

Additional Services

Banzai Karate Melbourne

Saturdays 9.00 am - 9.45 am. Achieve confidence, respect & integrity. An experienced world karate federation coach and trainer for the Karate Victoria State team.

Contact Sensei Ati on 0452 404 955 or banzaikarate.melb@gmail.com

Counselling with Jodie Chambers

Jodie has a keen interest in encouraging people to reach their full potential through self acceptance. Her many years as a counsellor includes working with women, children and adolescents who face challenges due to a lack of identity and family breakdown.

Contact Jodie on 0408 108 606 or www.lifeinternational.com.au

Girl Guides

Meet weekly on Tuesdays from 4.30 pm - 6.00 pm. For girls (5 - 14 yrs) and women (volunteers & members) 18 yrs & over. Get together for fun, friendship and activities.

Contact Bernette on 9786 8917 or www.guidesvic.org.au

Julia's Essential Yoga & Yogalates

Wednesdays 6.15 pm - 7.15 pm. Stretch - Tone - Relax. Yoga helps to get fit, tone the body, reduce stress and anxiety, increase flexibility, relax and improve concentration.

Contact Julia on 0418 176 484

Megan's Dance Studio

A fun & creative introduction to the performing arts for boys & girls aged 3-13+ years. A program & teaching style that captures & explores your child's imagination through dance, movement & song.

Contact Megan on 0450 008 507 or www.megansdancestudio.com.au

Peninsula Hapkido

Children's and adult classes held Tuesday and Friday evenings. Hapkido is a martial art founded in Korea. Although relatively modern, it is derived from much older systems.

Contact Peninsula Hapkido on 9776 7730 or info@peninsulahapkido.com.au

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Rhythm Factory

Dance, music and movement in a warm, caring environment. For boys and girls aged 15 months - 8 years. Children develop skills like balance, coordination and body awareness.

Contact Nicky on 0408 667 058 or www.rhythmfactory.com.au

Weight Watchers

Meetings are held on Mondays and Thursdays at 6.00 pm.
Discover, Learn, Share. Get the support and advice you need.

Contact 131 997 or www.weightwatchers.com.au

Zumba

Classes are held on Mondays and Wednesdays at 7.00 pm. Come and enjoy the party.
With easy to follow routines, burn calories and have a blast.

Contact Ramona on 0437 125 201

Coffee House - Lyrebird Training Cafe

Monday to Friday
from 9.00 am - 2.00 pm
(limited opening hours during school holidays)

Cappuccino
Hot Chocolate
Milkshake

Latte
Tea
Chai

Small Cup	\$3.40
Medium Cup	\$3.70
Large Cup	\$4.00
Milkshake	\$4.00

