



# Leisure & Lifestyles Winter Program 2010

The City of Port Phillip is proud to present the **FREE** 2010 'Leisure & Lifestyles' Winter Program of recreation and leisure activities aimed at community participation.

The following activities are designed to help you warm up this winter, have fun, make friends and lead a healthier lifestyle in the City of Port Phillip.

**Beginners welcome!**

**Bookings essential!**

## **Zumba classes**

Zumba incorporates both hypnotic Latin music and easy-to-do moves that lead to a dynamic and effective workout program – a program that will help you de-stress and have a great time while burning fat. The goal is to offer participants an entertaining experience so they can consistently stick to a program and reach their health and fitness goals. Zumba fanatics enjoy long term benefits of dance and exercise by doing body-energizing and muscle-pumping movements that are very addictive.

The moves will work your core (abs, back and hips) to strengthen and define it. Besides the physical benefits, Zumba is a 'feel good' workout, not a dreaded chore - the music is motivating and fun; you'll be sure to leave happy!

**Dates:** Mondays - beginning 19 July until 6 September 2010

**Time:** 7:00 pm to 8:00 pm

**Venue:** Liardet Community Centre, Corner Liardet and Notts Streets, Port Melbourne

**Cost:** FREE

**Bookings:** Bookings are essential

To download a booking form, visit the City of Port Phillip website at [www.portphillip.vic.gov.au/programs\\_activities\\_community.html](http://www.portphillip.vic.gov.au/programs_activities_community.html)

## **Croquet classes**

Croquet is an outdoor game that incorporates elements of snooker, billiards, golf and chess, all in one game. Variations on the rules allow for Croquet to be played as a casual, social outdoor sport or as a strategic, competitive game requiring skill and forward thinking. It's a fun and challenging sport for all ages. You will not need prior experience as we will provide training and equipment on the lawns.

**Dates:** Tuesday – beginning 27 July until 31 August 2010

**Time:** 11.00 am to 12.30 pm

**Venue:** Elwood Croquet Club, Head St, Elwood

**Cost:** FREE

**Bookings:** Bookings are essential

To download a booking form, visit the City of Port Phillip website at [www.portphillip.vic.gov.au/programs\\_activities\\_community.html](http://www.portphillip.vic.gov.au/programs_activities_community.html)

## **Ohana Yoga classes**

The vision of Ohana Yoga is to provide an inspiring and nurturing yoga practice that is accessible to all levels. It is appropriate for those new to yoga as well as advanced practitioners.

Ohana Yoga includes a balanced program of postures, breath, relaxation and mindfulness. The benefits of a regular practice include:

- improved posture
- increased strength and body tone
- relieving the mind and body from stress
- enhanced overall well being
- help with connecting you to your heart to find joy and love

**Dates:** Wednesday – beginning 21 July until 8 September 2010

**Time:** 6:30 pm to 7:30 pm

**Venue:** Studio Theatre 3, Gasworks Art Park, 21 Graham St, Albert Park  
(Venue changed from Mary Kehoe Community Centre)

**Cost:** FREE

**Bookings:** Bookings are essential

To download a booking form, visit the City of Port Phillip website at  
[www.portphillip.vic.gov.au/programs\\_activities\\_community.html](http://www.portphillip.vic.gov.au/programs_activities_community.html)

To receive more information or booking forms for these exciting winter recreation programs, please contact Council's Recreation Programs & Bookings Officer on (03) 9209 6776 or [helpsportandrec@portphillip.vic.gov.au](mailto:helpsportandrec@portphillip.vic.gov.au) or visit the website at: [www.portphillip.vic.gov.au/programs\\_activities\\_community.html](http://www.portphillip.vic.gov.au/programs_activities_community.html)

