

Program Guide

Term 2 2024

West Sunshine Community Centre
25 Kermeen Street West Sunshine
Ph: 9249 4555

Children, Family, Pre-schoolers and Youth

Basketball Next Generation (8-11 years)

<https://www.trybooking.com/CQHMF>

Thursdays 2 May – 27 June

3.45-4.30pm – No charge (9 sessions)

Develop coordination, balance, teamwork and communication skills through a range of games and drills. This program is run in partnership with Clutch sports.

Basketball Future All Stars (12-16 years)

<https://www.trybooking.com/CQHNR>

Thursdays 2 May – 27 June

4.30-5.15pm – No charge (9 sessions)

Improve your skills, confidence, leadership and game/sport knowledge through drills and social games.

Homework Club – Primary School (6-12 years)

<https://www.trybooking.com/CQHOJ>

Wednesdays 24 April – 26 June

4-4.45pm – No Charge (10 sessions)

Receive literacy and numeracy support. Students without set school work will be given worksheets to complete. Focus for the term will be fractions, times, spelling and punctuation.

First Steps – New Parent Group

Wednesdays 24 April - 5 June

1-2.30pm – No Charge (7 sessions)

Meet other new parents and receive support on topics including getting to know your baby, self-care and sleep settling. Program delivered in English, Vietnamese and Burmese. For more information or to register, speak to your maternal and child health nurse or email: firststeps@brimbank.vic.gov.au

Introduction to Soccer (7-11 years)

<https://www.trybooking.com/CQHPO>

Tuesdays 30 April – 25 June

3.45-4.30pm – No charge (9 sessions)

Enjoy soccer drills and mini games in this introduction to soccer session while having fun and making new friends. Suitable for beginners

Kids Ezee Tennis (7-9 years)

<https://www.trybooking.com/CQHPS>

Mondays 6 May – 27 May

3.45-4.30pm - No charge (4 sessions)

Kids Ezee Tennis (10-12 years)

<https://www.trybooking.com/CQHPY>

Mondays 6 May – 27 May

3.45-4.30pm - No charge (4 sessions)

Introductory social tennis program for beginners. Numbers limited, preference given to first timers.

Study Space

Mondays – Fridays

9.30am-5pm – No charge

Call 9249 4555 to confirm availability

Access for students from all year levels. Children under 16 years must be supervised by an adult.

Kinda Gym (18 months–5 years)

Improve your motor skills and coordination in this exciting program. We incorporate music and activities like climbing frames, crawling tunnels, balancing on beams and mats. Parent/guardian participate with child/children.

Wednesdays 24 April – 26 June

11am-12pm - \$80 per family (10 sessions)

<https://www.trybooking.com/CQIPX>

Fridays 19 April – 28 June

10-11am - \$80 per family (10 sessions)

No session 26 April

<https://www.trybooking.com/CQIQB>

Fridays 19 April – 28 June

11.15am-12.15pm - \$80 per family (10 sessions)

No session 26 April

<https://www.trybooking.com/CQIQF>

Fridays 19 April – 28 June

1.45pm-2.45pm - \$80 per family (8 sessions)

No session 26 April

<https://www.trybooking.com/CQIQH>



Bookings are essential for all programs

To register, go to **TryBooking** and search for West Sunshine Community Centre or

Discover Learning in Brimbank:

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Play Group (6 months–5 years)

Meet and connect with other local parents/carers, share parenting journeys and enjoy social and play activities. Bring your own healthy snack/drink for your child/children.

Tuesdays 23 April – 25 June

10am-12pm - \$50 per family (10 sessions)

<https://www.trybooking.com/CQIQQ>

Thursdays 18 April – 27 June

10am-12pm - \$50 per family (10 sessions)

No session 25 April

<https://www.trybooking.com/CQIQS>

Smalltalk Supported Playgroup

Wednesdays 24 April – 12 June **OR**

Fridays 26 April – 14 June

10am-12pm – No Charge (8 sessions)

Join a supported and facilitated Playgroup for children aged from birth to 4 years.

For more information or to book, call **9249 4825**.

Social Badminton & Ezee Tennis for the whole family **NEW**

<https://www.trybooking.com/CQIQX>

Sundays 21 April – 23 June

4pm-6pm – No Charge (10 sessions)

Meet other local families and enjoy a social game of Badminton and Ezee Tennis.

Equipment provided.

Suitable for all skill levels.

Women & Girls Soccer **NEW**

JOIN OUR WAITING LIST

<https://www.trybooking.com/CQJLP>

Wednesdays or Fridays 24 April – 28 June

3.30pm-5pm – No Charge (10 sessions)

Stay fit, learn soccer skills have fun indoors with other women and girls 14 years and older.

Suitable for all skill levels.

For more information or to join the waiting list call 9249 4555.

Open Access to Computers

Mondays – Fridays

Various times available - No charge

BYO device or use a centre computer to access free Wi-Fi, internet, job search and more.

Please call the centre on 9249 4555 to check availability.

Open Court Tennis

Mondays-Thursdays – 9am-5.00pm

Fridays – 9am-4.30pm

Have a hit with family and friends. BYO equipment or borrow from the centre. Children must be supervised at all times. Please call the centre on 9249 4555 to check availability.

Adults and Seniors

All Abilities Health & Wellbeing

<https://www.trybooking.com/CQIQZ>

Fridays – 26 April, 3 May & 24 May, 7 & 21 June

11am-1.30pm – No charge (5 sessions)

Meet new people, learn new skills and keep active. Activities include craft, cooking and Zumba. Carer must attend with clients. Delivered in partnership with Inclusion Melbourne and Reclink Australia.

Social Badminton (Adults)

<https://www.trybooking.com/CQIRE>

Mondays 22 April – 24 June

No Session on Monday 10 June

12.30-2pm - No charge (9 sessions)

Play a friendly game of badminton or competitively with our more experienced players. Suitable for beginners to advanced.

Ezee Tennis (Adults)

<https://www.trybooking.com/CQIRH>

Tuesdays 23 April – 25 June

12.30-2pm – No charge (10 sessions)

Thursdays 18 April – 27 June

No Session on Thursday 25 April

12.30-2pm – No charge (10 sessions)

Improve coordination and fitness in this fun modified indoor racquet game based on tennis.

Social Table Tennis (Adults)

<https://www.trybooking.com/CQIRM>

Tuesdays 23 April – 25 June

10am-12noon - No charge (10 sessions)

Thursdays 18 April – 27 June

No Session on Thursday 25 April

10am-12noon - No charge (10 sessions)

Join a fun, social table tennis program. Suitable for all skill levels.

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Karaoke for Fun (Adults) NEW

<https://www.trybooking.com/CPUPV>

Tuesdays 23 April – 25 June
12pm-1pm – No charge (10 sessions)
Enjoy singing and listening to others sing.

Net Sports (Adults)

<https://www.trybooking.com/CQIRW>

Fridays 26 April – 28 June
6pm-8pm - No charge (10 sessions)
Join this adults only program to try-out a range of net sports including Ezee Tennis, Pickle Ball and Badminton.

Walking Football (Adults) NEW

<https://www.trybooking.com/CQIRX>

Mondays 22 April – 24 June
No Session on Monday 10 June
10.30am-12pm - No charge (9 sessions)
Improve your health and fitness in this modified and slower paced game. Suitable for seniors.

Walking Group

<https://www.trybooking.com/CQIRY>

Wednesdays 24 April – 26 June
10am-12noon - No charge (10 sessions)
Join a 30-45 minute walk at slow to moderate pace followed by a cuppa and a chat.

Walking Group – Indoor Circuit

<https://www.trybooking.com/CQISB>

Wednesdays 24 April – 26 June
10am-12noon - No charge (10 sessions)
Enjoy a slow paced 30 minute walk indoors around the stadium, followed by a cuppa and a chat.

Women's Zumba

<https://www.trybooking.com/CQISC>

Mondays 22 April – 24 June
No Session on Monday 10 June
6.30-7.30pm - No charge (9 sessions)
Dance your way to better health and fitness in this low impact Zumba class. Boys under 18 permitted. Parent/Guardian required to supervise children.



Events

Neighbourhood House Week - Walk with us @ WSCC

<https://www.trybooking.com/CNUVP>

Wednesday 15 May
10am-12pm – No charge - (1 session)
Join us on a walk at West Sunshine Community Centre to celebrate Neighbourhood House Week. Light refreshments provided. Numbers limited.

Macramé Workshop NEW

<https://www.trybooking.com/CQJMS>

Tuesday 18 June
6pm-8pm – No charge (1 session)
Learn the art of macramé in this creative hands on workshop make a feather key ring to take home, suitable for beginners. Numbers Limited.

Men's Health Week – Quick and Easy Soup for Winter NEW

<https://www.trybooking.com/CQJNJ>

Tuesday 11 June
12pm-1pm – No charge (1 session)
Celebrate men's health week and learn how to make a healthy, quick and easy soup with Brenda. Light refreshments provided. Numbers limited.

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