

Peninsula Dance & Theatre School

Classes for all ages and degrees of skill . Adult Tap, Jazz, Modern, Senior Drama, Senior Performance, Choreography, Funk/Hip Hop, Guitar, Stretch/ Strength/Technique.

CONTACT Rowena Fitzgibbon 0421 759 729

TIME : Monday ,Tuesday & Wednesday evenings and

New Adult day time classes on Wednesday and Thursdays mornings

Brisbane Water Bridge Club

For weekly playing times ,Monday to Saturday

CONTACT : 4341 2208 or 4341 9333

Learn to play and supervised groups also available

Coast Care Counselling

Support for families, couples & singles by trained counsellors

CONTACT : 4341 9333 Very affordable cost

Problem Gambling Service

Free specialist counselling for everyone affected by problem gambling

CONTACT : 4344 7992

Smart Recovery

Regain control from drug & alcohol abuse ~ *No cost involved*

CONTACT : 1800 422 599 TIME : 10:00am Friday

Free Financial Counselling

Budget Help. Creditors on your back? Need someone to talk to?

Before it's too late call us for a free confidential appointment

CALL : 4329 4477

10:00am - 3:00pm Fridays

Cake House

Cake decorating classes conducted by qualified chef. Classes include: Basic

Cake decorating, Advanced Cake decorating, Cup Cakes ,Cooking with

Chocolate, Novelty Cakes.

CONTACT: Mina 0407 225 115

Yoga

5 for \$65.00 or \$15.00 casual class

5 weeks (10 classes) \$90 - concession \$75

10 weeks (20 classes) \$160 - concession \$140

Mon & Thurs 9:30 - 11:00am

CONTACT : Sandra 4341 8663

Gentle Exercise Classes

Catering for all levels of fitness

TIME : 9:30 - 10:30am Mondays COST : \$6.00

Woy Woy Physical Culture Club

CONTACT : Robyn Stephen 4344 4924

COST : \$5.50 adult or \$6.50 for non members

50 cents surcharge for casual payments

TIMES : Ladies -Tuesday 7:15 - 9:15pm

Belly Dancing

The sacred and joyful woman's art

CONTACT : Kelly 4341 7333

TIME : Wednesday 6.30 pm beginners & 7.30 pm intermediate

COST : \$12.00

Weight Watchers

Wednesday 6:00pm - Friday 9:30am - Saturday 8:30am

CONTACT : 13 19 17 or 4341 9333

Zumba Exercise Classes

Fun and Fitness - a fusion of Latin Music , Dance and Exercise

TIME: Thursday 7:00pm - 8:00pm

CONTACT : Kate 0409 247 919

Community College Courses

Day and Evening classes are held each term at the Centre.

Contact: Tuggerah Lakes / Kincumber Community College 4388 4574

Central Coast Community College 4348 4300

Post & Pre-Natal Exercise Classes

TIME: Saturday 8:30am – 9:30am Post-natal

9:30 am– 10:30am Pre-natal

CONTACT: RHIANNIN 0410 467 179

Kempo Karate

Classes for all ages - Zen Bu Kan Kempo Karate

"A Positive Way of Life"

Learn combined skills in self defence, Kick Boxing & Ground Fighting

TIMES : 5:30 - 7:00pm Friday

4:30 – 6.00pm Wednesday

Women's Self Defence daytime classes

Cardio/keepfit classes

CONTACT: Marco 0407 752 411 Cost \$8.00

Mad Mondays Cooking & Craft

Craft and cooking classes for people with disabilities

COST : \$5.00

CONTACT : 4341 9333 TIME : 11:15am Monday

St. Johns Ambulance

Volunteers Welcome!

TIME : 7:30 - 9:30 pm Wednesday

CONTACT : Terry 0404 440 803

Scrabble Club

Meets weekly on Wednesday 6 - 10 pm

CONTACT : Patricia 4341 9929 Low Cost

Alcoholics Anonymous

TIME : 6 pm Friday CONTACT : 4323 3890

Coastal Bootscooters

Fun and Fitness through Line dancing

TIME : 7 pm Mondays and 9.30am Wednesday

CONTACT : Daphne 0409 150 518 or Lean 0408 242 887

New Services

Free Tax Help CONTACT: 4341 9333

Interrelate Family Counselling CONTACT: 4363 8000

Multicultural Support Service CONTACT: 4334 3877

ACTIVITIES & SERVICES FOR ADULTS

Open Age



Peninsula Community Centre

93 McMasters Rd. Woy Woy

Ph.4341 9333

Email : pcc@pccinc.com.au

Website : www.pccinc.com.au

Registered Charity # CC19624



Community Engaged - Community Driven

August 2010