

KERRIE RD NEIGHBOURHOOD HOUSE IS A PROUDLY INDEPENDENT NOT FOR PROFIT COMMUNITY ORGANISATION

REGISTER ONLINE

knh.org.au or scan the QR code

REGISTER IN PERSON

Call or visit the office to book & make payment

Booking terms & conditions can be found on our website

OFFICE HOURS

Monday, Tuesday & Thursday: 9.00am - 4.00pm

Wednesday & Friday: 9.00am - 1.00pm

Office closed: School & Public Holidays

ROOM HIRE AVAILABLE



Did you know we have 3 rooms available to hire? Perfect for local community groups & not-for-profit organisations to hold meetings workshops or classes. For more information visit our website for room specifications and hire fees.

Kerrie Rd Neighbourhood House is home to the following groups & organisations.

For more information on their activities please contact the organisations directly.

Bipolar Life Victoria (Meets 7.30pm 4th Tuesday of the month)

The Glen Waverley Bipolar Support Group is for women with Bipolar Disorder.

amanda.cops@mhfa.org.au | www.bipolarlife.org.au/glen-waverley | 8825 3506

Japanese Playgroup (Fridays 11am-1pm during school term)

Fun & welcoming parent run Japanese language and cultural playgroup.

glenwaverleyjapaneseplaygroup@gmail.com

Mirror Drama

Mirror Drama Studio is dedicated to offering professional art training programs across various fields, including drama performance, language hosting, vocal music, english public speaking, and dubbing. mirrordrama99@gmail.com | 0498 183 332

Top Tier Teaching

Various times | hello.toptierteaching@gmail.com | 0433 070 018

Sai Organisation (Sundays 10am)

Sri Sathya Sai Spiritual Education (SSSSE) for children

www.sai.org.au | saicentre.waverley@sai.org.au

Waverley Widow Support Group (Meets Wednesdays 7.30pm)

A social support group for those who have lost a partner. Occasional guest speakers & social outings. For further details please contact: **Lesley 9725 6843** or **Nonie 9802 2316**



**Kerrie Rd
Neighbourhood
House**
enriching our community



TERM 1 PROGRAM

28 JANUARY - 4 APRIL 2025



36 KINCUMBER DRIVE GLEN WAVERLEY 3150

9887 6226 | info@knh.org.au | knh.org.au


[kerrierdneighbourhoodhouse](https://www.facebook.com/kerrierdneighbourhoodhouse) @kerrierdnh

CLASS SCHEDULE TERM 1 2025




**CONCESSION (C).
APPLICABLE TO
HOLDERS
OF A HEALTHCARE
CARD OR
PENSIONER
CONCESSION
CARD**

NEW!



CHAIR YOGA
FLEXIBILITY, BALANCE, AND RELAXATION

MONDAYS 11.45 - 12.30PM
COST \$110/\$100 (8WKS)



NEW!

STEP INTO SALSA!

BEGINNER CLASS
MONDAY 4-5PM
3 FEB-31 MARCH
COST \$120/\$110



JOIN THIS FUN ENERGETIC CLASS & LEARN THE BASICS OF SALSA FOOTWORK, BODY MOVEMENT AND RHYTHM.

SOLO DANCING
NO PARTNER NEEDED



NEW!

ART 101: A CREATIVE CLASS FOR BEGINNERS

MONDAY 7-9PM
3 FEB - 31 MARCH
\$155/\$145

ALL MATERIALS SUPPLIED



MONDAY 3 FEB - 31 MARCH

NO CLASSES 10 MARCH

FOUNDATION PILATES
Mat Pilates with Jia
*Starts 10 February
9.15am & 10.15am (1hr)
FF \$105; C \$95 (7wk)

HATHA YOGA (Martina)
9.15am - 10.15am
10.30am - 11.30am
FF \$120; C \$110 (8wk)

CHAIR YOGA (Martina)
Flexibility Balance Relaxation
11.45am - 12.30pm
FF \$110; C \$100 (8wk)

SPANISH: BEYOND BEGINNER
1.45pm - 3.45pm
FF \$155; C \$145 (8wk)

STEP INTO SALSA (Ana)
4pm - 5pm
FF \$120; C \$110 (8wk)

YOUNG CREATORS
Mixed Media with Fathima
4pm - 5pm (Ages 6-8)
Tween Creators (Ages 9-13)
5pm - 6pm
FF \$120; C \$110 (8wk)

ART 101
A Creative Start for Beginners
7pm - 9pm (Adult class)
FF \$155; C \$145 (8wk)

TUESDAY 28 JAN - 1 APRIL

SLOW FLOW YOGA
with Nicky
9.15am - 10.15am
10.30am - 11.30am
FF \$150; C \$140 (10wk)

CONVERSATION EN FRANCAIS
*Starts 4 February
10am - 12pm
FF \$190; C \$180 (9wk)

FRENCH: BEYOND BEGINNER
*Starts 4 February
1pm - 3pm
FF \$190; C \$180(9wk)

KNIT & KNATTER
12.30pm - 3pm
Cost \$3 per session (10wk)

SIMPLY ART (Christine)
1pm - 3pm
FF \$195; C \$185 (10wk)

YOUNG CREATORS
Mixed Media with Laila
*Starts 4 February
4pm - 5pm (Ages 6-8)
5pm - 6pm (Ages 8-12)
FF \$135; C \$125 (9wk)

YIN YANG YOGA (Yvonne)
6pm - 7pm
7.15pm - 8.15pm
FF \$150; C \$140 (10wk)

WEDNESDAY 29 JAN - 2 APRIL

ACTIVE & STRONG
Strength Class with Pauline
9.45am - 10.45am
FF \$150; C \$140 (10wk)

STEADY & STRONG
Strength class with Pauline
11am - 12pm
FF \$150; C \$140 (10wk)

NEW!



FOUNDATION PILATES \$105/\$95 (7wk)
MONDAYS 9.15am & 10.15am

NEW!



CHILDREN'S COOKING CLASS
HEALTHY EATING HEALTHY HABITS
WEDNESDAY 4-5PM
5 FEB-26 MARCH
Cost \$150 (8-13 yrs)

THURSDAY 30 JAN - 3 APRIL

BALANCED BODY
Mat Pilates with Nicky
9.30am & 10.30am (1hr)
FF \$150; C \$140 (10wk)

PLAYTIME ADVENTURES
Playgroup (6mths-4yrs)
*Starts 6 Feb
9.30am - 11.30am
Term \$30 per family (9wk)
or casual \$5 per session

10% OFF
BOOK 2+ CLASSES
*CONDITIONS APPLY
NOT VALID FOR
WORKSHOPS OR
SCHOOL HOLIDAY
PROGRAMS

YOUNG CREATORS
Painting & Drawing with Mary
*Starts 6 February
4pm - 5pm (Ages 6-8)
5.05pm - 6.05pm (Ages 8-12)
FF \$135; C \$125 (9wk)

HATHA YOGA (Martina)
6pm - 7pm
7.15pm - 8.15pm
FF \$150; C \$140(10wk)

FRIDAY 31 JAN - 4 APRIL

STEADY & STRONG
Strength class with Pauline
9.15am - 10.15am
FF \$150; C \$140 (10wk)

NEUROGRAPHIC ART WORKSHOP



\$50

MONDAY 17 MARCH 7-9pm

NEW!

ADULT COOKING CLASS

COOKING CONVERSATION CONNECTION

THURSDAY 12-2PM
6-27 MARCH (4WK)
Cost \$135



THURSDAY 20 MARCH
1.00-2.00pm

LIVER HEALTH

INFORMATION & EDUCATION SESSION

Join us for this informative session and learn how you can take proactive steps to protect and improve your liver health.

Presented by the Multicultural Health & Support Service (MHSS) in partnership with Cancer Council Victoria

REGISTER NOW

