



Aspendale Gardens Community Service



Activities Brochure

Term 2, 2023

www.agcsinc.org.au | enquiries@agcsinc.org.au | facebook.com/AGCSinc

103-105 Kearney Drive, Aspendale Gardens | 9587 5955

Office hours: Mon 9.00am to 1.00pm, Tues 9.00am to 2.00pm
Wed, Thur, Fri 9.00am to 3.00pm

AGCS acknowledges the
support of the City of
Kingston and the
Victorian Government



Term Dates

2023	Start date	Finish date
Term 1	Monday 30 January	Thursday 6 April
Term 2	Monday 24 April	Friday 23 June
Term 3	Monday 10 July	Friday 15 September
Term 4	Monday 2 October	Friday 20 December

What's happening at AGCS

ACTIVITY/EVENT	WHEN	TIME
Adult Fitness Classes - GetLow - Tabata - Bollywood - Zumba - Tabata	Monday Wednesday Wednesday Thursday Friday	10.30am to 11.15am 9.15am to 10.00am 7.30pm to 8.30pm 7.00pm to 7.45pm 9.15am to 10.00am
Art Classes for Adults (6 week course)	Wednesday (starting 3 May)	10.00am to 12.00pm
ARTernoons	Thursday	1.00pm to 2.30pm
Basketball Training	Monday, Wednesday, Thursday & Friday	4.00pm to 7.00pm
JKA Karate	Wednesday Saturday	6.30pm to 7.30pm 2.30pm to 3.30pm
Junior Giants Basketball	Wednesday (starting 3 May)	3.50pm to 4.40pm
3YO & 4YO Kinder	Monday to Friday	See website for session times
Kogo - Knitting & Crochet Group	Tuesday	12.30pm to 2.00pm
Messy Play - Bookings Essential!	Thursday 27 April Thursday 25 May Thursday 22 June	10.00am to 11.00am
Parents Connect / Brainwave	1 May to 26 June	11.30am to 1.30pm
Playgroup (no booking required)	Tuesday & Thursday (except Messy Play dates above)	9.30am to 11.00am

One off events

ACTIVITY/EVENT	WHEN	TIME
GETLOW - Free Fitness Class	Friday 21 April	9.15am to 10.00am
Kinder Open Day	Sunday 30 April	10.00am to 12.00pm
Neighbourhood House Week FREE EVENTS! Reducing Household Waste Walk it, Snap it, Paint it	8 May to 14 May Tuesday 9 May Thursday 11 May	 7.00pm to 8.00pm 10.00am to 12.30pm
Storytime & Craft - in conjunction with Kingston Libraries	Tuesday 24 May	11.00am to 12.00pm
Biggest Morning Tea	Thursday 25 May	
FREE - Information Session - Preparing for Storms & Floods	Friday 16 June	11.00am to 12.00pm

Junior Giants Basketball is BACK!!

8 week program for kids aged 5 to 7 year olds

Professional Basketball Skills Development with Claire.

Basketball is Claire's passion and she is looking forward to teaching some great skills and also having some fun!



BOOKINGS ESSENTIAL!!

Each Wednesday

3 May to 21 June

3.50pm to 4.40pm

Cost: \$120.00 (pro rata)
(plus \$15.00 2023 AGCS annual family
membership if not already paid)



Activities for the little ones and family



Playgroup - \$6 per family

Tuesdays & Thursdays*

9:30am - 11:00am

No bookings required

*no Thursday session on 27 April, 25 May & 22 June



Messy Play - \$15 per child

Thursday 27 April, 25 May
& 22 June

(replaces playgroup session)

9:30am - 10:30am

Bookings essential



Storytime & Craft - Free

Wednesday 24 May

11:00am-11:45am

No bookings required

See our website for further details on all our programs and bookings details

www.agcsinc.org.au

Art for Adults (6 week course)

Experienced artist, Lee Cummins will help you explore a range of art mediums using Acrylics, Watercolour, Pastels and Pencils in a 6-week program to help you unleash your creative self.



BOOKINGS ESSENTIAL!



Wednesday

10.00am to 12.00pm

Dates: 3 May, 10 May, 17 May, 24 May, 31 May & 7 June

Cost \$150.00 (pro rata)

(plus \$15.00 2023 AGCS annual family membership)

Adult Fitness Classes

Term based program

Day	Time	Class
Monday	10.30am to 11.15am	GetLow
Wednesday	9.15am to 10.00am	Tabata
Wednesday	7.30pm to 8.30pm	Bollywood
Thursday	7.00pm to 7.45pm	Zumba
Friday	9.15am to 10.00am	Tabata

Cost: \$10.00 per class

Pay as you go at the office OR purchase a 10 class pay for \$90.00!!

You can purchase the card at the office during business hours
or scan the QR code:



For more information about the classes,
visit our website www.agcsinc.org.au



getlow

The workout that celebrates YOU

FREE HOLIDAY CLASS

When : Friday 21st April

Time : 9:15am

Where : Aspendale Gardens Community Service

103-105 Kearney Drive Aspendale Gardens

Please bring : water and 1-2 kg Dumbbells (not essential) Kids are welcome

MOVEMENT

WELLNESS

WHAT IS INVOLVED

Dance
Cardio
Boxing
Dumbbells

COMPLEXITY & INTENSITY

Low complexity
Low impact

MUSIC CHOICE

Music from all decades



Parents Connect / Brainwave

If you are a parent/carer raising a child under 18 with a neurological condition, brain injury or illness, Parents Connect is a place to share and learn from other families and talk about your experiences.

- Bring your little one, with access to a secured outdoor play area, kids toys & activities
- Special guests presenters including massage students, nutritionists, mindfulness coaches and more
- Tea, coffee and morning tea provided

FREE 8 week course

See our website for further details



Day: Monday

Dates: 1 May to 26 June

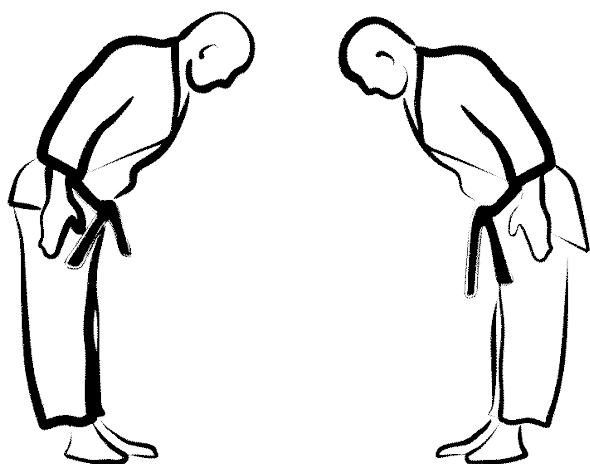
Time: 11.30am to 1.30pm



Karate for all ages

Want to start learning Japanese Karate but don't have any experience or a uniform (dogi)?

These classes are facilitated by an Accredited Volunteer Instructor with more than 30 years' experience with the Japanese Karate Association (JKA) and are for anybody aged between 6 and 65!



BOOKINGS ESSENTIAL



Wednesday 6.30pm to 7.30pm | Saturday 2.30pm to 3.30pm

First session - Wednesday 26 April

Last session - Saturday 24 June

Cost: \$15.00 per week payable at the beginning of term

Term 2 (9 weeks): \$135.00 (pro rata) + JKA Insurance

Family ticket also available - further information on trybooking

(plus \$15.00 2023 AGCS annual family membership)

Kogo - Knit One Give One

Drop into our Centre on Tuesday afternoons, meet new friends while helping Kogo spread warmth to those in need



Blanket Squares, Beanies,
Scarves, Toys,
Children and Baby Clothing



We are also seeking donations of 8ply acrylic blend wool, 4mm knitting needles and already completed handmade items.

For more information about Kogo - visit [Kogo](#)

Tuesdays 12.30pm to 2.00pm

This event is proudly sponsored by



ARTernoons



Bring along your latest art & craft project and work alongside like-minded people in our relaxed and friendly environment.

Bring your supplies and get creative together!

Sessions are held in our Art Hub, which is situated at the Shopping Centre end of our building)

For more information about our group contact our Centre

Thursdays 1.00pm to 2.30pm

This event is proudly sponsored by



NEIGHBOURHOOD HOUSE WEEK

8 - 14
MAY 23

Locals connecting Locals

**AGCS is offering some fantastic FREE programs
to celebrate NHW!**

Tuesday 9 May - 7.00pm to 8.00pm

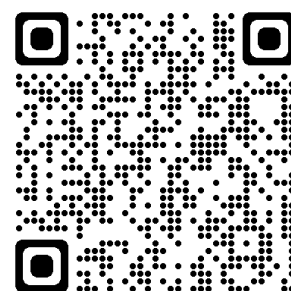
Bookings essential!

Reducing Household Waste

To book, scan the QR Code

We invite you to come and hear from two locals who are passionate about making simple changes to reduce their household waste; and passionate about connecting with the community to inspire them to do the same.

Enjoy connecting with others as we look into how we can better Refuse, Reduce, Reuse, Recycle and Rot in different areas of the home, as well as when you're out and about.



Thursday 11 May - 10.00am to 12.30pm

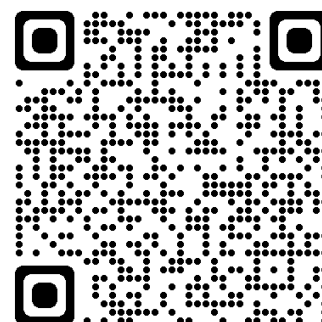
Bookings essential!

Walk It, Snap It, Paint It!

To book, scan the QR Code

Go for an easy 30 minute stroll in our local wetlands, take some photos, then come back to the Centre and paint your image.

If you are unable to walk, you are welcome come along for the painting aspect of the session, Lee will have images ready.



Preparing for Extreme Weather Storms & Floods

This information session will be hosted by by Phil Wall from Chelsea SES.

Phil will share valuable information on preparing for extreme weather and provide examples of the fabulous work that our emergency services do on a daily occurrence.

FREE EVENT!!

Bookings essential!

To book, scan the QR Code



Friday 16 June
11.00am to 12.00pm

PROUDLY
SUPPORTED BY



Reducing Household Waste

Information Session
FREE EVENT

Tuesday 9 May
7:00pm - 8:00pm

In this workshop you will enjoy connecting with others as we look into how we can better Refuse, Reduce, Reuse, Recycle and Rot in different areas of the home, as well as when you're out and about

Book at:
agcsinc.org.au or



103-105 Kearney Drive, Aspendale Gardens
03 9587 59555 www.agcsinc.org.au

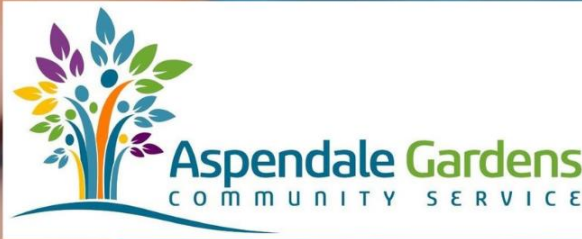


Creating a waste-free community

**NEIGHBOURHOOD
HOUSE WEEK** 8 - 14
MAY 23

Locals connecting Locals





KINDERGARTEN OPEN DAY!

SUN 30TH APRIL

10am - 12pm

103 - 105 Kearney Drive, Aspendale Gardens

**Come and meet our team, see the
kindergarten spaces and learn about our
programs for 2024!**

**2024 Enrolments open from 1st May.
Register via the city of Kingston:
www.kingston.vic.gov.au**



Other Centre Activities

The following activities are also offered at our Centre.

If you would like further information about the activities on this page, please contact the providers directly.

(see Contacts page at the end of this brochure)



Contacts for Programs and Services

For more information about our Centre's Programs and Services

Tel: 9587 5955 | www.agcsinc.org.au | facebook/AGCSinc



<i>ACTIVITY</i>	<i>CONTACT</i>	<i>EMAIL / WEBSITE</i>
Adult Fitness Classes	9587 5955	enquiries@agcsinc.org.au
Aspendale Social Netball	Gill - 0419 881 615	gilldavies@optusnet.com.au
Aspendale Gardens Giants Basketball Club	David - 0400 123 201	basketball@agcsinc.org.au
Back in Motion Over 55's Exercise Class	9580 1985	aspendalegardens@backinmotion.com.au
Bollywood	9587 5955	enquiries@agcsinc.org.au
Boogie Bounce	Lucy - 0421 869 060	LucyW@boogiebouncebayside.com.au
Charlesworth Walsh Dance	Monique - 0431 328 515	www.cwdance.com.au
Gymbaroo	9515 0496	aspendalegardens@gymbaroo.com.au
Junior Giants Basketball	9587 5955	enquiries@agcsinc.org.au
Karate	9587 5955	enquiries@agcsinc.org.au
Kindergarten 3YO kinder room (Wattle) 4YO kinder room (Blue Gum)	8512 0539 9580 2153	kim.ives@agcsinc.org.au
Knit One Give One ("KOGO") Knitting & Crocheting Group	9587 5955	enquiries@agcsinc.org.au
O'Grady Drama	Eva - 0460 861 723	www.ogradydrama.com.au
Messy Play	9587 5955	enquiries@agcsinc.org.au
Parents Connect / Brainwave	9587 5955	enquiries@agcsinc.org.au
Playball	Victor - 0420 277 217	Victor.rondi77@gmail.com
Playgroup	9587 5955	enquiries@agcsinc.org.au
STEMBirds	0469 084 649	learn@stembirds.com.au
WW	13 1997	www.weightwatchers.com.au
Wise Employment	1800 685 105	www.wiseemployment.com.au
Youth Cove - City of Kingston	9587 0869 or 1300 36 94 36	ayc@kingston.vic.gov.au or youth.services@kingston.vic.gov.au

Thank you to our Sponsors



AGCS would like to thank our 2023 Sponsors
for their support of our Centre and Giants Basketball Team



ADULT HEALTH & FITNESS

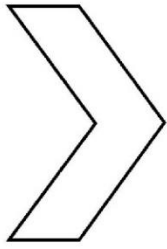
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS CLASS 10.30am to 11.15am		FITNESS CLASS 9.15am to 10.00am		FITNESS CLASS 9.15am to 10.00am	
Parents Connect 11.30am to 1.30pm 1 May to 26 June					
		BACK IN MOTION 2.00pm to 3.00pm			
WW 5.00pm to 6.00pm					
		BOOGIE BOUNCE 6.30pm to 7.15pm	ZUMBA 7.00pm to 7.45pm		
		KARATE 6.30pm to 7.30pm			KARATE 2.30pm to 3.30pm
NETBALL 7.00pm to 10.00pm		BOLLYWOOD DANCE 7.30pm to 8.30pm	NETBALL 7.00pm to 10.00pm		

ART & CRAFT (KIDS & ADULTS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		ART CLASS FOR ADULTS 10.00am to 12.00pm 3 May to 7 June	MESSY PLAY for babies & toddlers 9.30am to 11.00am 27/4, 25/5 & 22/6		
	KOGO 12.30pm to 2.00pm		ARTernoons 1.00pm to 2.30pm		

CHILDREN & YOUTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PLAYGROUP 9.30am to 11.00am		PLAYGROUP 9.30am to 11.00am		
DANCE CLASS 9.30am to 10.15am			GYMBAROO 9.15am to 2.30pm	GYMBAROO 9.15am to 2.30pm	DANCE CLASSES 8.30am to 2.00pm
PLAYBALL 9.30am to 11.45am	PLAYBALL 9.30am to 11.45am	PLAYBALL 9.30am to 12.00pm	PLAYBALL 9.30am to 11.45am	PLAYBALL 9.30am to 11.45am	
YOUTH COVE 4.00pm to 6.30pm					
	DANCE CLASSES 4.15pm to 8.35pm	DRAMA CLASSES 4.00pm to 6.00pm			
	STEMBirds 4.30pm to 6.30pm	JUNIOR GIANTS 3.50pm to 4.40pm (starts 3 May)			
BASKETBALL 4.00pm to 7.00pm		BASKETBALL 4.00pm to 7.00pm	BASKETBALL 4.00pm to 7.00pm	BASKETBALL 4.00pm to 7.00pm	
		PLAYBALL 4.00pm to 6.00pm	PLAYBALL 4.00pm to 6.00pm		
		KARATE 6.30pm to 7.30pm			KARATE 2.30pm to 3.30pm



Proudly Sponsored by
Steve Turner from
Buxton Dingley Village

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Steve Turner

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