

KEEP ACTIVE HOLIDAY PROGRAM

Important Information

Office Hours and Term Dates

Our office hours are: 9.00 am–4.00 pm, Monday to Friday.

For term dates and course information, please visit our website at pineslearning.com.au

Our Environment

Pines Learning welcomes people with a disability and those facing barriers to participation.

During enrolment, please share if there is anything which would impact on your participation so that we can put support in place.

Acknowledgement of Country

Pines Learning acknowledges the Wurundjeri people of the Kulin Nations as the traditional custodians of the land on which we work and learn. We pay respect to their elders past, present and emerging.

How to Enrol

Enrolments can be made online at pineslearning.com.au or by phone on **9842 6726** or in person at the Centre.

After enrolment is confirmed payment is required.

We accept cash, cheque, Eftpos or credit card (Mastercard and Visa only). Concessions are provided for holders of a Health Care Card.

Holiday Introduction to Illustration with Peta

This three part 'taster' will teach you the key principles underpinning illustration – shape, form and detail - giving you the foundation skills and confidence to continue to develop your drawing skills. This short course is the perfect pathway into 'Illustrating Nature' which has proven to be a wonderfully positive, friendly and supportive group learning environment.

Day	Date	Time	Cost	Code
Fri	10 Jan (3 wks)	9.30-11.00 am	\$67	25T1/CP07(h)



Pines Learning Gift Card

Give the gift of good health and connection this Christmas!

Contact reception to organise a Gift Card for the special someone(s) in your life.

Contact Us



9842 6726



1/520 Blackburn Road Doncaster East VIC 3109 Next to the Pines Shopping Centre



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Pines Learning

think ▶ grow ▶ evolve ▶ relax



COMMUNITY PROGRAMS 2025

KEEP ACTIVE HOLIDAY PROGRAM



COURSE GUIDE



We are pleased to offer a mini program of classes, giving you the opportunity to keep active and engaged over the January holiday break.

*Bookings are essential for **ALL** classes as minimum and maximum numbers apply so please contact Reception on **9842 6726** or visit our website at pineslearning.com.au to enrol.*

3 weeks commencing Tuesday 7 Jan, 2025



Holiday Yoga and Pilates with Karyn

Pilates combined with Yoga postures will improve your strength, flexibility and energy levels. Strengthening your core will improve your posture, self-confidence, muscle tone and bone density.

Day	Date	Time	Cost	Code
Tue	7 Jan (3 wks)	9.15-10.15 am	\$45	24T1/CP04(h)



Holiday Pilates with Dee

Strengthen your lower back and deep abdominal muscles to provide support to the spine. As core stability improves, smaller muscles become better able to support tendons and joints. Bands, mini balls and sometimes light hand weights are used.

Day	Date	Time	Cost	Code
Wed	8 Jan (3 wks)	9.15-10.15 am	\$45	25T1/CP01(h)



Holiday Yoga with Karyn

Yoga is a holistic approach to health and wellbeing. Working with postures, stretches, breathing and relaxation techniques, learn to gain control of your own life, become calm and improve your physical and emotional health. Suitable for all fitness levels.

Day	Date	Time	Cost	Code
Tue	7 Jan (3 wks)	10.30-11.30 am	\$45	24T1/CP05(h)



Holiday Strong People Stay Young with Dee

Build strength, tone your muscles, and improve your cardio and balance with this low impact class. Keep fit and healthy working with light arm and leg weights and resistance bands – suitable for all fitness levels. all fitness levels.

Day	Date	Time	Cost	Code
Wed	8 Jan (3 wks)	10.30-11.30 am	\$45	25T1/CP02(h)



Holiday Chair Yoga with Karyn

Experience the benefits of yoga from the comfort of your chair and improve mobility in a way that is gentle and supportive. Activate muscles and find length through your spine for better posture and energy flow. Great for injury recovery or as a safe return to exercise

Day	Date	Time	Cost	Code
Tue	7 Jan (3 wks)	12.00-1.00 pm	\$45	25T1/CP06(h)



Holiday Tai Chi and Qi Gong Combo with Christina

Yang Tai Chi and Qi Gong are gentle forms of exercise, suitable for all ages. They work in harmony as a ‘moving meditation’ to strengthen and have healing effects on the function of internal organs and bodily systems. Great for the management of joint stiffness/pain, blood pressure,

Day	Date	Time	Cost	Code
Thu	9 Jan (3 wks)	11.45-12.45 pm	\$45	25T1/CP03(h)