

Frankston South Community and Recreation Centre



Programs and Activities

April - June 2025

**We engage, empower and strengthen
our community.**



55 Towerhill Rd, Frankston South
(03) 9293 7122 | fscrc@frankston.vic.gov.au

Last update 1 April 2025

About Us

The Frankston South Community and Recreation Centre (FSCRC), operated by Frankston City Council, is a vibrant and welcoming hub committed to supporting community growth and well-being. We strive to create a safe and inclusive environment that fosters social connections, skill development and overall health and wellness.

At FSCRC, we work closely with the local community to develop and deliver programs and activities that are inclusive, engaging and aligned with individual interests, skills and talents. Our approach is rooted in community development principles and strengthened by partnerships with local organisations and service providers.

FSCRC offers versatile spaces for hire, access to the Council's Library Service and the friendly Frankie's Café. We invite everyone to discover what FSCRC has to offer by visiting us, speaking with our friendly team, following us on social media and signing up for our mailing list.



Frankie's Cafe



Frankie's Café is our dedicated training café, providing students with practical experience in a real-world café environment. Through our Learn Local Café Creations and Barista pre-accredited training courses, students gain essential skills in basic cooking and coffee preparation.

Students in the Café Creations course prepare hearty, homemade lunches like shepherd's pie, curries and pasta dishes, available for just \$4 from 12 pm to 1.30 pm on Monday to Wednesdays when the course is running.

From 10 am to 1 pm on weekdays, Frankie's Café serves barista-style coffee for \$3. Your coffee will be crafted either by our enthusiastic students or by our amazing volunteers, many of whom are graduates of our training courses.

Frankie's Café is more than just a place to eat—it's a welcoming space to catch up with friends, meet new people or unwind with one of our many board games.

Learn Local Training Courses

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.

Hospitality Training: Cafe Creations

Our four-week "Café Creations" hospitality course equips participants with entry-level skills for the hospitality industry, aiming to support future employment. The program covers basic cooking, barista skills and includes "Food Handling" training, all conducted in our hands-on training space at Frankie's Café.

\$25 each | \$15 concession

Upcoming Dates

Monday to Wednesday from 9 am - 3 pm over 4 weeks

June 2 - June 25

August 4 - August 27

Barista Training: Barista Basics/Crash Course Coffee

Take the first step towards becoming a skilled barista with our two pre-accredited 1-day courses.

\$25 each | \$15 concession

Upcoming Dates

Two consecutive days from 9 am - 3 pm

May 1 & 2 (FULL)

July 10 & 11, July 25 & 26



Eligibility criteria applies.

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



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Centre Run Programs



**Peninsula
Health**

Age Strong Exercise Program

MONDAY & WEDNESDAY 10:30 AM - 11:30 AM & 11:30 AM - 12:30 PM AND THURSDAY 11:30 AM - 12:30 PM

\$7.75 PER CLASS

Age Strong, a joint program with Peninsula Health, offers tailored strength and balance training for older adults in a supportive setting. A referral from Peninsula Health is required

Contact Peninsula Health for an assessment 1300 665 781



Twinges in the Hinges Exercise Class

TUESDAY 10:30 AM - 11:30 AM & THURSDAY 9:30 AM - 10:30 AM

\$8.80 PER CLASS

Designed for seniors wanting gentle exercise to improve balance, strength and range of motion.



Walk Group @ South

TUESDAY 9:30 AM - 10:30 AM

\$3.10 PER SESSION

Catering to those over 50, enjoy some fresh air, meet new friends, and discover what Frankston has to offer on a relaxed walk! Contact FSCRC for more information.



Playgroup

MONDAY 9:30 AM - 11:00 AM

\$5.20 PER FAMILY

For children aged 0-5 years, Playgroup is a fun way for children to learn and interact in a supportive and safe environment. Everyone welcome!



Crafty Kids

TUESDAY 4 PM - 5 PM

\$5.00 PER SESSION

Perfect for children aged 5-12 years, Crafty Kids offers fun activities from painting and drawing to crafting with various materials.

Parents must accompany children.

Centre Run Programs Cont.



Walking Soccer

TUESDAY 12:30 PM - 2 PM

\$3.00 PER SESSION

Created for players aged 50 and over, this slower-paced, modified version of soccer is perfect for everyone, regardless of ability, to enjoy, stay active and have fun! Contact FSCRC for more details.



Floor Stretch Exercise Class

THURSDAY 10:30 AM - 11:30 AM

\$8.80 PER CLASS

Stay active and maintain flexibility with our floor stretch class for older adults! Focused on core strength and flexibility, these exercises are designed to keep you feeling strong and limber. Contact FSCRC for more information.



Prymeball

FRIDAY 1 PM - 2 PM

\$5.20 PER SESSION

Prymeball is a fun twist on volleyball where you catch the ball instead of hitting it! Perfect for those aged 50 and over. Contact FSCRC to learn more.



Fab & Fit Exercise Class

MONDAY & WEDNESDAY 9:30 AM - 10:30 AM

\$8.80 PER CLASS

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



Art @ South

EVERY SECOND FRIDAY 1 PM - 4 PM

APRIL 11

MAY 9 & 23

JUNE 6 & 20

\$4.00 PER CLASS (BOOKING RECOMMENDED)

Join our art therapy program to spark creativity, self-expression, and reflection for well-being. Materials provided. Call FSCRC to book!

Centre Run Programs Cont.



Book Club

FOURTH FRIDAY OF THE MONTH 1 PM - 3 PM

\$3.00 PER MONTH

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



Motherly Connections

TUESDAY 9:30 AM - 11 AM

FREE

A supportive group of mothers sharing their journey, building connection and finding understanding along the way. Facilitated by Matrescene coach, Emma Reddie. No booking required.



Warhammer

FRIDAY 4:30 PM - 5:30 PM

FREE

For ages 12-17, unleash your creativity by building and painting awesome miniatures and tell epic stories about your armies. All materials provided. No booking, but parent consent required.



Kirtan

WEDNESDAY 11:15 AM - 12:15 PM

\$3.10 PER SESSION

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



Chatty Cafe

FRIDAY 10 AM - 11:30 AM

FREE

Join us for a chance to meet new people, enjoy engaging conversations, share some laughs, all while savoring a complimentary cuppa! No booking required.

Monday	Tuesday	Wednesday
Ready Steady Go Kids 9:30 am - 12 pm	Dance Space 88 9:15 am - 10:15 am	Ready Steady Go Kids 9:30 am - 12 pm
Fab & Fit 9:30 am - 10:30 am	Walk Group 9:30 am - 10:30 am	Fab & Fit 9:30 am - 10:30 am
Play Group 9:30 am - 11 am	Motherly Connections 9:30 am - 11 am	Anahata Yoga 9:30 am - 11 am
Agestrong 10:30 am - 11:30am	Mornington Peninsula Family History 10:30 am - 2:30 pm	Agestrong 10:30 am - 11:30 am
Agestrong 11:30 am - 12:30 pm	Pilates (Vita Yoga) 10:30 am - 11:30 am	Kirtan 11:15 am - 12 pm
Youth Hangout 3:15 pm - 4:45 pm	Twinges in the Hinges 10:30 am - 11:30 am	Agestrong 11:30 am - 12:30 pm
Table Tennis 6 pm - 9 pm	Early Parenting Drop-in 11:15 am - 2 pm	Dance Space 88 6:30 pm - 8:45 pm
Body Barre Pilates 6 pm - 6:45 pm	Tai Chi Arthritis 11:30 am - 12:30 pm	Westernport Special Olympics 6:30 pm - 7:30 pm
Anahata Yoga 6 pm - 7 pm	Walking Soccer 12:30 pm - 2 pm	Yoga With Soga 7 pm - 8 pm
Anahata Yoga 7:15 pm - 8:45 pm	Crafty Kids 4 pm - 5 pm	NA Womens Support Group 7:30 pm - 8:30 pm
	Vera Dance 4:30 pm - 6:30 pm	
	Anahata Yoga 6 pm - 7 pm	
	Table Tennis 6:30 pm - 9 pm	

Thursday**Friday****Saturday**

Anahata Yoga
9:30 am - 10:30 am

Feel Good Moves
5:45 am - 7 am

AA First Steps
7 am - 8 am

Twinges in the Hinges
9:30 am - 10:30 am

Anahata Yoga
9:30 am - 10:30 am

Body Barre Pilates
8 am - 8:45 am

Badminton Ladies Comp
9:30 am - 12 pm

Storytime
9:30 am - 10 am

Mini Soccer Stars
9 am - 11:30 am

Floor Stretch
10:30 am - 11:30 am



Kelly Mini Sports
10:30 am - 12 pm



Pre Natal Yoga
10 am - 11 am

**Mornington Peninsula
Family History**
10:30 am - 2:30 pm

Chatty Cafe
10 am - 11:30 am

Badminton Coaching
12 pm - 1:30 pm

Agestrong
11:30 am - 12:30 pm

Pryme Ball
1 pm - 2:30 pm

Badminton Coaching
2 pm - 3:30 pm

Table Tennis
1 pm - 3 pm

Book Club
1 pm - 3 pm
(fourth Friday of the month)

Badminton Social
4 pm - 6 pm

Body Barre Pilates
6 pm - 6:45 pm

Art @ South
1 pm - 4 pm
(Fortnightly)

Sunday

Pilates (Vita Yoga)
6:30 pm - 7:30 pm

Warhammer Club
4:30 pm - 5:30 pm

Badminton
11 am - 1 pm

Bosnian Soccer
8 pm - 9:30 pm

Vera Dance
4:30 pm - 6:30 pm

**Mornington Peninsula
Family History**
2 pm - 5 pm

Hirer Programs



Ready Steady Go Kids

MONDAY & WEDNESDAYS: 9AM-11.30AM

ENQUIRIES: 1300 766 892

Join Australia's largest multi-sport program for children aged 1.5 to 6! Age-based classes focus on building coordination, social skills, and teaching 10 different sports.

Anahata Yoga

MONDAY: 6 PM - 7 PM & 7:15 PM - 8:45 PM

TUESDAY: 6 PM - 7 PM

WEDNESDAY & FRIDAY: 9:30 AM - 11 AM

THURSDAY: 9:30 AM - 10:30 AM

ENQUIRIES: Paula 0433 960 021

Classes combine gentle stretches and movement with relaxation and meditation.

Body Barre Pilates

MONDAY BARRE 6 PM - 6:45 PM

THURSDAY PILATES MAT WORK 6 PM - 6:45 PM

SATURDAY BARRE 8 AM - 8:45AM

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

Barre is a group Pilates class offering a full-body workout using Pilates balls, hand weights, and bands. Led by Jacqui, winner of Melbourne City News' Best Instructor 2023.

Tai Chi (Arthritis Foundation)

TUESDAY 11:30 AM - 12:30PM

ENQUIRIES: Dorothy 9789 0632

Tai Chi is suitable for all ages, featuring slow, gentle movements adaptable to any fitness level. It's especially beneficial for older adults, including those with arthritis, as this program is specifically designed to support them.

Kelly Mini Sports

FRIDAY 10:30 AM - 12 PM

ENQUIRIES: 0403 908 854

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.



Hirer Programs Cont.



Badminton

THURSDAY 9:30 AM - 12 PM (WOMENS COMPETITION/SOCIAL)

SATURDAY 12 PM - 6 PM

SUNDAY 11 AM - 1 PM

ENQUIRIES: 0412 150 514

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



Vera Dance

TUESDAY 4:30 PM - 6:30 PM

FRIDAY 4:30 PM - 6:30 PM

ENQUIRIES: 0421 597 771 (text please)

Learn cheer dance, ballet, or general dance from Vera, a choreographer and coach of European Dance Championship winners.



Vita Yoga & Pilates

TUESDAY 10:30 AM - 11:30 AM

THURSDAY 6:30 PM - 7:30 PM

ENQUIRIES: Paola 0416 136 084

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



Dance Space 88

TUESDAY 9:15 AM - 10:15 AM

WEDNESDAY 7:45 PM - 8:45 PM

ENQUIRIES: Serena 0402 344 122

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.



Table Tennis

MONDAY 6 PM - 9 PM

TUESDAY 6:30 PM - 9PM

THURSDAY 1 PM - 3 PM

ENQUIRIES: MFTTA 5975 7168

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!



Hirer Programs Cont.



Mini Soccer Stars

SATURDAY 9 AM - 11:30 AM

**ENQUIRIES: Nick 03 5975 8637 or
hello@minisoccerstars.com.au**

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

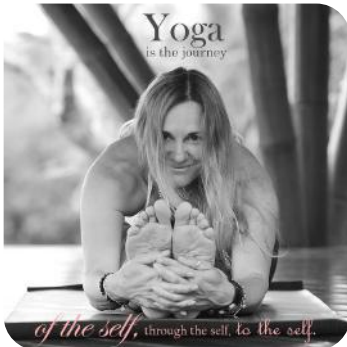


Early Parenting Drop-in

TUESDAY 11:15 AM - 2 PM

FREE

Support for parents with babies and young children. Bring your questions about feeding (breast / bottle/ solids), sleep support and transition into parenthood. All welcome.



Yoga With Soga

WEDNESDAY 7 PM - 8 PM

ENQUIRIES: Lily 0458 458 048

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



Stork & Sage Prenatal Yoga

SATURDAY 10 AM - 11 AM

**ENQUIRIES: Samantha 0417 640 024 or
hello@storkandsage.com.au**

Specially curated classes designed to support you through pregnancy and postpartum. Prenatal classes are suitable for all trimesters.



Bosnia Soccer Group

THURSDAY 8 PM - 9:30 PM

ENQUIRIES: 0404 620 458

Calling all new soccer players aged 18+ who want to have fun! Players of all nationalities are welcome!

Hirer Programs Cont.

The logo for EGM (Feel Good Moves) is displayed in a stylized, yellow, rounded font on a blue square background.

Feel Good Moves

FRIDAY 5:45 AM - 7 AM

ENQUIRIES: Alix 0451 461 979 or hello@feelgoodmoves.com

This class mixes contemporary mat pilates with loud music to create a fun space where all levels and abilities are welcome to come along and move their bodies to feel good!



Services at FSCRC



Mornington Peninsula Family History

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.

Tuesday & Thursday, 10:30am - 2:30pm and
Sunday 2 - 5pm

Tel: 9783 7058

Email: info@mpfhs.org

www.mpfhs.org



Frankston Library

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 at the Centre. We have great range of books including children's, travel, cooking, fiction and non-fiction and on Friday's we have FREE Storytime for pre-schoolers.

Not a member? You can join FREE, just bring photo ID.



Computers

FSCRC has two computers available for everyone to use located in Frankie's Cafe at no cost. You are welcome to use during opening hours.

Your information is private as it is removed when you log out. NB printing not available.



Frankston Youth Service

Frankston Youth Service operates at FSCRC on Monday from 3:15pm - 4:45 pm.

Come and chill, play pool or games or talk to our amazing youth workers.

Cost: free

FCC 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 Place Neighborhood Centre

103 Ashleigh Avenue, Frankston

p: 8786 6650

w: frankston.vic.gov.au

Room Hire

FSCRC has a multi-purpose stadium, two meeting rooms and two 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

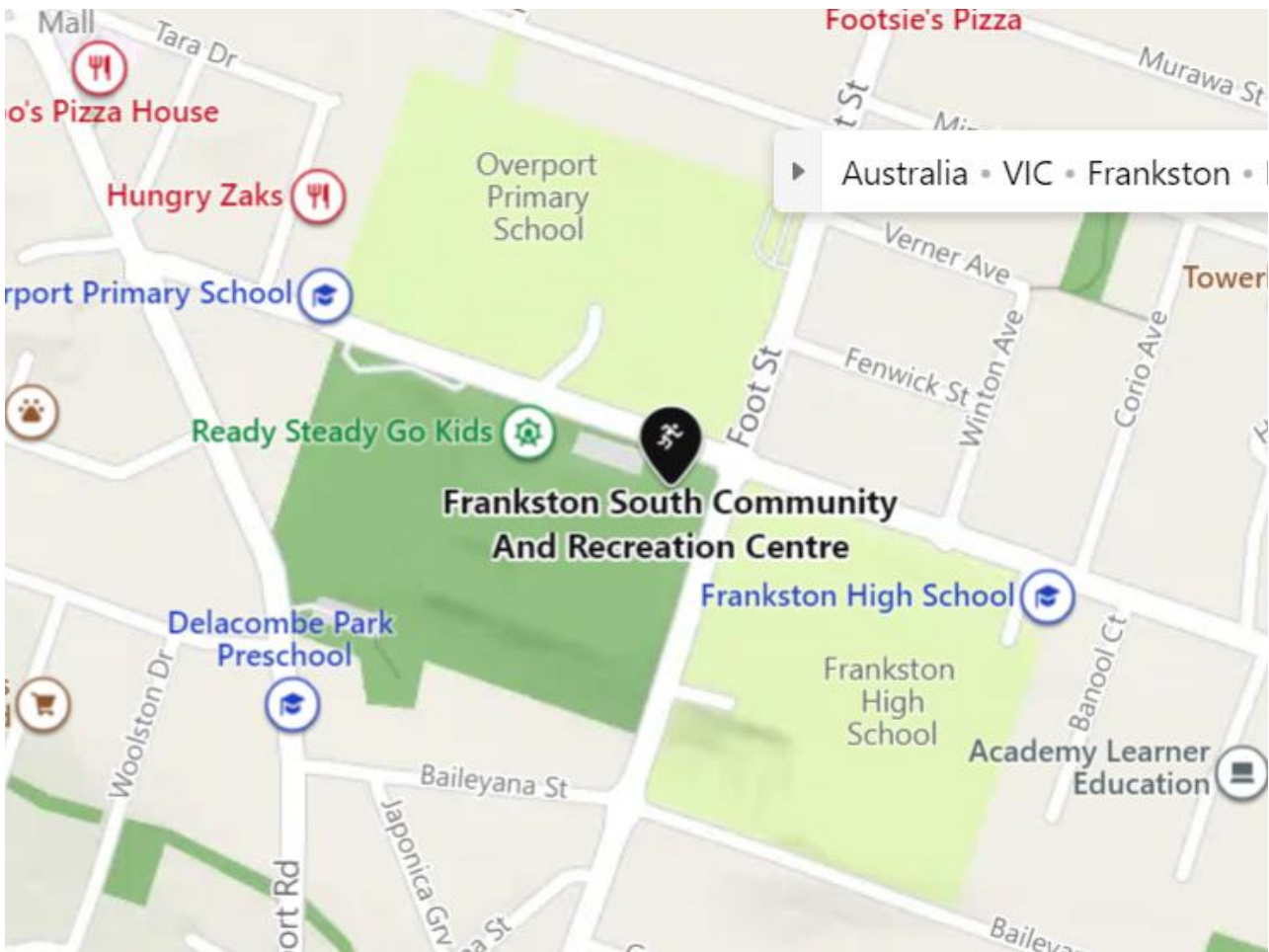
Web: frankston.vic.gov.au/fscrc



Frankston South Community and Recreation Centre



@FrankstonSouthCommunityandRecreationCentre



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



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