



FRANKSTON SOUTH COMMUNITY
AND RECREATION CENTRE



Programs & Activities 2023

*We engage, empower and strengthen our
community*

2/55 Towerhill Road, Frankston South 3199
Tel: 03 9293 7122
Email: fscrc@frankston.vic.gov.au

About Us

Frankston South Community and Recreation Centre (FSCRC) is a vibrant and responsive Frankston City Council run facility that aims to support and improve our community by providing a safe and inclusive place promoting social connection, skill development and health and wellbeing.

FSCRC works with the local community to develop and flexibly deliver inclusive activities and programs that build upon, and strengthen, people's interests, skills and talents.

In order to best achieve this, FSCRC applies a community development approach and works in partnership with a range of appropriate hirers and service providers.

The Centre also provides a range of hireable spaces, access to Council's Library Service, a cafe to connect and is a source of information about what's going on in the local area.

We encourage people to find out more about what's on offer at FSCRC by dropping in to talk to our friendly staff and volunteers and by keeping informed by following us on social media or register on our mailing list.

frankie's Café

Frankies Cafe is a great place to catch up with friends, meet new people or just relax and enjoy a great cuppa!

We use coffee from Common Folk in Dromana.

All Coffees: Small \$3.00 Large \$3.50

Milkshakes: \$4.00

Light lunches available

Monday to Thursday: 9am - 1.45pm



Training Courses @ FSCRC

Get The Skills You Need for Work and Life

Our Learn Local programs, funded by the State Government of Victoria through the *Adult Community and Further Education (ACFE)* program, are designed to get people job-ready by upskilling and building real-life experience and confidence.

Hospitality Training

Our Hospitality course is designed to give participants entry level skills relating to the hospitality industry with the goal of future employment. This program runs for four weeks and covers basic cooking skills, menu preparation and gives you your Food Handling and RSA certificates all whilst taking place in our very own Frankies Cafe'.

Monday to Wednesday over 4 weeks



Barista Training

Undertake Barista training and learn the Barista basics to make coffee, use the coffee machine and grinder and even do some coffee art!

Fridays 9am-3pm over 3 weeks

*Programs are FREE. Eligibility criteria applies.

For further information, contact **Graeme Ferguson** on (03) 9213 7122 or email fscrc@frankston.vic.gov.au



Programs - Children and Youth

Kelly Mini Sports

TUESDAYS & FRIDAYS 3 programs 9.30am, 10.20am & 11.10am

Kelly Mini Sports run a range of sports programs for 1-5 year olds that are delivered by expert coaches in a safe and fun environment.

Tel: 0403 908 854



Little Kickers

SATURDAYS: 9AM-11.30AM

Little kickers teaches children aged 18months to 7 years coordination, agility, balance and social skills through soccer in a fun environment.

Contact Nick: 03 5975 8637



Ready Steady Go Kids

MONDAY & WEDNESDAYS: 9AM-11.30AM

Join Australia's largest multi-sport program for 1.5-6 year olds in aged based classes teaching them coordination, social and 10 different sports skills.

Register: 1300 766 892



Stories @ South

WEDNESDAY 9:45AM - 10:30AM \$3.

For pre-schoolers, Stories @ South is a fun way to promote literacy and develop a love of reading together, play games and make new friends.

Light snack provided!



Youth Hangout

MONDAY-FRIDAY 3.15PM - 4.30PM FREE

Looking for a place to hang out after school or chat to a youth worker...we have pool table, games, music and computers and even run some cooking classes!



Programs - Health and Recreation



Peninsula
Health

Age Strong Exercise Program

MONDAY & WEDNESDAY 10:30AM & 11.30AM **\$7.50**
THURSDAY 11.30am

A joint initiative with Peninsula Health, Age Strong is a strength and balance program for older people that is designed to meet individual rehabilitative needs in a supportive environment. Referral from Peninsula Health is required.

Contact Peninsula Health for an Assessment 1300 655 781

Anahata Yoga

MONDAY 6-7PM & 7.15-8.45PM
TUESDAY: 6-7PM
WEDNESDAY & FRIDAY: 9.30-11AM
THURSDAY 9.30-10.30AM

Classes combine gentle stretches and movement with relaxation and meditation.

Contact Paula 0433 960 021



anahata yoga



Body Barre Pilates

MONDAY & THURSDAY 6PM
SATURDAY 8AM

Barre is a group based pilates class that is guaranteed to give you a full body workout using pilate balls, hand weights and bands. Jacqui has been operating for over 10 years at FSCRC and won best instructor 2023 by Melbourne City News.

Contact Jacqui: 0408 754 410 or pilatespt@hotmail.com

Tai Chi (Arthritis Foundation)

TUESDAY 12-1PM

Tai Chi is something people of any age can learn. The movements are slow & gentle, and you can work at your own level. Many older people can do Tai Chi, even those with arthritis which this program is specifically designed for.

Contact Dorothy: 9789 0632



Twinges in the Hinges

THURSDAY 9:30AM - 10.30AM **\$8.50**

Designed for seniors wanting gentle exercise to improve balance, strength and range of motion.



Programs - Health and Recreation (con't)



Denim N Lace Line Dancing

TUESDAY 2-3PM

Come and keep fit and make new friends and have fun whilst learning some line dancing moves! Dress casual and comfortable (runners preferred). Suit beginners to intermediate.

Cost \$12 no booking required.

Call Nic from Denim and Lace Line Dancing 0419 584 648



Badminton

THURSDAY 9:30AM - 12:00PM LADIES COMP

SATURDAY 2-3.3PM JUNIOR COACHING

SATURDAY 4-6PM SOCIAL PLAY

The Mornington Peninsula Badminton Association run badminton sessions for all people of all abilities and ages. New Players welcome!

Contact: 0412 150 514



Vita Yoga & Pilates

THURSDAY 6.30PM - 7.30PM

Unique non-impact pilates exercises with yoga elements to help regain strength and flexibility.

Contact Paola: 0416 136 084



Dance Space 88

TUESDAY 9.15AM-10.15AM

WEDNESDAY 7.45PM - 8.45PM

Dance Space 88 is a fun dance-stretch-fitness class where you can learn a range of dance styles. it caters for all levels and abilities.

Contact Serena: 0402 344 122

Table Tennis

MONDAY 5PM-7PM JUNIORS

MONDAY 7PM-9PM SOCIAL PLAY

THURSDAY 1PM-3PM

The Mornington & Frankston Table Tennis Association run sessions for people of all abilities from social to competitive standards. Come and play and make new friends. First session FREE, bats and balls provided!

Contact MFTTA: 5975 7168



Monday	Tuesday	Wednesday
Ready Steady Go Kids 9.30am-12pm	Dance Space 88 9.15am -10.15am	Ready Steady Go Kids 9.30am-12pm
Fitness Exercise 9.30am-10.30am	Walk Group 9.30am-10.30am	Fitness Exercise 9.30am-10.30am
Agestrong 10.30am-11.30am Referral Required	Kelly Mini Sports 9.30am-12pm	Anahata Yoga 9.30am-10.30am
Agestrong 11.30am-12.30pm Referral required	Thai Chi Arthritis 12pm-1pm	Stories @ South 9.45am-10.30am
Peninsula Health 1pm-4pm	Walking Soccer 1pm-2pm	Agestrong 10.30am-11.30am Referral Required
Cooking With Tim 2.30pm-3.30pm	Denim N Lace Line Dancing 2pm-3pm	Kirtan 11.15am-12pm
Table Tennis 5pm-9pm	Melbourne Ayumi Japanese 4-6pm	Agestrong 11.30am-12.30pm Referral Required
Body Barre Pilates 6pm-7pm	Anahata Yoga 6pm-7pm	Peninsula Health 1pm-4pm
Anahata Yoga 6pm-7pm	RCKTFY Volley Ball 7.45pm-10.30pm	Dance Space 88 6.30pm-8.45pm
Anahata Yoga 7.15pm-8.15pm		Yoga With Soga 7pm-8pm

Thursday	Friday	Saturday
Anahata Yoga 9.30-10.30am	Anahata Yoga 9.30-10.30am	Little Kickers 9 - 11.30am
Twinges in the Hinges 9.30-10.30am	Kelly Mini Sports 9.30-12pm	Badminton Coaching 12-1.30pm
Badminton Ladies Comp 9.30-12pm	Move it or Lose it Exercise 9.30-10.30am	Badminton Coaching 2-3.30pm
Floor Stretch 10.30-11.30am	Seated Exercise 10.30-11.30am	Badminton Social 4-6pm
Agestrong 11.30-12.30pm Referral Required	Zumba Gold 11.30-12.30pm	Sunday
Table Tennis +40yrs 1-3pm	Pryme Ball 1-2pm	
Body Barre Pilates 6-7pm	Art Therapy 1-4pm	
Pilates (Vita Yoga) 6.30-7.30pm		
Bosnian Soccer 8-9.30pm		

Programs - Health and Recreation (con't)



Walk Group @ South

TUESDAY 9:30AM - 10.30AM \$3

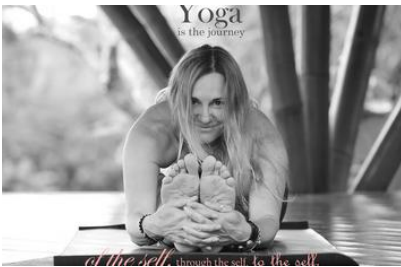
Catering for over 50's, get some fresh air, make new friends and explore what Frankston has to offer with a gentle walk!



Prymeball

FRIDAY 1PM-2PM \$5

Prymeball is similar to volleyball but you catch the ball instead and is just as much fun! Suitable for over 50's



Yoga With Soga

WEDNESDAY 7PM-8PM

Hatha and Vinyasa yoga with the elements of Ashtanga and Stretching.

Contact Lily: 0458 458 048



Walking Soccer

TUESDAY 1PM - 2:PM \$2

Designed for players over 50...Enjoy a slow moving, modified version of soccer which enables everyone of all ability to play the game, get fit and have fun!



Floor Stretch

THURSDAY 10.30AM-11.30AM \$8.50

Keep your body moving and flexible whilst making new friends...exercises focus on core, strength and flexibility.



BOSNIAN SOCCER GROUP

THURSDAY 8PM-9.30PM

Welcome all new players over 18 interested in soccer and have a bit of fun. All nationalities welcome!

Programs - Health and Recreation (con't)



Seated Exercise

FRIDAY 10:30AM - 11.30AM \$7

Strength and movement exercises for those who need to be seated but still have fun!



Move it or Lose it

FRIDAY 9.30AM - 10.30AM \$7

Catering for over 50's, combination of cardio, strength, balance and core exercises to keep your body in check.



Fitness Exercise

MONDAY & WEDNESDAY 9.30-10.30AM \$8.50

Designed for over 50's improve your overall fitness, strength and flexibility using steps, weights and bands.



Zumba Gold

FRIDAY 11.30-12.30PM \$7

Cardio dance class designed for beginners and seniors who want to enjoy movement and stretching to great music with low impact!

Programs - Lifestyle



Board Games

MONDAY - FRIDAY FREE

Come and play chess, scrabble, Rummikub, cards and many other fun games located in Franjkie's Cafe'. Bring a friend and play!



Cooking with Tim

MONDAY 2.30-3.30PM \$10

Come and enjoy our cooking workshops with Chef Tim showing you how to make tasty and affordable dishes that you can cook at home.

Bookings essential call 9293 7122.

Programs - Lifestyle (con't)



Kirtan

WEDNESDAY 11.15AM - 12.15PM \$3

Suitable for everyone, Kirtan is an ancient Indian call and response chant to music to reconnect our hearts and connecting to the moment through sound.



Melbourne Ayumi Japanese Lesson

TUESDAY 4-6PM

For children with a Japanese background.
Contact Hiromi: 0419 584 083



Art Therapy

EVERY SECOND FRIDAY 1-4PM \$3

An art program for everyone that promotes creativity, self-expression and reflection for health and well-being. Call FSCRC to book your spot!



Book Club

LAST FRIDAY OF THE MONTH 1-3PM \$3

Do you enjoy reading? Come along to the FSCRC book club. The Book Club meets on the last Friday of every month. Everyone welcome!

FSCRC is always looking for more hirers and volunteers to offer programs at our Centre. If you would like to run a program that would benefit the Frankston South Community, please call 9293 7122

Services at FSCRC



Mornington Peninsula Family History Society

TUESDAY & THURSDAY 10.30-2.30PM

SUNDAY 2-5PM

The MPFHS can show you how to get started or further your research into your family history with their extensive library, computers and friendly staff.

Tel: 9783 7058

Email info@mpfhs.org.au

www.mpfhs.org.au



Frankston Library

MONDAY TO FRIDAY 9AM-5PM FREE

FSCRC is part of the Frankston City Library network. You can borrow books as well as return books from other Frankston City Libraries. We have great range of books including children's, travel, cooking, fictional and non-fiction.

If not a member, we can register you, just bring photo id.



Computers

FSCRC has 2 computers available for everyone to use located in Frankies cafe.

You are welcome to use during business hours and your information is private as it is removed when you log out.

FREE



Frankston Youth Service

Frankston Youth Service operates at FSCRC on **MONDAYS 3.15pm-4.15pm**

People can come and chill, play pool or gaming or talk to youth workers.

Cost FREE

Frankston-City Community Centres

We believe our community centres and neighbourhood houses are some of the best and recognise the important role they play in bringing residents together. There are nine community centres and neighbourhood houses across Frankston City, each offering their own unique opportunities and services.



Belvedere Community Centre

336 Belvedere Road, Seaford

p: 9776 8922

w: belvedere.org.au



Lyrebird Community Centre

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: lyrebird.org.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

p: 9789 7653

w: langwarrincc.org.au



Orwil Street Community House

16 Orwil Street, Frankston

p: 9783 5073

w: orwilst.org.au



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

p: 9783 1521

w: djambana.org.au

Frankston-City Community Centres



Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston
p: 9293 7102
w: frankston.vic.gov.au



Frankston North Community Centre

26 Mahogany Ave, Frankston North
p: 8773 9545
w: frankston.vic.gov.au



Karingal Hub

103 Ashleigh Avenue, Frankston
p: 8786 6650
w: frankston.vic.gov.au

Room Hire

FSCRC has a multi-purpose stadium, 2 meeting rooms and 2 exercise rooms available for ongoing or casual hire at very reasonable hourly pricing. These rooms are not available for parties. If you would like to enquire about a room to hire, please email us on fscrc@frankston.vic.gov.au.

Room	23/24 Rates (Hr)	Capacity
Stadium		200
Community	\$35	
Commercial	\$42	
Energise Room		30
Community	\$26	
Commercial	\$31	
Relaxation Room		10
Community	\$24	
Commercial	\$26	
Meeting Room 1		20
Community	\$23	
Commercial	\$26	
Meeting Room 2		25
Community	\$26	
Commercial	\$29	



Frankston South Community and Recreation Centre

Get in Touch

📍 2/55 Towerhill Road, Frankston South 3199

Phone: 03 9293 7122

Email: fscrc@frankston.vic.gov.au

Web: frankston.vic.gov.au/fscrc



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