

Office Hours: Monday to Friday 8.30AM to 2PM
We are closed on all Public Holidays

ACTIVITIES FOR CHILDREN - 2024

Enquiries 8571 1436 - Email Janwilsoncc@cgd.vic.gov.au

Playgroups (0-5 years of age)

Playgroups are led by a facilitator and are fully equipped with toys and craft supplies. Meet other parents, grandparents and carers with their children and enjoy learning together.

Cost: \$3 per family per session

Times: 10AM to 12 noon

Days: Mondays and Thursdays during school terms.

ACTIVITIES FOR ADULTS – FITNESS AND WELLBEING - 2024

Suitable for most fitness levels

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Name of Class	Day	Times	Cost per session
Simply Fitness	Monday	8.30am to 9.30am	\$5 per person
Zumba	Monday	6pm to 7pm	\$6 per person
Adult Exercise	Tuesday	9.30am to 10.30am	\$5 per person
Strength Training	Wednesday	8.30am to 9.30am	\$5 per person
Zumba Gold	Wednesday	10am to 11am	\$5 per person
Zumba	Wednesday	5.30pm to 6.30pm	\$6 per person
Adult Exercise	Thursday	9.30am to 10.30am	\$5 per person
Strength Training	Friday	8.30am to 9.30am	\$5 per person
Zumba Gold	Friday	10am to 11am	\$5 per person
Yoga and Meditation	Friday	11.15am to 12.15pm	\$5 per person

VENUE HIRE

Jan Wilson Centre offers multifunction meeting spaces and function rooms for the community to hire.

Enquiries: Tel: 8571 1436 / Email: bookings@cgd.vic.gov.au

Jan Wilson Community Centre