



1800 719 404



TENNIS

Carrum Downs Tennis Club

As a participant in this program weekly coaching sessions for 1 term is offered

- Lessons run Monday – Thursday 4pm onwards
- No lessons in school holidays
- Wear school sports uniform
- Tennis racquets are provided

You will be contacted by Carrum Downs Tennis Club to organise a time to come to the club to tour the facilities and discuss the tennis program further.



As a participant in this program, 3 group classes a week is offered for 16 weeks

- Classes include Running, Bootcamp, Boxing & Yoga

You will be contacted by Fit Body Fit Mind to tour the facilities and discuss the Gym further.



1800 719 404



GKR KARATE
STRONG · HUMBLE · BRAVE

KARATE

As a participant in this program a 12 visit pass is offered + uniform (ordered week 5)

*Please note you will be responsible for the below fees if you choose to continue from week 12 and order equipment/request grading

- Male and Female sparring equipment- order week 12
- Yellow belt grading – at 3 months

You will be contacted by GKR Karate to organise a time to attend a class.



ACTIVATE will assist young people (up to 25 years old) whose families cannot afford the costs of engaging in sporting and recreational activities, and who would benefit from mentoring and leadership from a local club.

To refer to the program please call the Brotherhood of St Laurence on **1800 719 404.**



LEAGUE BOWLING

As a participant in this program weekly team bowling is offered for a season (28 weeks)

- 17 years old and under- 4.30 game
- 18 – 25 years old- 6.30 game
- No games in school holidays or public holidays

You will be contacted by AMF Bowling to discuss first game.



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BASKETBALL

As a participant in this program a season is offered (2 terms) + uniform.

- There are 2 seasons per year. Summer-Term 4 & 1, and Winter season- Term 2 & 3
- No Basketball during school holidays
- Most teams have 1 practice and 1 game per week

You will be contacted by Frankston Basketball Association to organise a Basketball team to participate in.



NETBALL

As a participant in this program 19 weeks of domestic competition is offered

- Most teams have 1 practice and 1 game per week



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MUSIC

As a participant in this program Guitar, Piano or Drum lessons are offered

- Guitar or piano group lessons for children 6-14 years old
- Private lessons for up to 25 years old
- Lessons run for each term, i.e. 10 weeks



DANCING

As a participant in this program weekly dance classes are offered in Latin, Rumba, Samba, Jive, Waltz, Tango Quickstep, Ballroom etc

- Kids dance classes 5 – 12 years old Tues 5pm – 6.30pm
- Teenage dance classes 12 – 21 years old Tuesday 7pm – 8.30pm
- Classes run all year, except 2 weeks over Xmas/New years



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SWIMMING

As a participant in this program weekly swim lesson for up to 6 months, as well as unlimited access to aquatic areas is offered.

- Appropriate swim attire is required, goggles and swimming caps are not necessarily required

You will be contacted by PARC to organise a time to tour the facilities and discuss the program further.

GYM MEMBERSHIP

As a participant in the program Gym Membership up to 12 months if offered

- Must complete 10 visits in 6 weeks
- Participants needs to reside in suburbs within Frankston City Council
- Participant must attend initial appointment with worker