



Tuesday 23 January

Dance workshops

A fun and unique program combining dance technique and choreography skills.

Time: Session 1: 10.30–11.30am Session 2: 11.45am–1.15pm
Age: Session 1: Parents and children 6+ Session 2: 8–13 years
Cost: Session 1: \$25 Session 2: \$15

Thursday 25 January

Hip Cat Circus workshops

Introducing circus skills in a positive learning environment with professional circus trainers. Activities will include acro-balance, tumbling, hooping, juggling, stilt walking and much more!

Time: Session 1: 9.30–10.30am Session 2: 10.45am–12.15pm
 Session 3: 12.30–2pm
Age: Session 1: 6–7 years Session 2: 8–10 years
 Session 3: 11–13 years
Cost: \$15 per child

Terms and Conditions

- Bookings and payment are essential prior to participating in activities
- Payment can be made in person at the Centre (cash only) or online: frankston.vic.gov.au/FSCRC
- Participants must complete a Registration Form, available at the Centre or online: frankston.vic.gov.au/FSCRC
- Activities may be altered or cancelled due to unforeseen circumstances

Proudly Supported by **ONE AGENCY** PENINSULA

Frankston South Community and Recreation Centre

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School Holiday Activities

Frankston South Community and Recreation Centre



opportunity >> growth >> lifestyle

Tuesday 9 and 16 January (2 days)

Magical Mandala workshop

Learn the ancient art of creating a personalised Mandala over two sessions. By the end of the workshop participants will have a personalised art piece that you can hang from home.

No artistic experience required.

Time: 10am–3pm
Age: 10–14 years
Cost: \$50 for 2 sessions, BYO morning tea and lunch

Tuesday 9 January

Badminton clinics

David Mackenzie will coach participants with the support of three Senior Coaches from the Mornington Peninsula Badminton Association. No experience necessary. All equipment provided.

Time: Session 1: 1.30–2.30pm Session 2: 3–4pm
Age: 10–18 years
Cost: \$5 per child

Wednesday 10 January

Flash Mob dance sessions

Learn a flash mob dance to be showcased at a major Frankston City event in February. An event for all ages.

Time: Session 1: 10–10.45am Session 2: 11am–12pm
 Session 3: 12.15–1.15pm Session 3: 2–3pm
Age: Session 1: Children 5–7 years Session 2: 8–12 years
 Session 3: 13–16 years Session 4: Adults and Seniors
Cost: \$12 per person

Rehearsals for February performances will be held on:

- Friday 19 January, 1–2.30pm
- Friday 2 and 9 February, 5.30–6.30pm

Thursday 11 January

Karate with GKR

Learn and develop your skills in Karate sessions.

Time: Session 1: 10.30–11.30am Session 2: 11.30am–12.30pm

Age: Parents and children 8+

Cost: \$7 per person

Monday 15 January

Inflatables

The Melbourne Star Play Cricket Zone is a fun way for participants to enjoy sports activities with friends in a safe environment.

Time: Session 1: 9.30–10.15am Session 2: 10.30–11.15pm

Session 3: 11.30am–12.15pm

Age: 8–14 years

Cost: \$12 per child (BYO: Water bottle, hat and sunscreen)

Tuesday 16 January

Badminton clinics

David Mackenzie will coach participants with the support of three senior coaches from the Association. No experience necessary. All equipment provided.

Time: Session 1: 1.30–2.30pm Session 2: 3–4pm

Age: 10–18 years

Cost: \$5 per child



Wednesday 17 January

Ready, Set, Ride — Bike clinic

A qualified mountain bike instructor will teach the basic skills required to ride confidently on and off the road, including gear use and brake control. Session includes bicycle games and off-road challenges.

Time: Session 1: 10–11am Session 2: 11.30am–12.30pm

Age: Session 1: 7–9 years Session 2: 10–12 years

Cost: \$12 per child (BYO: Bike, water bottle, helmet and sunscreen)

Friday 19 January

Ready, Steady, Go

Come and join Australia's leading multi-sport and exercise program for children aged 18 months–6 years old! Learn the fundamentals of ten different sports while getting a full body, gross motor work out.

Time: Session 1: 9.30–10.15am Session 2: 10.15–11am

Session 3: 11–11.45am

Age: Session 1: 18 months–3 years Session 2: 3–4 years

Session 3: 4–6 years

Cost: \$12 per child

Monday 22 January

Hey Dee Ho music session

For parents looking for an engaging, interactive and fun activity for pre-schoolers.

Time: 10–11am

Age: 0–5 years

Cost: \$5