



SPRING:
TERM 4, 2025

MON 6 OCT - FRI 19 DEC

HEATHMONT UNITING CHURCH COMMUNITY LIFESTYLE CENTRE

MON 6 OCT - FRI 19 DEC 2025

TERM 4: CLASS
ENROLMENTS
OPEN 22 SEPT!

CONTACT US:

P: 0437 758 281

E: hucclc89@gmail.com

CLASSES:

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

NEW CLASSES:

- WALKING GROUP
- AUTOBIOGRAPHY

Sponsored by



COMMUNITY
CAROLS EVENT!
Saturday 20
December!



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

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

\$140 for 11 week term. Class code: MBS.

MONDAY: 11:45AM - 12.45PM

\$140 for 11 week term. Class code: MBS2.

FRIDAY: 9.15AM - 10.15AM

\$140 for 11 week term. Class code: FBS.

FRIDAY: 10.30AM - 11.30AM

\$140 for 11 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

\$125 for 11 week term. Class code: MSF.

THURSDAY: 9.30AM - 10.30AM

\$125 for 11 week term. Class code: THSF.

FRIDAY: 11:45AM - 12.45PM

\$125 for 11 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

\$140 for 11 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

\$140 for 11 week term. Class code: WP.

THURSDAY: 6PM - 7PM

\$140 for 11 week term. Class code: THP.

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

PUBLIC HOLIDAY
TUE 4 NOV

PUBLIC HOLIDAY
TUE 4 NOV

PELVIC FLOOR STRENGTH

Support your internal organs and aid mobility.
Great for keeping your core strong!

WEDNESDAY: 7.15PM - 8.15PM

\$140 for 11 week term. Class code: WPFS.

YOGA

Yoga synchronises movement to breath, through poses that flow together smoothly. Flexibility, balance, strength & stability are positively impacted.

MONDAY: 7.15PM - 8.15PM

\$140 for 11 week term. Class code: MY.

TUESDAY: 10AM - 11AM

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

PUBLIC HOLIDAY
TUE 4 NOV

TUESDAY: 7.15PM - 8.15PM

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

PUBLIC HOLIDAY
TUE 4 NOV

THURSDAY: 7.15PM - 8.15PM

\$140 for 11 week term. Class code: THY.

MINDFULNESS & MEDITATION

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

FRIDAY: 11AM - 12PM

\$140 for 11 week term. Class code: FMM.

WALKING GROUP

FREE ACTIVITY!

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 (3 hours duration).

Please call 0437 758 281 to enrol.

NEW CLASS!

CREATIVE

MY LIFE: AUTOBIOGRAPHY

GOLD COIN

A six-weekly project: why, when, where and how you have lived. In an informal setting, enjoy sharing memories and showing photographs as you document your own life story, with its highlights, challenges and changes. Bring pen and paper, electronic aids, photos, anecdotes and recollections.

WEDNESDAY: 10.30AM - 11.30AM

Oct. 15, 22 & 29. Nov. 5, 12 & 19.

Class code: WMLA.

NEW CLASS!

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.

PUBLIC HOLIDAY
TUE 4 NOV

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.

PUBLIC HOLIDAY
TUE 4 NOV

STUDY

MIGRANT ENGLISH

FREE CLASS!

At the heart of our community centre, the migrant English classes flourish as 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. Improve spoken and written English as you chat with friendly leaders on topics that are useful in everyday situations. Fostering connections and a sense of belonging for all who reside within the community.

Suitable for migrants and refugees. Beginner and advanced classes available. All are welcome. Supported by Bendigo Bank.

MONDAY: 7.30PM - 9PM

THURSDAY: 11AM - 12.30PM

Please call 0429 294 007 to enrol.

FIRST CLASS FREE!

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

FIRST CLASS FREE!

This voucher entitles you to a free trial class.

Please visit our website to view our current classes at www.hucllc.com.au/program. Call our coordinator on 0437 758 281 to book your free trial class.

*New enrolments only.

*New enrolments only.



SPECIAL EVENTS:



COMMUNITY CAROLS!

FREE EVENT!

Join us at Heathmont Uniting Church for a magical evening of community carols as we come together to celebrate the festive season. All welcome!

Enjoy classic Christmas songs, family-friendly entertainment, and the joyous spirit of the holidays in the heart of our community.

For further information and updates visit our website at www.hucclc.com.au or like our Facebook page @HUCCLC.



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

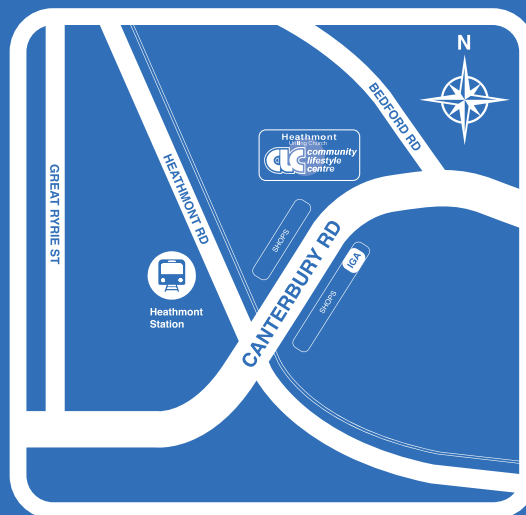
Singing for fun and enjoyment; no auditions, you do not have to be able to read music.

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.

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.



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