



WINTER:
TERM 3, 2026

MON 13 JUL - FRI 18 SEP

RINGWOOD & HEATHMONT UNITING CHURCH

HEATHMONT COMMUNITY CENTRE: TERM 3

MON 13 JUL - FRI 18 SEP 2026

TERM 3: CLASS
ENROLMENTS
OPEN 29 JUNE

CONTACT US:

P: 0437 758 281

E: hucclc89@gmail.com

CLASSES:

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

Sponsored by:



2026 PHOTO
COMPETITION
ENTRY FORM
INSIDE!

HEATHMONT COMMUNITY CENTRE

89 Canterbury Rd, Heathmont 3135

www.hucclc.com.au

@HUCCLC

0437 758 281

hucclc89@gmail.com

@clcheathmont

Supported by:



HEATHMONT COMMUNITY CENTRE (HCC)

HCC 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: Place money in a marked envelope (class code, full name and phone) and drop into the HCC Mailbox.

3. CHEQUES: Make out to 'UCA Heathmont Parish.' Place cheque in a marked envelope (class code, full name and phone) and drop into the HCC Mailbox.

RECEIPTS

Receipts are only issued for term payments made with cash or cheque. Receipts for DBT/EFT payments can be requested from the HCC Treasurer, email: malglen01@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 HCC 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 HCC 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 HCC Treasurer, email: malglen01@gmail.com or the HCC 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

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

MONDAY: 11:45AM - 12:45PM

\$125 for 10 week term. Class code: MBS2.

FRIDAY: 9:15AM - 10:15AM

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

FRIDAY: 10:30AM - 11:30AM

\$125 for 10 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

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

THURSDAY: 9:30AM - 10:30AM

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

FRIDAY: 11:45AM - 12:45PM

\$115 for 10 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

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

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.

MONDAY: 6PM - 7PM

\$125 for 10 week term. Class code: MY1.

MONDAY: 7:15PM - 8:15PM

\$125 for 10 week term. Class code: MY2.

TUESDAY: 7:15PM - 8:15PM

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

THURSDAY: 7:15PM - 8:15PM

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

FRIDAY: 6PM - 7PM

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

NEW CLASS!

BICYCLE USERS GROUP

The Ringwood Uniting Church Bicycle Users Group (RUCBUG) is a social cycling group that meets every Saturday morning. Rides explore Melbourne's bike paths and offer a great way to stay active, enjoy the outdoors, and connect with others.

SATURDAY MORNINGS

Enquiries email cynthia.scott.16@hotmail.com or phone 0427 555 993.

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

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

TAI CHI

Tai Chi is a gentle, flowing exercise that combines slow movements with deep breathing to promote relaxation, balance and wellbeing. It is suitable for all ages and fitness levels.

TUESDAY: 10AM - 11AM

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

WALKING GROUP

Come join our weekly walking group! Explore new local spots, enjoy a morning tea break, and meet friendly faces. Moderate fitness required.

WEDNESDAY: 9:30AM - 12:30PM

Please call 0437 758 281 to enrol.

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.

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.



SPECIAL EVENTS:

HEATHMONT COMMUNITY CENTRE
WINTER: TERM 3, 2026
MON 13 JUL - FRI 18 SEP

PHOTO COMP 2026



PHOTO COMP! 2026

THIS YEAR'S THEME: STATIONS

Stations can be places of arrival, departure, waiting, connection, or discovery. Think beyond train stations and bus stops - a bird resting at a feeding station, a charging station, a workstation, a lifeguard station, or even a favourite place where people gather and pause. Explore the idea of stations as destinations, meeting points, or moments in between journeys.

Photos can be taken anywhere, and past photos from your own collection are welcome to enter.

Judges will consider how effectively the theme is represented (whether literal or abstract), along with creativity, composition, aesthetics, photographic technique, and the photographer's unique perspective.

ENTRY FEE (PER PRINT):

ADULTS - \$7 first print, \$2 subsequent prints and \$2 each for electronic submissions.

YOUTH (U16) - \$2 per print.

ENTRIES CLOSE: SAT 5 SEP, 11AM to 1PM

AWARDS EVENING: FRI 11 SEP, 7PM

For more information and to enter, an entry form is included in this program and on our website at www.hucclc.com.au

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

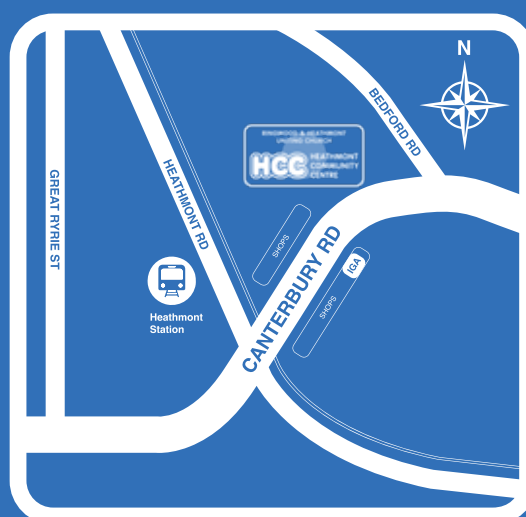
Singing for fun and enjoyment; no auditions, you do not have to be able to read music.

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 9870 6033.

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



HEATHMONT COMMUNITY CENTRE

89 Canterbury Rd, Heathmont 3135

www.hucclc.com.au

@HUCCLC

0437 758 281

hucclc89@gmail.com

@clcheathmont