

HEALTH & FITNESS

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Hatha Yoga	9 - 10am						
	Exercise with Kaye	9.30 - 10.30am						
	Bayside Bushwalking Club [†]	7.30 - 9.30pm						
	Strength Training		9.15 - 10.45am		9.15 - 10.45am			
	Pilates with Claudia		10 - 11am		7.45 - 8.45am			
	Zumba with Larissa		7 - 8pm					
	Line Dancing				1 - 3pm			
	Zumba Gold					9.45 - 10.30am		
Zumba Fitness Infuzion						9 - 10am		
HIGHTT	Tai Chi	10.30am - 12pm						
	Move & Groove	4 - 5pm						
	Pilates with Terry	6 - 7pm						
	Movement to Music		10.15 & 11.15am					
	Yoga with Rita		7 - 8.15pm					
	Boxing with Sara			6.15 - 7.15pm				
	Pranic Healing & Meditation			6.30 - 7.30pm				
	Zumba with Larissa					10 - 11am		
	QiGong					11.15am - 12.45pm		
	Pilates: Create Movement Pilates		8.30 - 9.30am 7.15 - 8.15pm		9.30 - 10.30am 10.30 - 11.30am			
	Yoga with Maite				10 - 11.15am		9.30 - 10.45am	
	MetaPWR						8 - 8.30am	
Wellness with Sound Healing [†]							7 - 8pm	

CREATIVE

		MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Pottery	1 - 3pm			6 - 8pm			
	Charcoal & Soft Pastel				10am - 12pm			
	Watercolour for Beginners				1 - 3pm			
	Paint, Draw, Create				1 - 3pm			
	Acrylic Painting				1 - 3pm			
	Creative Writing with Janet					10 - 12pm		
	Rainbow Room All Abilities Art					12.30 - 2.30pm		
	Learn to Draw					1 - 3pm		
HIGHTT	Watercolour with Diana	1.30 - 4pm						
	Soft Pastels with Suzy		10am - 12pm					
	Draw with Suzy		1 - 3pm					
	Creative Writing with Megan					12 - 2pm		

ALL ABILITIES

		MON	TUE	WED	THURS	FRI	SAT	SUN
HCC	JAM Music Therapy			4.30 - 8.30pm				
	All Abilities Art Class					12.30 - 2.30pm		

[†]Runs monthly. Please check our website for the latest information and to book. * Classes and times are subject to change.

EDUCATION & LANGUAGE

	MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Spanish Language Classes See our website for further details						
	Spanish Language Beginners		9.30 – 11am				
	Book Club †		1.30 – 3pm				
	U3A Italian Language			10.30am - 12.30pm			
HINCH	Toastmasters Club †		7.15 - 9.30pm				
	Rostrum Bayside Club 54			7 - 9pm			

CHILDREN & TEENS

	MON	TUE	WED	THURS	FRI	SAT	SUN
HCC	O'Grady Drama		5 - 6pm				
	ATADs Ballet					9 - 1pm	
HIGHETT	Dungeons & Dragons		4.30 - 6.30pm		4.30 - 6.30pm		
	Free Student Tutoring See our website for further details						
	Hall School of Irish Dancing			5 - 7pm			
	Mandarin Seed					9 - 10am	
	Kinder Ballet						9.30am - 12.15pm

SOCIAL & SUPPORT GROUPS

	MON	TUE	WED	THURS	FRI	SAT	SUN
HAMPTON	Hampton Breakfast Bunch		6.30 - 7.30am		6.30 - 7.30am		
	Hampton Social Guitar Group				4 - 6pm		
	Oasis Church						9am - 1pm
HIGHETT	Highett Seniors Canasta		10am - 2pm				
	Food Addicts Anonymous		7 - 8.30pm				
	Melbourne Men's Group †		7.30 - 9.30pm				
	Justice of the Peace (JP)			12.30 - 2pm			
	Highett Seniors Mahjong			12 - 3pm			
	The Compassionate Friends			6.30 - 9.30pm			
	BirdLife Bayside †			7 - 10pm			
	Kinship Carer Support Group †					10am - 12pm	
Hampton Games Club †						12 - 6pm	



COMMUNITY EVENTS				
HCC	Walk and Talk - Hampton	Wednesdays	10.30am	Join us for a walk to the beach. All paces welcome.
	Nourish Morning Tea	Wednesdays	11.15am	Enjoy a cuppa and a chat.
	Nourish Morning Tea (Highett)	Tuesdays	11.15am	Enjoy a cuppa and a chat.

†Runs monthly. Please check our website for the latest information and to book. * Classes and times are subject to change.

DO YOU WANT A SPECIFIC CLASS?

Share your feedback on our courses...

We're keen to expand our class variety including Spanish for Travellers, Weights Class and Messy Mornings for Children. If you'd be interested or have other ideas please call us or email events@highett.org.au



Is your group looking for a venue to meet?

Please contact us to see how we can help.

HEALTH & FITNESS

Bayside Bushwalking Club

Enjoy the beautiful sights, sounds, and smells of outdoor activities in the Australian bush.

Boxing with Sara

A fun group workout that is great for building strength, endurance, toning, and weight loss.

Exercise with Kaye

An exercise group allowing participants to go at their own pace.

MetaPWR

Push yourself to the limit with this 30-minute HIIT to give you a super effective all over body workout.

Move & Groove

Experience the joy of dancing while getting a fantastic workout combining various dance styles, upbeat music and energising choreography.

Movement to Music

Low-impact gentle exercise for the mature-aged. It includes low-impact aerobics and balance and core strength exercises.

Pilates

Improve flexibility, core strength and balance while enhancing your breathing and posture.

Pranic Healing & Meditation

Guided group meditation aimed at blessing the earth and ourselves with transforming energies and yoga breathing techniques.

Qi Gong

An ancient Chinese exercise and healing practice involving mindfulness, gentle movements and breathing.

Strength Training

An individually tailored exercise program with weights and exercises to improve muscles and physical strength and prevent bone density loss.

Tai Chi

An ancient Chinese exercise of flowing movement and deep breathing that promotes the balance of the body and mind.

Walk and Talk

Meet at Hampton reception and take a leisurely walk to the beach and back in a relaxed and friendly environment.

Wellness with Sound Healing

An evening of self-care and nurturing the mind, body, and soul through sound healing.

Yoga

A sequence of stretches and breathing exercises to enhance your well-being and concentration. Suitable for all levels.

Yoga - Hatha

Align and calm your body, mind and spirit in preparation for meditation with Hatha Yoga.

Zumba

A total workout that combines all elements of fitness, including cardio, muscle conditioning, balance and flexibility.

Zumba Gold

Designed for seniors and beginners, this easy group exercise class combines gentle cardio, muscle conditioning, balance and flexibility.

CREATIVE

Acrylic Painting

Be guided to explore the acrylic medium, its techniques and creative possibilities.

Creative Writing with Janet

Bring your stories, share your ideas and improve your writing skills.

Creative Writing with Megan

Come along to our relaxed and friendly creative writing group and share your writing journey.

Charcoal & Soft Pastel

Experiment with the versatility and vibrancy of charcoal and soft pastel.

Draw with Suzy

Unleash your creativity and develop your drawing skills. Our relaxed and supportive environment offers the opportunity to try different drawing mediums.

Learn to Draw for Beginners

Be guided step-by-step to learn how to draw your own beautiful artworks from scratch.

Paint, Draw, Create

In this friendly and relaxed class, beginners to the more advanced are encouraged to explore a wide variety of ideas, techniques and mediums.

Pottery with Beata

Learn the basics of building and glazing, and progress to mastering various artistic techniques, from pinch pots to coiling.

Soft Pastels with Suzy

Experiment with the brilliance and vibrancy of soft pastel to create your own artworks. Suitable for beginners to the more advanced.

Watercolour with Diana

This course is designed for both experienced and inexperienced students keen to develop their watercolour skills.

Watercolour for Beginners

Suitable for total beginners, learn watercolour techniques including paint washes, colour mix and glazing.

EDUCATION & LANGUAGE

Book Club

Each month, we discuss a new book while enjoying a cup of tea or coffee. It's a great way to connect with fellow book lovers.

Rostrum Bayside Club 54

A friendly Melbourne Rostrum public speaking club from areas in Bayside Melbourne.

Spanish Language Classes

Explore the Spanish language with classes available at various levels, from absolute beginners to advanced.

Toastmasters Club

Moorabbin Saints Toastmasters is a supportive, friendly and relaxed environment. We make your journey to become a confident public speaker easy.

U3A Italian Language

Enhance Italian skills through engaging conversations and improve your reading comprehension.

CHILDREN & TEENS

Dungeons & Dragons

Led by experienced Game Master Ronak, these sessions encourage creativity, imagination and a sense of adventure for kids aged 11-15.

Hall School of Irish Dancing

Irish dancing for children, suitable for beginners. Join us for fun and fitness whilst meeting new friends.

Kinder Ballet™

Introduce your child to the basics of classical ballet through imaginative and creative movement.

Mandarin Seed

Mandarin Chinese lessons for both beginner and advanced students.

O'Grady Drama

Boost your child's creativity through energetic and exciting drama classes. Children will gain confidence and learn skills that can be taken out into the real world.

ALL ABILITIES

All-Abilities Art Class

Guided class using watercolour and drawing techniques to help you make some wonderful pieces over the term. Carers welcome.

JAM Music Therapy

Music for people with disabilities. A fun session of song, dance and creating music in a small group.

SOCIAL & SUPPORT GROUPS

BirdLife Bayside

Increase your knowledge and understanding of Australian birds and their habitat needs.

Chatty Café

Come for a cuppa and engage in a good old-fashioned chat with members of your community.

Food Addicts Anonymous

A free 12 step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia.

Hampton Games Club

Tabletop war games, board games and more. Held at Highett Neighbourhood Community House.

Hampton Social Guitar Group

Every Friday we play a few songs together and have some laughs while chatting about all things guitar. BYO guitar. All guitar players of any level welcome.

Highett Seniors Canasta

Play the popular Canasta card game while enjoying a cuppa, a biscuit and chat.

Highett Seniors Mahjong

Played with sets of tiles, a popular Chinese game of strategy and skill. Beginners welcome.

Justice of the Peace (JP)

Justice of the Peace is available to witness or sign documents.

Kinship Carer Support Group

A group for carers to learn about available services and information to support their role and the child or young person they care for.

Melbourne Men's Group

Enriching the lives of men by promoting relationships and enabling personal growth and wellbeing.

Nourish Lunch

A community social connection program including lunches, dinners, walks and catch ups.

Oasis Church Service

A Pentecostal church affiliated with the Australian Christian Churches.

The Compassionate Friends

Peer support meetings for individuals bereaved of a child, sibling or grandchild.

