

SENIOR'S EXERCISE CLASSES

CITY OF YARRA

Carlton North, Fitzroy, Fitzroy North, Clifton Hill, Alphington, Collingwood, Richmond



<p>COTA; Living Longer Stronger Living</p>		<p>Gentle Exercise</p>	
<p>Water Exercise</p>		<p>Yoga and Tai Chi</p>	
<p>Walking Groups</p>		<p>Pilates</p>	

TABLE OF CONTENTS

Local Community Pools	3
Water Exercise	4
Living Longer Living Stronger COTA	5
Pryme Movers	5
Gym with Weights	5
Pilates	6
Yoga	6
Exercise	7
Tai Chi	8
Walking Groups	8
Senior Citizens	8
Chair Based Exercises	9
Other	10

This Physical Activity Directory has been produced by the Foothold on Safety (6) Project funded by the Victorian Department of Human Services. The Foothold on Safety (6) Project is a strategy of the North Central Metropolitan Primary Care Partnership.





Local Community Pools

<p>Richmond Recreational Centre Gleadell Street Richmond Phone (03) 92055032 Mel Ref 44F9</p>	<p>Fitzroy Swimming Pool Cnr Alexander Pde & Young St Fitzroy Vic 3065 Phone (03) 9417 6493 Mel Ref 2C,C5</p>
<p>Melbourne City Baths 420 Swanton Street Melbourne 3000 Phone (03) 9663 5888 Fax (03) 9639 2048</p>	<p>Carlton City Baths Rathdowne Street Phone (03) 9347 3677 Mel Ref 2BJ4</p>
<p>Brunswick City Baths 14 Dawson Street Brunswick Phone (03) 93811840 MelRef 29 F9</p>	<p>Collingwood Leisure Centre Cnr of Hoddle & Turnbull St Phone (03) 9205 5522 Mel Ref 44 E1</p>



Water Exercise

<p>North Yarra Community Health, Collingwood Leisure Centre Turnbull Street, Clifton Hill Every Friday Group 1: from 2:30pm to 3:15pm Group 2: from 3:15pm to 4:00pm. Free Kristine Olaris Phone (03) 9411 4333</p>	<p>North Yarra Community Women only. City Baths, Swanston Street (between Victoria & Franklin Streets) Wednesdays, 1:15pm to 2:00pm \$2.20 includes transport & pool entry Contact: Jess Hurley Phone: (03) 9411 4333</p>	<p>Collingwood Leisure Centre Self Help Water Exercise Time: Thursdays 8.30 am Fee for Pool Entry Contact : Cynthia Firth Phone (03) 9349 7333</p>										
<p>Brunswick City Baths 14 Dawson Street, Brunswick 9381 1840</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <tr> <td style="width: 15%;">Monday</td> <td>Aqua Movers 9.15, Water Ex 10.15 Aqua Movers 2pm</td> </tr> <tr> <td>Tuesday</td> <td>Water Ex 9.30</td> </tr> <tr> <td>Wednesday</td> <td>Aqua Movers 9.30</td> </tr> <tr> <td>Thursday</td> <td>Active Adults 9.30</td> </tr> <tr> <td>Friday</td> <td>Aqua Movers 9.30</td> </tr> </table> <p>Start up fee \$67 Casual visit \$5.40 10 Pass Card \$47.20</p>	Monday	Aqua Movers 9.15, Water Ex 10.15 Aqua Movers 2pm	Tuesday	Water Ex 9.30	Wednesday	Aqua Movers 9.30	Thursday	Active Adults 9.30	Friday	Aqua Movers 9.30	<p>Women Making Waves A Water based program for women of all ages, abilities and cultural backgrounds who would like to be involved in a women's only aquatic program. Involves use of the pool, spa and sauna, water aerobics and swim lessons. Saturday evenings 6.30pm-8.30pm At Collingwood Leisure Centre 9205 5522 Contact: Chrissy Billings Phone (03) 9205 5756</p>	<p>Self Help Water Exercise Group - MECRS This 45 minute session is run by trained volunteers at Melbourne Extended Care Rehab Service MECRS (the former Mount Royal Hospital in Parkville). Mondays: 1pm Cost \$3.50 Contact: Cynthia Firth Phone (03) 9349 7333</p>
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<p>City Baths, Swanston Street (between Victoria & Franklin Streets) Thursdays at 9.30am Entry Fee for Pool Contact Cynthia Firth on 9349 7333</p>	<p>North Richmond Community Health Centre Water aerobics Chinese & Vietnamese Thurs 10.30-11.30 \$2.50 NRCHC Monday 12.00-1 Wed 12.00-1 People with chronic Conditions</p>	<p>Carlton Baths Bic</p>										



Living Longer Living Stronger COTA

<p style="text-align: center;">Clifton Hill Collingwood Leisure Centre Sue Whillans Phone (03) 9205 5522</p>	<p style="text-align: center;">Melbourne Melbourne City Baths David Blackman Phone (03) 9663 5888</p>	<p style="text-align: center;">Northcote Northcote Aquatic & Recreation Centre Daryl Clemson Phone (03) 94867200</p>	<p style="text-align: center;">Richmond Richmond Recreation Centre Sue Whillans Phone (03) 9205 5032</p>	<p style="text-align: center;">Richmond Space Health Clubs Carol Syer Phone (03) 84159400</p>
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Pryme Movers

<p style="text-align: center;">Carlton Baths 248 Rathdown St, Carlton 9347 3677 \$5.00 Stretch & Strength (Yoga) Tues 10am Low Impact Wed 9.30am Stretch & Strength (Tai Chi) Thurs 10am Low Impact Fri 9.30am</p>	<p style="text-align: center;">Pryme Stretch and Strength A specially developed program for men and women 50 years plus, run by qualified staff who understand the needs of the older adults.</p> <p style="text-align: center;">Pryme Low Impact A Slower paced moderate exercise class which is run in a relaxed atmosphere</p>
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Gym with Weights

<p style="text-align: center;">North Yarra Community Health Older Women Community Gym Collingwood Housing Estate 253 Hoddle Street (Ground floor) Wednesdays 1 – 3pm Greg Bourke Phone (03) 9411 3555 Sharon Malcolm Phone (03) 9411 4333 Gold coin donation</p>	<p style="text-align: center;">North Yarra Community Health Older Men Community Gym Collingwood Housing Estate 253 Hoddle Street (Ground floor) Wednesdays 3 – 4pm Phone (03) Greg Bourke 9411 3555 Sharon Malcolm Phone (03) 9411 4333 Gold coin donation</p>
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Pilates

<p>Collingwood Leisure Centre, Gleadell St., Richmond Phone (03) 9205 5032</p>	<p>Richmond Recreation Centre, Alexandra Parade, Fitzroy Phone (03) 9417 6493</p>	<p>Fitzroy Swimming Pool Cnr Turnbull and Hoddle St, Clifton Hill Phone (03) 9205 5522</p>	<p>A1 Fitness 246 Church St. Richmond, Phone (03) 9427 8994</p>
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Yoga

<p>Neighbourhood house2 Kelvin Road, Alphington 3078 Phone: 9499 7227 email: ashe@vicnet.net.au</p>	<p>Burnley Neighbourhood centre. 92-94 Lord Street, Richmond. 94289901 Monday or Wednesday. \$8.00 per session (\$4.00 concession) Gita</p>	<p>Finbar Neighbourhood House. 143 Kent Street, Richmond. 9428 7668 Monday 2.00 - 3.00pm Cost: \$7, 45 concession Contact (03) 9428 7668</p>	<p>Alphington Community Centre [alphcc@vicnet.net.au] Tues 6.45-8pm, Wed 7-8am, 6.45-8pm, 8-9.15pm -</p>
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Exercise

<p>North Yarra Community Health Exercise to Music 75 Brunswick St, Fitzroy Contact Lisa Phone (03) 9411 3555</p>	<p>Finbar Neighbourhood House Gentle Exercise Class: 143 Kent Street, Richmond. 9428 7668 Tues & Fridays \$5.00, Concession \$3.00</p>	<p>North Richmond Community Health Mixed 40-65 106 Elizabeth St, Richmond Thurs 2-3pm Gold Coin Donation</p>	<p>Holden Street Neighbourhood House Some Gentle Exercise 10 Salisbury Cres, North Fitzroy .Fridays 3.00pm Contact 9489 9929 Free</p>
<p>Diverse Culture Group People from all walks of life meet for a 45 minute session of Tai Chi followed by sharing lunch together.</p> <p>Collingwood Neighbourhood House, 253 Hoddle Street (ground floor) Tuesdays, 12 midday to 2pm Cost \$1 Contact Bich Ha Phone (03) 9411 4312 Contact Nga Diep Phone (03) 9417 4856</p>	<p>Alphington Community Centre 2 over 50s exercise classes Thursdays 9.15-10am & 10.15-11am \$5 per class Suitable for all abilities second class is particularly for those with Mobility issues Phone 9499 7227 Email: alphcc@vicnet.net.au</p>	<p>Indo-Chinese Older Adult Health / Fitness / Self Help Group Open to men and women of Indo-Chinese background. Collingwood Leisure Centre Turnbull Street, Clifton Hill Monday & Friday at 10am \$3.50 — which also includes access to spa and sauna</p>	



Tai Chi

<p>Neighbourhood House Tai Chi lessons followed by community lunch. Every Tuesday 12 - 12.45pm at Collingwood Phone (03) 9417 4856</p>	<p>Burnley Neighbourhood Centre The Stables Duke Street, Richmond Wednesday. Contact Carol Phone (03) 9428 9901 \$5.00</p>	<p>North Richmond Community Health Monday 1.30 -2.30pm General Thurs 1.00 -2.30pm Chinese & Timorese</p>	<p>North Richmond Community Health Friday 10.30am - 12.30pm Women - Vietnamese & Chinese small Cost for lunch.</p>	<p>Alphington Community Centre 2, Kelvin Road, Alphington Saturdays 9.30am - 10.30am and 10.30am -11.30am Contact (03) 9499 7227 \$50 membership plus \$10 per class</p>
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Walking Groups

<p>University of the 3rd Age Walking groups Contact: 9415 1769 Membership\$30 annually Yarra River, second and fourth Tuesdays of each Month: Walking and Coffee Group, Tuesdays 7.30-9.00am Local History Walks and Talks History Walks, Collingwood Historical Society 9201 1500, East Melbourne Historical Society 9417 2037, Fitzroy History Society Inc</p>	<p>North Yarra Community Health 622 Lygon Street North Carlton, 3054 Phone (03) 9349 7333 Free Contact Cynthia Firth 9349 7333</p>
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Senior Citizens

<p>Carlton 188 Palmerston St Carlton 55+ Club (\$4 Lunch) Phone (03) 9347 7823 Exercise Machines, Pilates, Line Dancing, Indoor Bowls & more</p>	<p>Northcote Senior Citizens Club – 18a Bent Street Northcote. Every Tuesday 1.30pm to 3.30pm. Social afternoon sing a-longs, games in a happy atmosphere. \$2.00 afternoon tea provided. Bookings not required. Fred Ellis 9486 8103.</p>
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Chair Based Exercises

<p>North Richmond Community Health Hakka Speaking participants. Open to all Friday 2 pm -3.30pm .Cost 50 cents Contact Renee Lee AHA Phone (03) 94201323</p>	<p>Inner East Community Health Centre 283 Church Street Richmond Gabrielle Cost \$2</p>	<p>Willow View Day Centre Daily, Next to Collingwood Town Hall Only for people involved with centre.</p>	<p>Sir Eric Pearce Hostel 273 Church St, Richmond Sharelle</p>
<p>Darebin CHC East Preston Thursdays 11.45-12.15 Penny Janezic \$2</p>	<p>Moreland CHC Sue Catterall VIC FIT Instructor 9387 6711 Brunswick; Monday 10.00am Coburg: Tuesday - 10.00am, 11.00am Wednesday - 10.45am, 11.45am Fawkner Mondays 11.45 am Cost \$2.50</p>	<p>Banyule CHC Wednesdays 9.30-10.30 Outreach Shop, West Heidelberg Rebecca Vander Jagt, Physiotherapist 9450 2025</p>	

Other

<u>BOCCE</u>	<p>Montemurro Bocce Club North Carlton Railway Station, 20 Solly Avenue, Princes Hill Neighbourhood house on 93806654 Sundays 12-6pm FREE</p>
<u>LAWN BOWLS</u>	<p>Social Lawn Bowls Thursdays, 10:30am-12.30pm Fitzroy Victoria Bowling and Sports Club, Brunswick Street, North Fitzroy Cost \$3.00 Contact: Thornbury Women's Neighbourhood House 9480 0466</p>
<u>GOAL 50+ PROGRAM</u>	<p>Managed by Yarra Leisure, this program provides social excursions and bush walks on a fortnightly basis to anyone aged 50+. Excursions include visits to museums, galleries and gardens in Melbourne and country areas. Contact Andrew Neid, Collingwood Leisure</p>
<u>GROUP ACTIVITIES FOR OLDER ADULTS</u>	<p>Each week throughout the year, up to 600 senior residents come together in Yarra to share a meal, participate in physical activities, and socialise. The groups meet in various venues throughout Yarra in Halls, Community Houses, Church Buildings and Schools. Council provides transport for seniors living in the City of Yarra to attend such group activities. For further information about activities for seniors please contact Access Yarra on 9205 5555</p>