



## ADDITIONAL SERVICES

### Beulah Community Church

Meets every Sunday night from 6.00 pm - 10.00 pm. We are a Community based church with a vision for helping people and have seen many miracles already in transformed lives. Contact **Ps. Josephine Hollway** on **0400 079 036**.

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### Clubhouse

Develop your child's self esteem as they build new skills and make new friends. Held on Monday mornings (preschoolers) Wednesday & Thursday afternoon & evening. For more information please call **Brightstars** on **1300 558 590**.

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### EDC - Elana's Dance Centre

Ballet, Jazz, Tap, HipHop & Dance Fit classes. No Uniform! No Exams! No Competitions! Improve posture, musical rhythm & develop/correct dance technique. Thurs, Fri & Sat. Contact **Miss Elana** on **0408 586 453** or **elanasdancecentre@yahoo.com.au**  
Visit the website: [www.elanasdancecentre.webs.com](http://www.elanasdancecentre.webs.com)

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### Carrum Downs Community Group



The CDCG meet on the last Tuesday of the month to identify and discuss the needs of our community. We meet to facilitate the building of a better community through the development of relationships, social infrastructure and services that are reflective of local people's needs.

If you have ideas to share about our community, we welcome you to come along to a meeting. For further information please contact Lyrebird Community Centre on 9782 0133 during business hours.

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### Girl Guides

Provides girls (5 - 18 years) with fantastic opportunities to meet personal challenges, learn team building and leadership skills and make new friends. Meet weekly on Tuesday afternoons. Contact **Pam** on **9787 3143** or email [guidesmp@bigpond.net.au](mailto:guidesmp@bigpond.net.au)



## ADDITIONAL SERVICES

### Holistic Guidance

You have the power to change your life in a positive way. Be guided to balance, joy and peace. Anxieties, worries, indecision just fade away. Contact **Linda** on **0410 566 232**.

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### Julia's Essential Yoga & Yogalates - Stretch - Tone - Relax

Yoga helps to get fit, tone the body, reduce stress and anxiety, increase flexibility, relax and improve concentration. Wednesday 7.00 pm - 8.00 pm.

To register contact **Julia** on **0418 176 484**.

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### Kumon

Maths and English tuition. Help your child achieve and succeed at school.

For more information contact **Cynthia** on **9789 2278**.

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### Rhythm Factory

Dance, music and movement in a warm, caring environment. For boys and girls aged 15 months - 8 yrs. Phone **Nicky** on **0408 667 058** or visit [www.rhythmfactory.com.au](http://www.rhythmfactory.com.au)

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### Shuto Kan Ryu Karate

Every Tuesday from 6.30 pm - 7.30 pm except school and public holidays.

All welcome. For more information contact **Shuto Kan Ryu Karate** on **0402 081 674**.

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### Strength Training Class

This fun class runs every Thursday from 9.00 am - 10.00 am except school holidays.

All ages welcome. For more information phone **Kerry** on **0414 482 431**.

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### Zumba Fitness

Fun dance party workout for all ages and fitness levels. Join us Mondays 7pm.

Instructor Deb Hall is energetic & creates FUN classes! Check all locations through [www.redheadsdance.com.au](http://www.redheadsdance.com.au) or ring **5981 1415**. \$15 casual or 10 sessions for \$120.