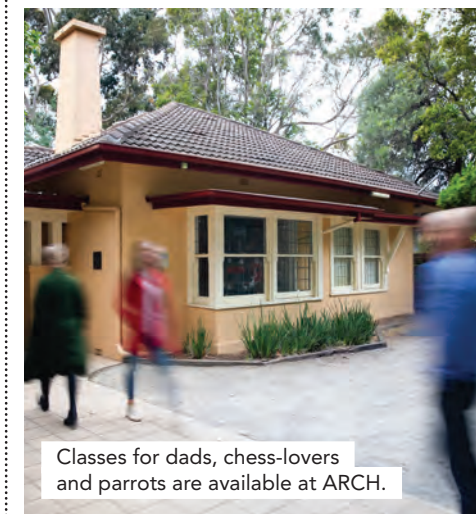
- 🕒 Saturday 7 December 2019 to Saturday 7 March 2020, 8 am to 9.30 am

Rummy Tiles

- 🕒 Fortnightly Sunday afternoons 1 pm to 5 pm

Alma Road Community House (ARCH)

200 Alma Road, East St Kilda



Classes for dads, chess-lovers and parrots are available at ARCH.

Dads in Distress

- 🕒 Mondays 7.30 pm to 9.30 pm
- 📞 1300 853 437
- 🌐 www.parentsbeyondbreakup.com

St Kilda East and Caulfield Chess Club

- 🕒 Tuesdays during school term 6 pm to 9 pm
- 📞 Michael 0425 887 218
- 📧 michaelgluzman@optusnet.com.au

Melbourne Parrot Meet Up

- 🕒 Saturdays bimonthly 1 pm to 4 pm
- 📞 Adrienne 0433 818 374
- 📧 parrotperfectpresents@gmail.com



Pick up a bass guitar or kick a bass drum and create some tunes at the music class with U3A.

Mary Kehoe Community Centre

224 Danks Street, Albert Park

U3A Port Phillip

- 🕒 Classes Monday to Friday 10 am to 3 pm
- ☎ 03 9696 3495
- ✉ u3app@u3app.org.au

Port Phillip Life Activities Club

- ☎ Saturdays Book Club and MahJong Book Club
- ✉ secretary@lifeportphillip.org.au

South Melbourne Garden Club

- 🕒 Third Wednesday of the month 7 pm to 10 pm
- ☎ 0432 107 182
- ✉ rachelr286@gmail.com

Studio Italiano

- 🕒 Tuesdays and Thursdays 6.30 pm to 8 pm
- ☎ 0433 374 222
- ✉ studioitaliano@bigpond.com

Middle Park History Group

- ☎ 03 9534 3784
- ✉ maxnank@bigpond.net.au

Middle Park Community Centre

Corner Nimmo and Richardson Streets, Middle Park

Taoist Tai Chi

- 🕒 Mondays, Wednesdays, Thursdays and Fridays
- ☎ 03 9384 6120
- ✉ melbourne@taoist.org

U3A Port Phillip

- 🕒 Classes Tuesday
- ☎ 03 9696 3495
- ✉ u3app@u3app.org.au

Sunrise Yoga

- 🕒 Saturdays 8 am to 9.30 am
- ✉ peterandelainebaby@gmail.com

Kids First Aid

- 🕒 Sunday once a month 9 am to 12 pm
- ☎ 1300 138 133
- ✉ graeme@kidsfirstaid.com.au

Broadband for Seniors

- ☎ 03 9645 1476
- ✉ admin@pmnc.org.au



Learning how to use the internet helps seniors increase their skills, confidence and online safety in using digital technology.

Ferrars Street Education and Community Facility

129 Ferrars Street, South Melbourne

Dare to Dream School Holiday Program

Workshops and education for eight to 13 year olds. Contact for timetable.

☎ www.projectgenz.com.au/holidaybootcamps

Pre-schoolers Playgroup

🕒 Wednesdays
During school term
10 am to 12 pm

☎ Jacqui 0412 514 421

Spanish and Mandarin for Kids

🕒 Saturdays 9.30 am
☎ Registration required
0426 229 146
www.kidsandlanguages.com

The Australian USA College Baseball Pathway

🕒 Tuesdays 7 pm to 8.30 pm
☎ Lynn on 0438 547 438
www.succesevents.com.au

Melbourne Contemporary Choir (MCCCHOIR)

For adults aged 18 and older.
🕒 Wednesdays 6.45 pm to 9 pm
☎ 0490 170 750
www.mcchoir.com

Sol Green Community Centre

Corner Montague and Coventry Streets, South Melbourne

Exercises For All Ages

🕒 Mondays and Tuesdays
9 am to 10 am
☎ 03 9645 1476

Monday Drop In with Lunch

🕒 Mondays 11 am to 3 pm
☎ South Port Community Centre
03 9645 1476

U3A Port Phillip

🕒 Classes on Mondays, Thursdays and Fridays
☎ 03 9696 3495, u3app@u3app.org.au

Lunch at the Green

🕒 Fridays 1 pm to 3 pm
☎ 03 9209 6738

Flag (Friday Leisurely Arts Group)

🕒 Fridays 1.30 pm to 3.30 pm
☎ 03 9209 6738

Polish School for Today

🕒 Mondays 6 pm to 7 pm
Saturdays 10 am to 12 pm
☎ admin@polishschool4today.com.au

Polish Community Council of Victoria

🕒 Saturdays 12.30 pm to 3.30 pm
☎ 03 9569 4020
monikakrajewski@hotmail.com

Emerald Hill Art Group

🕒 Wednesdays 9 am to 1 pm
☎ 0422 438 294
digyngelltaylor@yahoo.com.au

Polish Scouting Association

🕒 Saturdays 3.30 pm to 4.30 pm
☎ kpasz.zhp@gmail.com

Mental Health Music Network

🕒 Wednesdays 10 am to 6 pm
Thursdays 10 am to 4 pm
☎ 03 9326 9970
info@wildatheart.org.au



Playgroups provide great opportunities to meet other parents and introduce social skills to your children.



Start the weekend good by joining an art class.

South Melbourne Town Hall Community Hub

Fishlet Street, South Melbourne

Friends of the ABC

- ☎ 03 9682 0073
- ✉ fabcvic@vicnet.net.au

Save Albert Park

- ☎ 03 9690 3855
- ✉ savap@vicnet.net.au

Port Phillip Citizens for Reconciliation

- ☎ 0418 675 734
- ✉ rosemary.rule@gmail.com

Sputnik Russian Cultural and Television Association

- ☎ sputnikrctva@hotmail.com

South Melbourne Community Centre

Corner Park Street and Ferrars Place, South Melbourne

Tarot Guild of Australia

- 🕒 First Saturday of the month
2 pm to 4 pm
- ☎ 0419 305 904
- ✉ president@tarotguild.org.au

The Awakening Network Meditation

- 🕒 First Wednesday of the month
7 pm to 9 pm
- ☎ 03 5793 8477 or 0413 046 785

Arts with Collin Bogaars

- 🕒 Mondays 5 pm to 7 pm
- ✉ Bowen.walker@portphillip.vic.gov.au

The Rhythm Tree

- 🕒 Wednesdays and Fridays
9 am to 11.30 am
- ☎ 0406 123 462
- ✉ gillian@therhythmtree.com.au

VectorVest User Group

- 🕒 Second Saturday of the month
- ☎ Allan 0409 798 640
- ✉ alanmckay@bigpond.com

South Melbourne Dance Centre

- 🕒 Tuesdays 4 pm to 7.30 pm
- Thursdays 4.30 pm to 6.30 pm
- Saturdays 9.30 am to 11.30am
- ☎ 03 9521 2367 or 0406 488 845

Trugo

- 🕒 Tuesdays 11 am to 3 pm
- ☎ Harold 03 9646 4837

Tai Chi for Seniors

- 🕒 Tuesdays 9.30 am to 11 am
- ☎ 03 9645 1476

Ballroom Dancing to Old Time New Vogue

- 🕒 Thursdays fortnightly 1 pm to 4 pm
- ☎ 0408 175 206

City of Voices Community Theatre

- 🕒 Wednesdays 4 pm to 7 pm
- ☎ 03 9645 1476

Brandragon Morris Dance

- 🕒 Mondays 8 pm to 10 pm
- ✉ brangragon@morris.org.au

Golden Age Club - Jewish events for older people

- ☎ Nellie 0425 732 325
- ✉ nellie.khoroshina@ncjwavic.org.au



Learning music encourages children to develop their creative and social skills.

Victorian Astrology Association

- 🕒 Third Saturday of the month
1.30 pm to 5 pm
- ✉ astroherald@hotmail.com

Port Phillip Greek and Latin Dancing Group

- 🕒 Mondays 7.30 pm to 9 pm
- Tuesdays 8 pm to 9 pm
- Thursday 7 pm to 8.30 pm
- ☎ 0407 892 266

Seishinkan Iaido

- 🕒 Wednesdays 8 pm to 10 pm
- ☎ 0411 709 870
- ✉ shinjitsuryu@gmail.com

Pilates with Tracy Steward

- 🕒 Wednesdays 6.30 pm to 7.30 pm
- ☎ 0402 597 429

U3A Port Phillip

- 🕒 Classes on Mondays, Wednesdays and Thursdays
- ☎ 03 9696 3495
- ✉ u3app@u3app.org.au



Practice Tai Chi to keep your mind and body healthy.

SouthPort Community Centre

03 9645 1476 or www.pmnc.org.au

Health and wellbeing classes

Contact SouthPort Community Centre for details

ARCS – Customer Service and Reception Training

🕒 Wednesdays 12.30 pm to 3.30 pm

Drop In Art

🕒 Mondays 1.30 pm to 3 pm

English as a Second Language

🕒 Tuesdays 10 am to 12 pm

Make Your Mark – Youth Arts Program

🕒 Thursdays 6.30 pm to 9 pm

Reading and Writing

🕒 Tuesdays 12.30 pm to 3.30 pm

Liardet Community Centre

154 Liardet Street, Port Melbourne

Hatha Yoga

🕒 Thursdays 7.15 pm to 8.15 pm

☎ Marea on 0402 092 510

www.yogatimeportmelbourne.com

Friends of the National Film and Sound Archive

🕒 Sundays monthly

2 pm to 4 pm 0419 438 221

☎ teresa.pitt@outlook.com

SATDY Arvo Toastmasters Club - Public speaking

🕒 Third Saturday of the month
1.15 pm to 3.30 pm

☎ Helen 0474 498 052

Little Feet Music Classes

🕒 Mondays 9.20 am, 10 am and 10.50 am

☎ Rachel 0410 600 060
info@littlefeetmusic.com.au

Box Hill Institute Disability Employment Service

🕒 Thursdays fortnightly

☎ 03 8892 1240

Joblife Employment

🕒 Thursdays by appointment

☎ 1800 319 502

SHE Talks - Women's empowerment workshop

☎ SHETalks@outlook.com

Country Women's Association

🕒 Last Tuesday of the month
7.30 pm to 8.30 pm

☎ www.facebook.com/cwaporportphillip

Kinderballet

🕒 Sundays 9.30 am

☎ Jackie 1300 606 949
jackie@kinderballet.com.au

Abada Capoeira Melbourne

🕒 Mondays
3 to 5 years 3.30 pm to 4.10 pm
6 to 12 years 4.10 pm to 5 pm
Wednesdays 6.30 pm to 7.30 pm

☎ ametistaabada@gmail.com

Jewellery Making

🕒 Contact for timetable

☎ Rose 0497 311 287
litderoses.ldr@gmail.com

Reception and customer service training provides the on-the-job skills and experience to be work-ready in customer service.



Nia – Movement Arts

🕒 Saturdays 10.30 am to 11.30 am

☎ Carol 0415 603 077
cliknaitzky@gmail.com

South Port Day Links (SPDL)

☎ 03 9646 6362
www.spdl.org.au

Zumba Gold

🕒 Mondays, Wednesdays and Thursdays
6 pm to 6.50 pm
Saturdays 9.15 am to 10.05 am

☎ Tracy 0404 287 580
tracy.constantinou@bigpond.com

Weight Watchers

🕒 Saturdays 9 am
☎ 13 19 97
www.weightwatchers.com.au

Dance 101

🕒 Tuesdays 7 pm to 8 pm

☎ Olga 0419 392 308
info@dance101.com.au

Probus

🕒 Fourth Friday of the month
10 am
Excluding December and January

☎ www.probusportmelbourne.org.au

Tiny Tutus Preschool Ballet

🕒 Thursday mornings
Starting 9.15 am
18 months to five years of age

☎ www.tinytutus.com.au

Hare Krishna Food for Life

🕒 Wednesdays 6 pm to 7 pm
☎ 03 9699 5122



Using positive reinforcement, obedience training teaches dogs basic commands, how to be social and to behave.

Sandridge Community Centre and Trugo Club

1 Tucker Avenue, Garden City

Beautiful Minds

- 🕒 Contact for timetable
- 📞 www.beautifulminds.com.au

Trugo

- 🕒 Contact for timetable
- 📞 Danny 0406 321 203

Hobsons Bay Obedience School

- 🕒 Sundays 9 am
- 📞 0407 555 557
monsoonglenn@optusnet.com.au

PPLAC Bridge

- 🕒 Tuesdays 6.30 pm
- 📞 Eddie 03 9645 2427
secretary@lifeportphillip.org.au

Port Melbourne Community Room

1/147 Liardet Street, Port Melbourne

Shee'k Dance

- 🕒 Two to four year olds
Thursdays 9.10 am to 9.55 am
- 📞 Sheryn 0433 547 849
sheekdancestudio.com

Itsy Bitsy Chef

- 🕒 Monday to Friday
4 pm to 5.45 pm
- 📞 0425 745 784
info@itsybitsychef.com.au

Port Melbourne Toastmasters

- 🕒 First, third and fifth Wednesdays
7 pm to 9 pm
- 📞 Jacqueline 0417 344 150

Fishermans Bend Community Centre

Corner Dunstan Parade and Centre Avenue, Garden City

Opacize – Greek Dance Exercise

- 🕒 Mondays and Wednesdays
7.30 pm 8.30 pm
- 📞 Stella 0407 800 970
www.facebook.com/stellamarie.topalidis

Kelly Mini Sports

- 🕒 One to two and a half year olds
Tuesdays 9.30 am to 10.15am
Two and a half to five years old
10.30 am to 11.15 am
- 📞 Shelley 0409 908 854
shelley@kellyminisport.com.au

Dance Network Victoria

- 🕒 Monday, Thursday and
Friday mornings
- 📞 Julia 0433 886 064

Port Melbourne Scouts

- 🕒 Five to 14 year olds
Tuesdays 5.15 pm to 8.30 pm
- 📞 Lisa 0429 131 215
lisa.picking@scoutsvictoria.com.au

Soccer Time Kids

- 🕒 Wednesday mornings
- 📞 1300 476 223
www.soccertimekids.com.au

Zumba Gold

- 🕒 Fridays 9.15 am to 10.05 am
- 📞 Tracey 0404 287 580
tracey.constantinou@bigpond.com



Get fit and have fun with Zumba workout.

PPLAC Badminton Group

- 🕒 Thursdays 8 pm to 10 pm
 - 📞 secretary@lifeportphillip.org.au
- ### Tap Dancing Classes Tappers of Share and Care
- 🕒 Wednesdays 1 pm to 3 pm
 - 📞 Carol 03 9645 2369

Port Melbourne Community Centre and Trugo Club

219 Esplanade East, Port Melbourne

Holistic Integrative Creative Art Therapies

- 🕒 Fridays 9 am to 3 pm
- 📞 Dilek 0488 213 339
wholistichealthcollege.com

Trugo

- 🕒 Contact for timetable
- 📞 Ron 0409 992 181

Social Health and Inclusion Port (SHIP)

- 📞 03 9525 1300
ship@ischs.org.au



There are 16 community centres located throughout the City of Port Phillip available for hire. Create and connect with your community now for an exciting 2020.

For more information

☎ **ASSIST** 03 9209 6777

✉ comfacil@portphillip.vic.gov.au

🖱 portphillip.vic.gov.au