

TERM 3 2020



North Ringwood Community House Inc.

Due to physical distancing and density requirements, maximum numbers for many classes have been reduced. The following measures have been put in place to ensure equity and inclusiveness for all.

Most classes will be on a 'first in best dressed' basis with a waiting list for anyone who may miss out.

Priority to enroll will be given to ongoing participants.

To ensure everyone can attend exercise classes, anyone doing the same class on different days will be put on a waiting list for their second day. Please identify your preference for days when you enroll.

Fab Group numbers are capped. WEEKLY bookings are now essential so we can adhere to restrictions. Fab Group will have the same session running two weeks in a row so everyone can participate. When you enroll please specify which day you wish to attend.

Craft Group numbers are capped. WEEKLY bookings are now essential. Please let us know which days you would like to attend.

A waiting list will be taken for all groups, so if you miss out you will be notified when a position becomes available.

If you are not feeling well, you MUST stay at home.

WE ALSO OFFER A RANGE OF PREACCREDITED LITERACY, COMPUTER AND RETURN TO WORK CLASSES. PLEASE CONTACT RECEPTION OR VISIT OUR WEBSITE FOR MORE DETAILS.

Enrolments open Tuesday

30th June 2020 at 9.00am.

We are delighted to forward you a copy of our Term 3 brochure as we open up our doors and welcome you back to NRCHI.

Classes/activities will resume, but due to strict guidelines, numbers will be capped in all classes/activities, and booking early will be essential.

Some classes/activities will look a little different – different starting times or different rooms to comply with physical distancing and density restrictions. We are doing all we can to keep you safe.

Policies and procedures around COVID-19 safety measures are in place. If you have any questions or concerns, please call us.

Porcelain Dolls

Monday 13th July x 10 weeks
10.00am-12.00noon or 1.00pm-3.00pm
Cost \$158 C \$153

Drawing & Painting

Wednesday 22nd July x 8 weeks
10.00am-12.00noon
Cost \$127 C\$122

Watercolour Painting

Monday 13th July x 10 weeks
1.30pm-3.30pm
Cost \$158 C\$153

Quilting

Wednesday 15th July x 10 weeks
1.00pm-3.00pm
Cost \$2 per session

Leadlighting

Thursday 16th July x 10 weeks
1.30pm-3.30pm
Cost \$158 C\$153

Coffee & Craft (max 12)

Wednesday 15th July x 10 weeks
10.00am-12.00noon
Cost \$2 per session

Fab Group (max 20)

Thursday 16th July x 10 weeks
10.00am-12.00noon
Cost \$5 per session
Week 1 & 2 Bingo
Week 3 & 4 Music Morning
Week 5 & 6 Art and Craft
Week 7 & 8 Cooking Demo
Week 9 & 10 Trivia

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To ensure the safety of everyone at NRCHI, the following actions need to be taken:

- Wash your hands often;
- Ensure physical distancing of at least 1.5 metres and avoid interaction with those who are sick;
- Refrain from touching your face more than is necessary;
- Practice coughing and sneezing etiquette as signed around the building;
- Avoid crowded areas;
- Adhere to maximum numbers of people in classrooms as determined by room capacity
- Furniture **MUST NOT** be moved. Tables and chairs will be positioned in accordance with physical distancing and density restrictions.
- If agreeable, install and activate the COVIDSafe app (This is not compulsory, but advised as it can assist with contact tracing)
- **Sign in in your classroom and wipe pen with provided antibacterial wipes; between uses or use own pen**
- Use hand sanitiser upon entry to the building
- Refrain from gathering in groups at reception
- If waiting at reception, adhere to the tape markings on the floor
- Use NRCHI provided cleaning kits to sanitise tables, chairs and equipment before and after use
- Refrain from standing in hallways (they are a means to get from 'Point A' to 'Point B').
- **Bring your own thermos, tea, coffee, sugar etc,** as well as any snacks and enough water in a water bottle for the duration of the class or activity. Kitchens will be closed.
- **If you have changed address or phone numbers, ensure NRCHI administration have you correct contact details on file.**

Bush Nomads

Monday 13th July x 10 weeks
9.15am-3.30pm

Cost \$1.50 per session

Meet in the NRCHI carpark

Exercise classes capped at 10

Chair Yoga

Monday 13th July x 10 weeks
10.30am-11.30am

Cost \$125 C \$120

Chair Yoga Extend

Friday 17th July x 10 weeks
10.00am-11.00am

Cost \$125 C \$120

Yoga

Tuesday 14th July x 10 weeks
7.00pm-8.00pm or 8.15pm-9.15pm

Cost \$125 C \$120

Pilates

Wednesday 15th July x 10 weeks
9.15am-10.15am or 10.30am-11.30am

Thursday 16th July x 10 weeks
6.00pm-7.00pm or 7.15pm-8.15pm

Cost \$125 C \$120

Strong People

Thursday 16th July x 10 weeks
8.30am-9.30am or 9.45am-10.45am

Cost \$125 C \$120

Tai Chi for Health

Wednesday 15th July x 10 weeks
12.15pm-1.15pm or 1.30pm-2.30pm

Cost \$125 C \$120

Zumba Gold

Tuesday 14th July x 10 weeks
12.30pm-1.30pm or

Friday 17th July x 10 weeks
1.00pm-2.00pm

Cost \$125 C \$120

Italian Beginners; New

Monday 20th July x 8 weeks
5.15pm-6.45pm

Cost \$110 C \$105

Italian Beginners; Ongoing

Tuesday 21st July x 8 weeks
7.00pm-9.00pm

Cost \$146 C \$141

Italian Advanced

Monday 20th July x 8 weeks
7.00pm-9.00pm

Cost \$146 C \$141



Professional Creative Writing via Zoom

Tuesday 21st July x 8 weeks 12.30pm-3.30pm Cost \$74 or
7.00pm-9.30pm Cost \$70

**PHONE 9876 3421 OR EMAIL ADMIN@NRCH.ORG.AU
FOR BOOKINGS**