



SUMMER:
TERM 1, 2026

TUE 27 JAN - THU 2 APR

HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

TUE 27 JAN - THU 2 APR 2026

TERM 1: CLASS
ENROLMENTS
OPEN 12 JAN!

CONTACT US:

P: 0437 758 281

E: hucclc89@gmail.com

CLASSES:

- BODY STRENGTH & TONE
- PELVIC FLOOR STRENGTH
- SENIORS STRETCH & FLEX
- PILATES
- WATERCOLOUR
- YOGA
- MIGRANT ENGLISH
- CRAFT GROUP
- BOOK CLUB

NEW CLASSES:

- CHILDREN'S YOGA
- MIND & MEDITATION

Sponsored by:



Supported by:



HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

89 Canterbury Rd, Heathmont 3135

www.hucclc.com.au

@HUCCLC

0437 758 281

hucclc89@gmail.com

@clcheathmont

Bendigo Bank

Community Bank
Ringwood East and
Croydon

HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE (HUCCLC)

HUCCLC commenced in 2007, based on a community house model. Our purpose is to provide a focal point in the local community where people have opportunities to build community support and experience benefits from coming together to connect, undertake activities, find meaning and fellowship, learn skills and interact with other local residents.

ENROLMENTS

ALL CLASSES MUST BE BOOKED THROUGH OUR PROGRAM COORDINATOR:

Christine Better | Mobile: 0437 758 281
Email: hucclc89@gmail.com

PAYMENT & REFUND POLICY

ENROLMENTS

- Enrolments can only be confirmed by payment of the full-term fee being received.
- Enrolments open two weeks prior to the commencement of each term.
- Get in early as classes fill quickly!

FEE PAYMENT OPTIONS

1. DIRECT BANK TRANSFER DETAILS (DBT/EFT):

ACCT NAME: UCA Heathmont Parish
BSB: 633 000 | ACCT NO: 138 844 808
REF CODE: Class code, full name & phone number.

2. CASH PAYMENTS: Please place money in a marked envelope (class code, full name & phone number). Drop into the Church Office/CLC Mailbox.

3. CHEQUES: Make out to 'Heathmont Uniting Church.' Please place cheque in a marked envelope (class code, full name & phone number) & drop into the Church Office/CLC Mailbox.

RECEIPTS

Receipts are only issued for term payments made with cash or cheque. Receipts for DBT/EFT payments can be requested from the CLC Treasurer, email: hucclc89.accts@gmail.com

REFUNDS

If there are insufficient numbers to start a class, or for reasons beyond our control a class does not proceed, full refunds will be given. If you withdraw after the commencement of a course, any refund requested will be at the discretion of the CLC committee. No refund is available after the class has started except in exceptional circumstances.

PLEASE NOTE

- We do not offer a casual/weekly payment option.
- We do not have card facilities.
- No refund will be given for classes you have missed unless approved by CLC Committee.
- Refunds need to be resolved in the current term and not carried over for later reimbursement.
- For participants experiencing financial difficulties, please contact the CLC Treasurer, email: hucclc89.accts@gmail.com or the CLC Coordinator, phone: 0437 758 281.

HEALTH & FITNESS

BODY STRENGTH & TONE

Exercises include low impact aerobics, strength training and a circuit style workout. For better fitness and stronger bones/muscles. A basic level of fitness is required. BYO hand towel.

MONDAY: 9:15AM - 10:15AM

\$100 for 8 week term. Class code: MBS.

PUBLIC HOLIDAY
MON 9 MARCH

MONDAY: 11:45AM - 12:45PM

\$115 for 9 week term. Class code: MBS2.

FRIDAY: 9:15AM - 10:15AM

\$115 for 9 week term. Class code: FBS.

FRIDAY: 10:30AM - 11:30AM

\$115 for 9 week term. Class code: FBS2.

SENIORS STRETCH & FLEX

Gentle strength exercises will improve your strength, balance, posture and flexibility. Exercise can reduce osteo-arthritic pain and disability, improve balance and aerobic capacity.

MONDAY: 10:30AM - 11:30AM

\$95 for 8 week term. Class code: MSF.

PUBLIC HOLIDAY
MON 9 MARCH

THURSDAY: 9:30AM - 10:30AM

\$115 for 10 week term. Class code: THSF.

FRIDAY: 11:45AM - 12:45PM

\$105 for 9 week term. Class code: FSF.

PILATES

Increase stability, flexibility and strength of core. Combined strength training, stretching and dynamic muscular controlled movements. BYO mat.

MONDAY: 6PM - 7PM

\$100 for 8 week term. Class code: MP.

PUBLIC HOLIDAY
MON 9 MARCH

TUESDAY: \$125 for 10 week term.

8:45AM - 9:45AM Class Code: TP4.

9:45AM - 10:45AM Class Code: TP5.

10:45AM - 11:45AM Class Code: TP6.

TUESDAY: 6PM - 7PM

\$125 for 10 week term. Class code: TP7.

WEDNESDAY: 6PM - 7PM

\$125 for 10 week term. Class code: WP.

THURSDAY: 6PM - 7PM

\$125 for 10 week term. Class code: THP.

Contact our
Coordinator
to enrol:
hucclc89@gmail.com
0437 758 281

PELVIC FLOOR STRENGTH

Support your internal organs and aid mobility. Great for keeping your core strong! Benefit from a class designed to improve comfort, balance, and body confidence. Perfect for anyone seeking gentle movement and lasting health benefits.

WEDNESDAY: 7:15PM - 8:15PM

\$125 for 10 week term. Class code: WPFS.

YOGA

Yoga synchronises movement with breath through poses that flow together smoothly. Flexibility, balance, strength, and stability are positively impacted - you'll feel the difference!

Suitable for all ages and abilities, promoting calmness, connection, and inner strength.

CHILDREN'S CLASS (U12)

MONDAY: 5:30PM - 6:30PM

\$95 for 8 week term. Class code: MCY.

MONDAY: 7:15PM - 8:15PM

\$100 for 8 week term. Class code: MY.

TUESDAY: 10AM - 11AM

\$125 for 10 week term. Class code: TY1.

TUESDAY: 7:15PM - 8:15PM

\$125 for 10 week term. Class code: TY.

WEDNESDAY: 6PM - 7PM

\$125 for 10 week term. Class code: WY.

THURSDAY: 7:15PM - 8:15PM

\$125 for 10 week term. Class code: THY.

MINDFULNESS & MEDITATION

Be introduced to mindfulness techniques and relax, reconnect and regenerate.

Each session offers simple practices to quiet the mind, reduce stress, and encourage inner calm.

FRIDAY: 11AM - 12PM

\$115 for 9 week term. Class code: FMM.

CREATIVE & LEARNING

WATERCOLOUR SOCIAL PAINTING

Join a group of friendly people that share their passion for watercolour! Beginners to advanced. BYO materials.

TUESDAY: 9:30AM - 12PM

\$125 for 10 week term. Class code: TWS.

WOMENS CRAFT GROUP

GOLD COIN

A weekly social group for women with an interest in crafting. BYO project (knitting, drawing or embroidery).

TUESDAY: 1PM - 3PM

10 week term. Gold coin donation.

INTRO TO AI

GOLD COIN

Discover what Artificial Intelligence (AI) is, how it's used in everyday life, and what the future may hold. This session covers tools like ChatGPT, explores key benefits and challenges, and touches on important topics such as misinformation, deepfakes, and job impacts - engaging, with live demos and Q&A.

WEDNESDAY 11 MARCH: 10:30AM - 11:30AM

1 session. Gold coin donation.

STUDY

MIGRANT ENGLISH

FREE CLASS!

A vibrant hub of cultural exchange and educational empowerment. Every week, individuals from diverse backgrounds gather in a welcoming and inclusive environment to embark on a journey of linguistic growth. Suitable for migrants and refugees. Beginner and advanced classes available. All welcome! Supported by Bendigo Bank.

MONDAY: 7:30PM - 9PM

THURSDAY: 11AM - 12:30PM

Please call 0429 294 007 to enrol.

PUBLIC HOLIDAY
MON 9 MARCH

FIRST CLASS FREE!*

Call our Coordinator on 0437 758 281 to book your free trial class.

*New enrolments only.





SPECIAL EVENTS:

HEATHMONT UNITING CHURCH
COMMUNITY LIFESTYLE CENTRE

SUMMER: TERM 1, 2026
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KIDS HOLIDAY CLASS



KIDS CLASS: PAINTING BY NUMBERS
WEDNESDAY 8 APRIL 2026: 10.30AM - 11.30AM
COST: \$15 PER CHILD (RECOMMENDED UNDER 12)

Let your child explore their creativity these Easter holidays with a Painting by Numbers session! This fun and engaging activity encourages self-expression through art, and each participant will take home their own colourful creation.

Call 0437 758 281 to register your spot!

PHOTO COMP 2026



The theme of the 2026 Photographic Competition will be 'STATIONS.'

Please keep an eye out for our term 2 Autumn program for more information. Past winner's photos will be on display at various outlets in Heathmont.

To learn more please visit the 'events' page on our website www.hucclc.com.au/events-1

OTHER ACTIVITIES

BOOK CLUB

1st TUESDAY OF EACH MONTH: 1.30PM - 3PM

Come and discuss the monthly book, in a small friendly group. All welcome.

Contact the convenor: 0417 559 876

SING AUSTRALIA

WEDNESDAYS: 7.30PM - 9PM

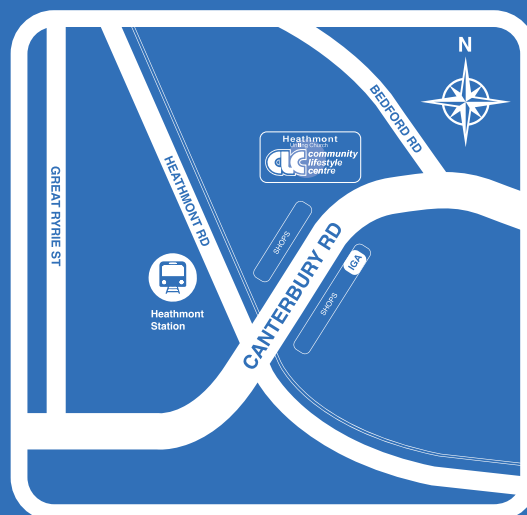
Singing for fun and enjoyment; no auditions, you do not have to be able to read music.

Contact the convenor: 0412 142 867

Website: www.singaustralia.com.au

WHERE TO FIND US:

89 CANTERBURY RD, HEATHMONT 3135



YOU'RE WELCOME TO JOIN OUR 10AM SERVICE AT 30-32 STATION ST, RINGWOOD.

All members of the community are invited to join us on Sunday mornings, as the Minister explores matters of life and faith in the context of worship.

For information about church activities, please contact the church office on 9729 4452.

Information contained in this program was accurate at the time of printing.



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