



Frankston South Community and Recreation Centre

55 Towerhill Rd, Frankston South.

9293 7122. frankstonsthrec@frankston.vic.gov.au



Get Hot in the Centre School Holiday Programme Monday July 3 to Friday July 14

Mon 3 July	Tues 4 July	Wed 5 July	Thurs 6 July	Fri 7 July
8.30am Fitness Class 9.30am Fitness Class 10.30am Agestrong 11.30am Agestrong 12.30am Agestrong	SPORTS DAY Only \$3 per session 9.30am to 11am Basketball 11.30am to 1pm Hockey 1pm to 2.30pm Volleyball/Prymeball NB No floor class or Women's Workout	9.30am Chi Ball Class 10.30am Agestrong 11.30am Agestrong	8.30am Fitness Class 9.30am Twinges in the Hinges	9.30am Zumba 10.30am Agestrong 11.30am Agestrong
Mon 10 July	Tues 11 July	Wed 12 July	Thurs 13 July	Fri 14 July
1pm to 4pm Free Coding 101 12-17 years olds. Bookings Essential. Contact Youth Central (03) 9768 1366.	SPORTS DAY Only \$3 per session 9.30am to 11am Soccer 11.30am to 1pm Cricket 1pm to 2pm Badminton		The Great Frankston South Paper Plane Flying Day. <i>(Contact us for more information)</i> 10am to 12pm 5-12 year olds 1pm to 3pm 12+ years old	

For more information, phone Jenny Bosse on 9293 7122.