



Geelong West Neighbourhood House

Celebrating Diversity, Building Community

Term 2 2021 Activities Program

Creative Arts

Art Classes

Draw and create modular forms

Thurs 6.30-8.00pm

22 April – 20 May (5 Weeks)

\$80 class & \$15 materials

In this class we will combine drawing skills with paper sculpture to produce 3d forms.

Go beyond traditional 2d drawing and use your skills in a different way.

We will use a variety of dry media including ink, pencil and markers

Suitable for beginners and beyond

Code: 21 – 2CA1



Watercolour Resist

Thurs 6.30 – 8.00pm

27 May – 24 June (5 weeks)

\$80 & \$20 materials

BYO No. 8 round brush

Tube watercolour paint (optional)

Some watercolour paint is available for use

This watercolour class will focus on using items which resist the application of paint to produce textural effects.

You will be introduced to the techniques then given time to produce a painting of your own subject choice

Some painting experience desirable

Code: 21 – 2CA2



Craft & Conversation

Mondays: 12 April – 21 June

10am – 12noon

Venue: Geelong West Neighbourhood House

Come along and enjoy good company, good conversation and the opportunity to make new friends. Bring along your sewing, knitting or crochet patterns and projects and join us in the Hub overlooking the beautiful West Park.

New members welcome. **Cost: Gold Coin**



Health & Wellbeing

Mindfulness Meditation Day Sessions

Mondays: 19 April – 21 June

5.00 – 6.00pm

Looking for a way to create a more balanced life and improve your wellbeing? Come join our mindfulness class and switch off from the demands of life and experience simply being. Together we gradually unwind and give our bodies and minds the chance to rejuvenate and replenish. Proved benefits of regular mindfulness/meditation practice include better intra and inter personal relationship, decreased stress levels, better concentration and mental clarity, improved emotional awareness, weight and blood pressure regulation. No experience required.



Venue: Geelong West Neighbourhood House, 89 Autumn St Geelong West

Tutor: Linda de Marco

Cost: \$100 per term (10 weeks)/\$12 week

Code: 21-2HW1

Pilates Classes

Tuesdays: 6 April – 22 June

9:30 - 10:30am

Venue: Geelong West Neighbourhood House
89 Autumn St, Geelong West.

Enjoy a full body workout – toning and conditioning the body, improve overall balance and coordination. BYO Yoga mat and water.

Tutor: Lila Smyth

Cost: \$120 term (12 weeks)/ \$12 week

Code: 21-2HW2



Yoga Classes

Tuesdays: 6 April – 22 June 10:45 - 11:45am

Thursdays: 8 April – 24 June 9:30 – 10:30 am

Venue: Geelong West Neighbourhood House

Join us for a traditional Hatha style yoga class suitable for all levels - absolute beginners to experienced practitioners, in a non-competitive friendly environment. Alita will guide you through breathing techniques, gentle stretches and rotations of joints to release tension, plus energizing strengthening and balancing sequences to keep the body and mind happy, healthy and harmonized. Class concludes with a guided relaxation to restore and rejuvenate.

If you can breathe, you can do yoga!

BYO water bottle, Yoga mat & blanket.

Tutor: Alita

Cost: Tues \$120 term (12 weeks)/ \$12 week

Cost: Thurs \$120 term (12 weeks)/\$12 week

Code: 21-2HW3.

Code: 21-2HW6.



Qigong Classes

Thursdays: 8 April – 24 June 5.00 – 6.00pm ZOOM (a link will be sent via email)

Wednesdays 21 April – 23 June 5.30 – 6.30pm Face to Face Geelong West Neighbourhood House

Qigong is an integrated body-mind health practice originating from China encompassing physical postures and stretching, repeated flowing body movement, breathing techniques and focused intention. The movements are easy to learn and accessible to everyone, require no equipment and modified in case of injury/illness.

We will also be offering 2 hour advanced workshop at the Geelong West Neighbourhood House on **Sunday 11 July 10am-12pm** to enhance and learn some new skills

Tutor: Paul Burns

July workshop \$25. Code: 21-2HW7

Thursday zoom classes \$120 term (12 weeks) /\$12 casual Code: 21-2HW4

Wednesday face to face classes \$100 (10 weeks) / \$12 casual. Code: 21-2HW9



NEW FOR 2021

Strength Training Classes

Thursdays – 22 April – 24 June 11am – 12pm. **Code: 21 – 2HW5**

Fridays - 23 April – 25 June 10am – 11am **Code: 21 – 2HW7**

Mondays 19 April – 21 June 2pm – 3pm (except Queens Birthday June 14) **Code: 21 – 2HW8**

Janet Ashton, Personal Trainer and Manager of [THEPTBEE](#)

Strength Training is not just for bodybuilders! Regular strength training benefits people of all ages, particularly those with health issues such as obesity, type 2 diabetes, arthritis and heart disease. Research has shown that weekly strength training reduces the risk of developing heart disease and stroke, as well as assisting with weight loss, improving balance, improving bone health and reducing the natural loss of lean muscle that occurs with ageing. My 60 minute class is designed to cater for all levels of fitness, and can be tailored to your individual needs and goals. As a Registered Nurse and qualified Personal Trainer my class is designed to provide you with evidence based results whilst ensuring a safe, relaxed, social and fun environment. You will take away all the benefits of strength training, build self-confidence and help your body BEE THE BEST IT CAN BEE!

Cost: Thursday and Friday \$100 term (10 weeks)/ \$12 weekly

Cost: Monday \$90 term (9 weeks)/ \$12 weekly



Monday	Tuesday	Wednesday	Thursday	Friday
Craft & Conversation 12 April – 21 June 10-12pm	Pilates 6 April – 22 June 9.30 – 10.30am	Qigong 21 April – 23 June 5.30-6.30pm	Strength Training 22 April – 24 June 11 – 12pm	Strength Training 23 April – 25 June 10-11am
Strength Training 19 April – 21 June 2-3pm	Yoga 6 April – 22 June 10.45-11.45		Yoga 8 April – 24 June 9.30-10.30am	
			Qigong 8 April – 24 June 5-6pm zoom	
Mindfulness Meditation 19 April – 21 June 5-6pm			Draw and create modular forms 22 April – 20 May 6.30 – 8pm	
			Watercolour Resist 27 May – 24 June 6.30 – 8pm	

ENROLMENT AND ENQUIRIES

To enrol in any of our programs, please visit our website

www.gwnh.org.au

Payments can be made via:
website using PayPal

Direct Deposit Bendigo Bank

BSB: 633000

Acct: 167386523

Please ensure your name and Class name is in the reference

Or via our office **Monday-Friday 10AM – 3PM**

Geelong West Neighbourhood House 89 Autumn Street, Geelong West, Vic 3218

Mobile: 0427 703 218

E-mail: info@gwnh.org.au

Find us on Facebook (Geelong West Neighbourhood House)

Sign up to our newsletter and get news of our upcoming classes via website www.gwnh.org.au