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| **Office Hours - 8.30am to 2pm**  We are closed on all public holidays. |

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| **ACTIVITIES FOR CHILDREN - 2025**  **No playgroups during school holidays** | | |
| **Day** | **Times** | **Cost per session** |
| Monday and Thursdays Playgroups | 10am to 12pm | $3 per family |

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| **ACTIVITIES FOR ADULTS - FITNESS AND WELLBEING - 2025**  Suitable for most fitness levels | | | |
| **Name of Class** | **Day** | **Times** | **Cost per session** |
| Strength Training | Monday | 8.30am to 9.30am | $5 per person |
| Zumba | Monday | 6pm to 7pm | $6 per person |
| Adult Exercise | Tuesday | 9.30am to 10.30am | $5 per person |
| Strength Training | Wednesday | 8.30am to 9.30am | $5 per person |
| Zumba | Wednesday | 5.30pm to 6.30pm | $6 per person |
| Adult Exercise | Thursday | 9.30am to 10.30am | $5 per person |
| Strength Training | Friday | 8.30am to 9.30am | $5 per person |
| Zumba Gold | Friday | 10am to 11am | $5 per person |
| Yoga and Meditation | Friday | 11.15am to 12.15pm | $5 per person |

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| **IMPORTANT** |
| Children 12 years of age and under are not permitted in fitness and wellbeing classes (unless specified that it is a child inclusive class). |
| Unsupervised children are not permitted on premises when classes are in session. (inside the class or anywhere within the premises) |
| You choose to participate in a program at your own risk. If you have health issues, always seek medical advice before attending a class. |
| Attendees wanting to join a class later than 10 minutes from time of class commencement will not be allowed to participate due to health and safety reasons. |
| Please bring correct monies for your session. |

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| **VENUE HIRE**  Enquiries: 8571 5340 Email: bookings@cgd.vic.gov.au |
| Jan Wilson Centre offers multifunction meeting spaces and function rooms for the community to hire. |