



FRANKSTON SOUTH COMMUNITY
AND RECREATION CENTRE



Programs & Activities Term 1, 2025

*We engage, empower and strengthen our
community*

2/55 Towerhill Road, Frankston South 3199
Tel: 03 9293 7122
Email: fscrc@frankston.vic.gov.au



Last Updated 6 December 2024

About Us

The Frankston South Community and Recreation Centre (FSCRC) is a welcoming facility operated by Frankston City Council, dedicated to fostering community growth and well-being. Our goal is to provide a safe, inclusive space that encourages social connections, skill development and overall health and wellness.

At FSCRC, we collaborate closely with the local community to design and deliver inclusive activities and programs that enhance and build on individual interests, skills and talents. To achieve these objectives, FSCRC employs a community development approach and partners with a variety of local organisations and service providers.

Our Centre provides a variety of hireable spaces, access to the Council's Library Service and a friendly café named Frankie's Café. Open from 10am to 1pm throughout the week, the café offers barista-style coffee for just \$3.00, prepared by our dedicated students and volunteers.



We encourage people to find out more about what's on offer at FSCRC by dropping in to talk to our friendly staff and keeping informed by following us on social media and register for our mailing list.

frankie's Café

Frankies Cafe is our training cafe giving students hands-on experience working in an operational cafe.

Students learn basic cooking and coffee making skills through our Learn Local Cafe Creations Hospitality and Barista pre-accredited training courses (refer page 4).

Our Cafe Creations Hospitality Course students prepare delicious lunches like Shepherd's Pie, Curry and Pasta dishes and many other home favorites for \$4.00 from 12pm-1pm on Tuesday's & Wednesday's.

Frankie's Cafe offers barista coffee for \$3.00 from 10am-1pm each weekday served either via our students or wonderful volunteers who have previously completed a course.

Frankie's Cafe is a great place to catch up with friends, meet new people or just relax and play a board game!

There are also two computers for everyone to access at no charge (NB: Printing not available).



Training Courses @ FSCRC

Get The Skills You Need for Work and Life

Our Learn Local programs, funded by the State Government of Victoria through the *Adult Community and Further Education (ACFE)* program, are designed to get people job-ready by upskilling and building real-life experience and confidence.

Courses are \$25 each | \$15 concession

Hospitality Training - Cafe Creations

Our Hospitality course "Cafe' Creations & Coffee" is designed to give participants entry level skills relating to the hospitality industry with the goal of future employment. This program runs for four weeks and covers basic cooking and barista skills, and gives you your Food Handling certificate all whilst taking place in our very own Frankies Cafe'.

2025 Term 1 & 2 Dates

Monday to Wednesday over 4 weeks

Feb 3 - Feb 26

March 24 - April 16

June 2 - June 25



Barista Training - Barista Basics / Crash Course Coffee

Undertake Barista training and learn the Barista essentials to make different types of coffee, froth milk and use the coffee machine with confidence.

2025 Term 1 & 2 Dates

9am-3pm over 2 consecutive days

March 20 - March 21

May 1 - May 2



Additional courses may be scheduled to meet demand.

Eligibility criteria applies.

For further information or to book your place, contact FSCRC on (03) 9293 7122 or email fscrc@frankston.vic.gov.au



Skills for study
work and life

Programs - Children

Kelly Mini Sports

FRIDAYS: 10.30am -12pm

Kelly Mini Sports run a range of sports programs for 1-5 year olds that are delivered by expert coaches in a safe and fun environment.

Tel: 0403 908 854



Mini Soccer Stars

SATURDAYS: 9AM-11.30AM

Little kickers teaches children aged 18months to 7 years coordination, agility, balance and social skills through soccer in a fun environment.

Contact Nick: 03 5975 8637 / hello@minisoccerstars.com.au



Ready Steady Go Kids

MONDAY & WEDNESDAYS: 9AM-11.30AM

Join Australia's largest multi-sport program for 1.5-6 year olds in aged based classes teaching them coordination , social and 10 different sports skills.

Register: 1300 766 892



Play Group

MONDAY 9:30AM - 11:00AM \$5.20 PER FAMILY

For pre-schoolers, Play Group is a fun way for children to learn and interact. Everyone welcome!

Contact FSCRC



Crafty Kids

TUESDAY 4PM-5PM \$5.00

Perfect for children aged 5-12 years, Crafty Kids offers fun activities from painting and drawing to crafting with various materials that is both educational and entertaining to do with your children. NB : Parents must accompany children.



Programs - Health and Recreation



Peninsula
Health

Age Strong Exercise Program

MONDAY & WEDNESDAY 10:30-11.30AM & 11.30-12.30PM

THURSDAY 11.30-12.30PM \$7.75 per class

A joint initiative with Peninsula Health, Age Strong is a strength and balance program for older people that is designed to meet individual rehabilitative needs in a supportive environment. Referral from Peninsula Health is required.

Contact Peninsula Health for an Assessment 1300 665 781

Anahata Yoga

MONDAY 6-7PM & 7.15-8.45PM

TUESDAY: 6-7PM

WEDNESDAY & FRIDAY: 9.30-11AM

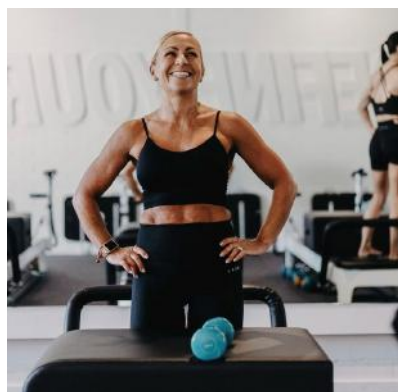
THURSDAY 9.30-10.30AM

Classes combine gentle stretches and movement with relaxation and meditation.

Contact Paula 0433 960 021



anahata yoga



Body Barre Pilates

MONDAY BARRE & THURSDAY PILATES MATWORK 6-6.45PM

SATURDAY BARRE 8AM -8.45AM

Barre is a group based pilates class that is guaranteed to give you a full body workout using pilate balls, hand weights and bands. Jacqui has been operating for over 10 years at FSCRC and won best instructor 2023 by Melbourne City News.

Contact Jacqui: 0408 754 410 or pilatespt@hotmail.com



Tai Chi (Arthritis Foundation)

TUESDAY 12.30-1.30PM

Tai Chi is something people of any age can learn. The movements are slow & gentle, and you can work at your own level. Many older people can do Tai Chi, even those with arthritis which this program is specifically designed for.

Contact Dorothy: 9789 0632



Twinges in the Hinges Exercise Class

THURSDAY 9:30AM-10.30AM &

TUESDAY 10.30AM - 11.30AM \$8.80

Designed for seniors wanting gentle exercise to improve balance, strength and range of motion. **Limited spaces available, please contact FSCRC 9293 7122 to confirm a day and place.**

Programs - Health and Recreation (con't)



Badminton

THURSDAY 9:30AM - 12PM WOMENS COMPETITION/ SOCIAL
SATURDAY 12PM - 6PM

The Mornington Peninsula Badminton Association run badminton sessions for all people of all abilities and ages. New Players welcome!

Contact: 0412 150 514



Vera Dance

TUESDAY 5.30-6.30PM
FRIDAY 4.30-6.30PM

Learn cheer dance/ Ballet/ Dancing. Vera is a choreographer and coach of European Dance Championship winners.

Contact Vera: 0421 597 771 (text please)



Vita Yoga & Pilates

TUESDAY 10.30-11.30AM
THURSDAY 6.30PM - 7.30PM

Unique non-impact pilates exercises with yoga elements to help regain strength and flexibility.

Contact Paola: 0416 136 084



Dance Space 88

TUESDAY 9.15AM-10.15AM
WEDNESDAY 7.45PM -8.45PM

Dance Space 88 is a fun dance-stretch-fitness class where you can learn a range of dance styles. It caters for all levels and abilities.

Contact Serena: 0402 344 122



Table Tennis

MONDAY 6PM-9.00PM
TUESDAY 6.30PM -9PM
THURSDAY 1PM-3PM

The Mornington & Frankston Table Tennis Association run sessions for people of all abilities from social to competitive standards. Come and play and make new friends. First session FREE, bats and balls provided!

Contact MFTTA: 5975 7168



Monday	Tuesday	Wednesday
Ready Steady Go Kids 9.30am-12pm	Dance Space 88 9.15am -10.15am	Ready Steady Go Kids 9.30am-12pm
Fab & Fit 9.30am-10.30am	Walk Group 9.30am-10.30am	Fab & Fit 9.30am-10.30am
Play Group 9.30am -11am	Motherly Connections 9.30am-11am	Anahata Yoga 9.30am-11am
Agestrong 10.30am-11.30am Referral Required	Mornington Peninsula Family History 10.30am-2.30pm	Agestrong 10.30am-11.30am Referral Required
Agestrong 11.30am-12.30pm Referral required	Pilates (Vita Yoga) 10.30am-11.30am	Kirtan 11.15am-12pm
Gentle Hands Baby Massage 11.30am-2pm	Twinges in the Hinges 10.30am-11.30am	Agestrong 11.30am-12.30pm Referral Required
Youth Hangout 3.15pm-4.45pm	Gentle Hands Baby Massage 11.30am-2pm	Dance Space 88 6.30pm-8.45pm
Table Tennis 6pm-9pm	Tai Chi Arthritis 12.30pm-1.30pm	Westernport Special Olympics 6.30pm-7.30pm
Body Barre Pilates 6pm-6.45pm	Walking Soccer 1pm-2pm	Yoga With Soga 7pm-8pm
Anahata Yoga 6pm-7pm	Crafty Kids 4pm-5pm	NA Womens Support Group 7.30pm-8.30pm
Anahata Yoga 7.15pm-8.45pm	Vera Dance 5.30pm-6.30pm	
	Anahata Yoga 6pm-7pm	
	Table Tennis 6.30pm-9pm	

Thursday**Friday****Saturday**

Anahata Yoga
9.30am - 10.30am

Anahata Yoga
9.30am - 11.00am

AA First Steps
7am-8am

Twinges in the Hinges
9.30am -10.30am

Gentle Hands Baby Massage
9.30am-12.30pm

Body Barre Pilates
8am-8.45am

Badminton Ladies Comp
9.30am -12pm

Kelly Mini Sports
10.30am -12pm

Mini Soccer Stars
9am - 11.30am

Floor Stretch
10.30am -11.30am



Chatty Cafe
10am -11.30am



Pre Natal Yoga
10am-11am

Mornington Peninsula Family
History
10.30am-2.30pm

Pryme Ball
1pm-2.30pm

Badminton Coaching
12pm - 1.30pm

Agestrong
11.30am -12.30pm
Referral Required

Book Club
1pm-3pm
Fourth Friday of the Month

Badminton Coaching
2pm - 3.30pm

Table Tennis
1pm -3pm

Art @ South
1pm -4pm
Fortnightly

Badminton Social
4pm-6pm

Body Barre Pilates
6pm -6.45pm

Vera Dance
4.30pm-6.30pm

Sunday

Pilates (Vita Yoga)
6.30pm -7.30pm

Badminton
11am - 1pm

Bosnian Soccer
8pm-9.30pm

Mornington Peninsula Family
History
2pm-5pm

Programs - Health and Recreation (con't)



Walk Group @ South

TUESDAY 9:30AM - 10.30AM \$3.10

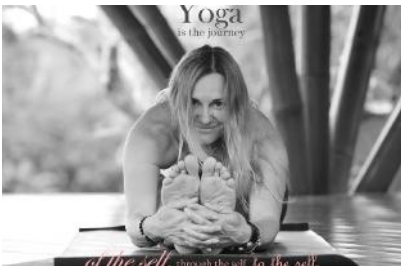
Catering for over 50's, get some fresh air, make new friends and explore what Frankston has to offer with a gentle walk!
Contact FSCRC



Prymeball

FRIDAY 1PM-2PM \$5.20

Prymeball is similar to volleyball but you catch the ball instead and is just as much fun! Suitable for over 50's. Contact FSCRC



Yoga With Soga

WEDNESDAY 7PM-8PM

Hatha and Vinyasa yoga with the elements of Ashtanga and Stretching.

Contact Lily: 0458 458 048



Walking Soccer

TUESDAY 1PM - 2PM \$3.00

Designed for players over 50...Enjoy a slower moving, modified version of soccer which enables everyone of all ability to play, get fit and have fun! Contact FSCRC



Floor Stretch

THURSDAY 10.30AM-11.30AM \$8.80

Keep your body moving and flexible...exercises focus on core, strength and flexibility. Contact FSCRC



BOSNIAN SOCCER GROUP

THURSDAY 8PM-9.30PM

Welcome all new players over 18 interested in soccer and have a bit of fun. All nationalities welcome!

Programs - Health and Recreation (con't)



Fab & Fit Exercise Class

MONDAY & WEDNESDAY 9.30-10.30AM \$8.80

Designed for over 50's to improve your overall fitness, strength and flexibility using steps, weights and bands.

Limited availability. Please contact FSCRC on 9293 7122 to confirm a day and place.

Stork & Sage Yoga

SATURDAY 10-11AM PRENATAL YOGA

Embrace the journey of motherhood with specially curated classes designed to support you through pregnancy and postpartum. Prenatal classes are suitable for all trimesters, while Postnatal classes are recommended after receiving clearance from your healthcare provider.

Contact Samantha on: Instagram @storkandsage, 0417 640 024 or hello@storkandsage.com.au.



Programs - Lifestyle



Motherly Connections

TUESDAY 9.30AM -11AM

FREE

A supportive group of mothers sharing their journey, building connection and finding understanding along the way. Facilitated by Emma Reddie - Matrescence Coach and mother of two.

Gentle Hands Baby Massage

FRIDAY 9.30AM-12.30PM

Connect and bond with your baby over a 5-week course learning different massage techniques to help sooth your baby, improve sleep and help with colic. The classes enable you to meet other new parents and gives you support needed in the first few months after giving birth.



FSCRC is always looking for more hirers and volunteers to offer community programs for local people. If you would like to run a program that would benefit the Frankston South Community, please call 9293 7122

Programs - Lifestyle (con't)



Book Club

FOURTH FRIDAY OF THE MONTH 1-3PM \$3.00

Do you enjoy reading? Come along to the FSCRC book club. The Book Club meets on the fourth Friday of every month. Everyone welcome!

New program Coming Soon!

We are always introducing new programs to meet community need...watch this space!



Art @ South

EVERY SECOND FRIDAY 1-4PM \$4.00

FEBRUARY 14 & 28

MARCH 14 & 28

APRIL 11

An art program for everyone to bring out their artistic flair! It promotes creativity, self-expression and reflection for health and well-being. Call FSCRC to book your spot!



Kirtan

WEDNESDAY 11.15AM - 12.15PM \$3.10

Suitable for everyone, Kirtan is an ancient Indian call and response chant to music to reconnect our hearts and connecting to the moment through sound. Great for mental health and relaxation.



Chatty Cafe

FRIDAY 10AM-11.30AM

Come and meet new people, have interesting conversations and have a laugh with a complimentary cuppa! No booking required.

Programs - Youth



War Hammer

Coming Soon in 2025



Frankston Youth Service

Frankston Youth Service operates at FSCRC on MONDAYS 3.15pm-4.15pm

Young people can come and chill, play pool or gaming or talk to youth workers.

Cost FREE

Services at FSCRC



Mornington Peninsula Family History Society

TUESDAY & THURSDAY 10.30-2.30PM

SUNDAY 2-5PM

The MPFHS can show you how to get started or further your research into your family history with their extensive library, computers and friendly staff.

Tel: 9783 7058

Email info@mpfhs.org.au | www.mpfhs.org

Frankston Library

MONDAY TO FRIDAY 9AM-5PM FREE

FSCRC is part of the Frankston City Library network. You can reserve and borrow books as well as return books from other Frankston City Libraries. We have great range of books including children's, travel, cooking, fictional and non-fiction.

If not a member, you can join (FREE), just bring photo id.



Computers

FSCRC has 2 computers available for everyone to use located in Frankies cafe. NB Printing not available.

You are welcome to use during business hours and your information is private as it is removed when you log out.

FREE

Frankston-City Community Centres

Our community centres and neighbourhood houses play an important role bringing residents together. There are nine community centres and neighbourhood houses across Frankston City, each offering programs and services to meet community need and interest.



Belvedere Community Centre

336 Belvedere Road, Seaford

p: 9776 8922

w: belvedere.org.au



Lyrebird Community Centre

203 Lyrebird Drive, Carrum Downs

p: 9782 0133

w: lyrebird.org.au



Langwarrin Community Centre

2 Lang Road, Langwarrin

p: 9789 7653

w: langwarrincc.org.au



Orwil Street Community House

16 Orwil Street, Frankston

p: 9783 5073

w: orwilst.org.au



Nairn Marr Djambana Gathering Place

32 Nursery Avenue, Frankston

p: 9783 1521

w: djambana.org.au

Frankston-City Community Centres



Ebdale Community Hub & Learning Centre

20 Ebdale Street, Frankston
p: 9293 7102
w: frankston.vic.gov.au



Frankston North Community Centre

26 Mahogany Ave, Frankston North
p: 8773 9545
w: frankston.vic.gov.au



Karingal Hub

103 Ashleigh Avenue, Frankston
p: 8786 6650
w: frankston.vic.gov.au

Room Hire

FSCRC has a multi-purpose stadium, 2 meeting rooms and 2 exercise rooms available for ongoing or casual hire at very reasonable hourly pricing. These rooms are not available for parties. If you would like to enquire about a room to hire, please email us on fscrc@frankston.vic.gov.au.

Room	24/25 Rates (Hr)	Capacity
Stadium		200
Community	\$37	
Commercial	\$44	
Energise Room		30
Community	\$27	
Commercial	\$33	
Relaxation Room		10
Community	\$25	
Commercial	\$27	
Meeting Room 1		20
Community	\$24	
Commercial	\$27	
Meeting Room 2		25
Community	\$27	
Commercial	\$30	



Come Find Us



2/55 Towerhill Road, Frankston South 3199

Phone: 03 9293 7122

Email: fscrc@frankston.vic.gov.au

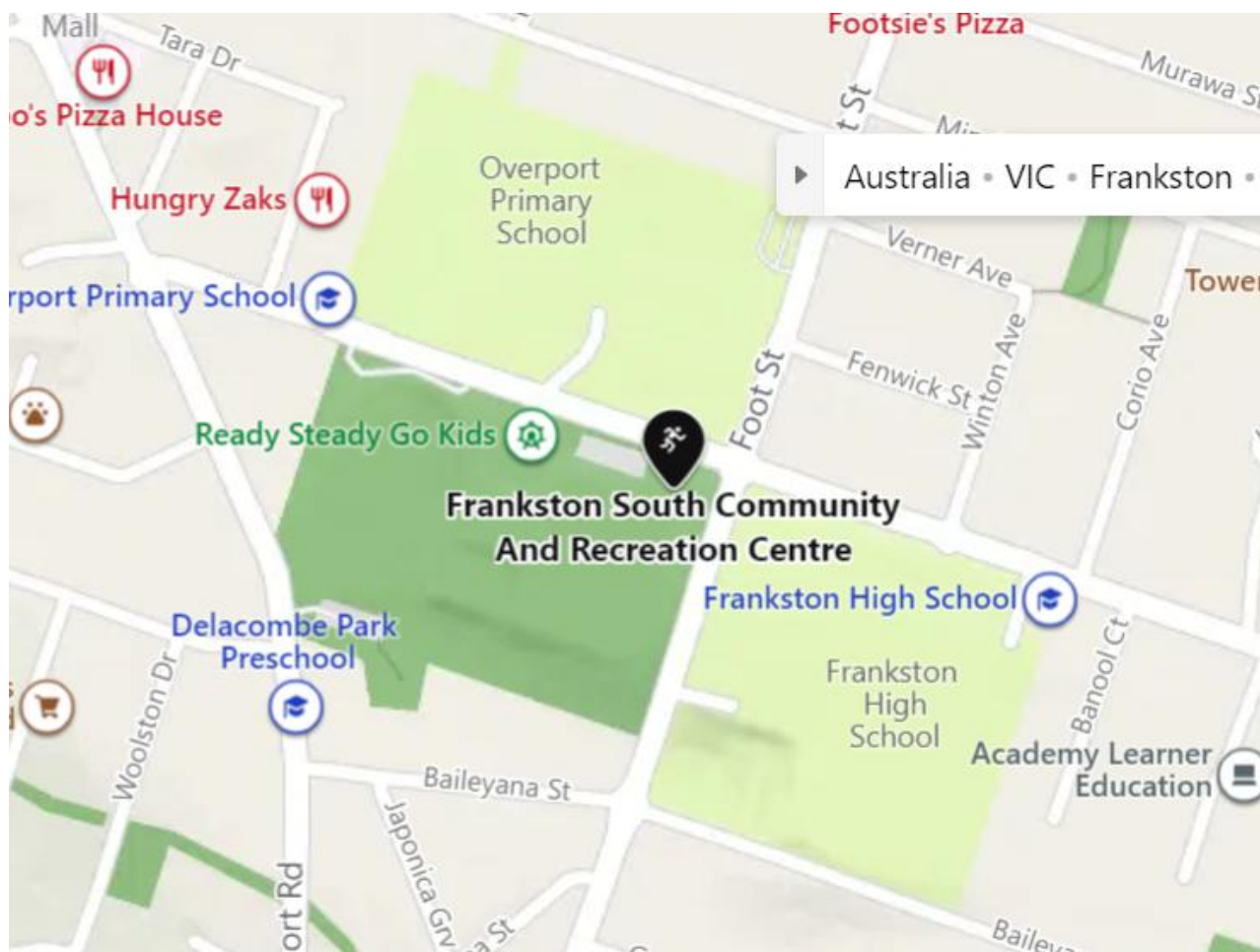
Web: frankston.vic.gov.au/fscrc



Frankston South Community and Recreation Centre



@FrankstonSouthCommunityandRecreationCentre



Send us an email to join our mailing list and receive our newsletters, event and program updates.

