

Peninsula Dance & Theatre School

Classes for all ages and degrees of skill . Adult Tap - Jazz - Modern
Senior Drama class on Saturdays
CONTACT : Wendy Ellis 4368 3554
TIME : Wednesday & Friday evenings

Brisbane Water Bridge Club

For playing times Monday - Saturday
CONTACT : 4341 6763 or 4341 9333

Community College Courses

Tuggerah Lakes / Kincumber Community College 4388 4574
Central Coast Community College 4348 4300

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

Hoopla Groove Dance Classes

Hoop Dancing is so much fun - A great way to keep fit for kids and adults.
Includes warm up and stretch routines. Join the Revolution!
CONTACT : Georgia 0404 664 806
TIME : 6:00 – 7:00 pm Weds

Free Financial Counselling

Before it's too late call us for a free confidential appointment
CALL : 4329 4477
10:00am - 3:00pm Fridays

Drumbala

Have fun with an African Hand Drum
CONTACT : Warren or Katy on 0423 548 540 or 4342 1112
COST : \$8:00 TIME : 7pm Monday

Yoga

5 for \$60.00 or \$14.00 casual class - \$10.00 trial class
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

LADIES CLASSES
CONTACT : Robyn Stephen 4344 4924
COST : \$5.00 adult or \$6.00 for non members
TIMES : Tuesday 7:15 - 9:00pm

Belly Dancing

The sacred and joyful woman's art
CONTACT : Kelly 4341 7333
TIME : 7:00pm & 8:00pm Wednesday
COST : \$12.00

Motivation & Empowerment Group

CONTACT : France 0412 252 709
COST : \$6.00 per week for 5 weekly sessions
TIME : 10 - 11am Saturday
Low Cost

The Peninsula Photography School

For details ph : John Herrett 4342 2062 / 0425 231 243

Weight Watchers

Wednesday 6:00pm - Friday 9:30am - Saturday 8:30am
CONTACT : 13 19 17 or 4341 9333

Coast Care Counselling

Support for families, couples & singles by trained counsellors
CONTACT : 4341 9333 Very affordable cost

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

CONTACT : Holly 0432 640 908 COST : \$6.50

TIMES : 5:30 - 7:00pm Friday

Mad Mondays Cooking & Craft

Craft and cooking classes for people with disabilities

CONTACT : 4341 9333 TIME : 11:00am Monday

COST : \$5.00

St. Johns Ambulance

Volunteers Welcome!

CONTACT : Terry 0404 440 803

TIME : 7:30 - 9:30 pm Wednesday

Scrabble Club

Meets weekly on Wednesday 6 - 10 pm

CONTACT : Patricia 4341 9929 Low Cost

Pilates

Are you stiff, tired, sore or just plain stressed ?

A Pilates class is just what you need

TIME : 8:15 am Friday

CONTACT : Sarah 4369 5171 or 0425 265 609

Adore Music

Guitar for beginners

5:30 – 6:30pm Thursdays, 10 week course \$190

Songwriting for beginners

10 week course \$200

CONTACT : Steve or Hugette on 4341 6926 or 0418 442 634

Alcoholics Anonymous

TIME : 6 pm Friday CONTACT : 4323 3890

Other Services Available

Be sure to have a look at our other brochures for all the great activities and services available at the Peninsula Community Centre.

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

March 2009