

MITCHELL PARK NEIGHBOURHOOD CENTRE PROGRAM

1 CUMBRIA COURT MITCHELL PARK

Stop 28 Bradley Gr (Bus W90)

8375 6804

marion.sa.gov.au/mitchellpark

http://marioncommunityhubs.eventbrite.com

TERM 2, 2021
27 APRIL - 2 JULY

Monday

Beading

9.30am - 11.30am
\$7.00 per class
Phone to book

● Fabulous & Fit, Stand or Sit

11.45am - 12.30pm
\$7.00 per class

1:1 English Help

12.00pm - 3.00pm & Fridays
Gold Coin donation

Tuesday

Sewing Group

Need Basic Knowledge
9.30am - 11.30am
Cost \$4.00

COMPASS Cancer Support Group

2.00pm - 3.30pm
FREE Phone to Book

● Pilates: 5 Weeks

5.00pm - 5.45pm
5 week series

Wednesday

● Dance and Tone

10.00m - 10.45am
\$7.00 per class
Phone to book

Wacky Wednesdays

12.30pm - 2.30pm
\$10 if reg with My Aged Care (incl a frozen meal)

Kids Hip Hop NEW!

4.00pm - 4.45pm
Ages 5-12
Cost \$5.00

Thursday

Blokes Time Out

9.00am - 11.00am
Cost \$4.00
Phone to book

Self Defence NEW!

3.45pm - 4.45pm
5 Week Series
Empowering Families

Mens Yoga NEW!

5.00pm - 5.45pm
\$7.00 per class
Phone to Book

Friday

Community Playgroup

9.00am - 10.30am
0 - 4 years
FREE

● Zumba GOLD

11.15am - 12.00pm
Online + Venue
5 Week Series

Self Defence NEW!

2.00pm - 3.00pm
5 Week Series
Empowering Women



Self Defence: Empowering Families 5 Weeks

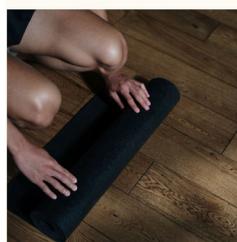
Empower yourself and your family while learning strategies and techniques to keep you safe in potentially dangerous situations. Learn how to manoeuvre yourself if you were grabbed, held or pushed. Learn how to avoid situations from escalating and how to position yourself safely. Walk away feeling confident and empowered. Not just for families, individuals are also encouraged to come along and learn!

Cost: \$50.00 for individuals
\$125 for families (2 parents and maximum 3 children) 5 weeks starting Thursday 20th May 3.45pm - 4.45pm Bookings Essential: Via Eventbrite or phone

Kids Hip Hop

Let your littlies wear themselves out as they groove to the beat. Let the kids show off their moves as they are put through their Hip Hop paces. This term we have the opportunity to experiment with even more dance styles.

4.00pm - 4.45pm
Ages 5-12 Cost \$5.00 per class or \$50 for 10 week term
Bookings Essential: Via Eventbrite or phone



MENS YOGA

THURSDAY'S
5.00PM - 5.45PM
TICKETS: \$7.00 PER CLASS

Mens Yoga

This one is just for the guys and if you aren't totally convinced of doing Yoga yet then here are just some of the benefits: helps you lose weight, alleviate aches + pains, move more freely, improve your sleep, reduce stress, think more clearly, enjoy more energy, assist with your emotional well being, reduce injuries + ailments, even tie your shoelaces again! These are just a few of the benefits that Yoga brings and we would love for you to give it ago!

Cost: \$7.00 per class
Thursdays 5.00pm - 5.45pm
Phone to book

1:1 English Help - No such thing as silly question:

This is an opportunity for you to ask or clarify some of Australia's silly sayings. If you are confused with the words we use to describe things but don't want to look silly by asking that question, this is the safe space you need. Our volunteers can assist with basic English skills, conversation skills and basic form filling.

Book in for a 1 hour session
Cost: Gold coin donation
Mondays & Fridays 12noon - 3.00pm
Bookings Essential please call



Self Defence: Empowering Women 5 Weeks

Discover powerful ways to overcome threatening situations. Learn and practice strategies that will support you in times of need. Learn how your intuition can save you and to turn the attacker's strength against them.

Cost: \$50.00 for 5 weeks 2pm - 3pm starting Friday May 14th
Bookings Essential: Via Eventbrite or phone

To check out any of our new and exciting programs scan our QR code!

We have lots of fun things happening this term and would love to see some familiar and new faces!



SCAN ME

**Please note not all classes are listed online. If you need help booking in online or can't find what you're after come into the office or call us!*



Like us on Facebook to stay up to date with all that's happening in your community! Events, workshops, school holiday programs and more!

@MarionNeighbourhoodCentres