

Illawarra OWN Wellness Centre

Coniston Dispatch June 2021

Starting Dates for Term Three 2021

Monday 12th July is the starting date for Term Three.

Senior Fitness

A trial for combining Group A and Group B for Monday Senior Fitness will commence Term Three. ***However, if necessary this may change again to comply with COVID safety rules.***

All Senior Fitness members are able begin on Monday 12th July.

Tuesday Thai Yoga

Group B Tuesday Thai Yoga to begin 13th July.

Group A Tuesday Thai Yoga to begin 20th July.

Class Timetable for Term Three

Monday	Tuesday	Thursday
Drumming 9.00am – 10.00am	Thai Yoga 9.30am – 11.00am	Thai Yoga 9.30am – 10.30am
International Dancing 10.15am – 11.15am	Ukulele 11.15am – 12.30pm	Tai Chi 10.45am – 11.45am
Gentle Exercise 11.30am – 12.00noon		
Drumming for Beginners 11.45am – 12.15pm		
Senior Fitness 12.00 – 1.00pm		

Classes for Term Three

- Tuesday Thai Yoga class structure will be the same as Term Two.
- Senior Fitness will be one group and members are able to attend weekly.
- Drumming, International Dancing, Gentle Exercise, Ukulele, Tai Chi and Thursday Thai Yoga are up and running at the Coniston Community Hall in Term Three.
- The new class 'Drumming for Beginners' will continue Term Three. This will run on Monday from 11.45am – 12.15pm.

New Membership Process for COVID Times

- New members are always most welcome.
- On requesting membership potential new members will be temporarily added to a waiting list and contacted by a committee member who will answer any questions and give a start date.

Membership Fees

- Membership fees were due in February and are \$15.00 per annum

Fees for Classes Term Three 2021

- Tai Chi, International Dancing, Drumming, Senior Fitness - \$7.50
- Ukulele, Drumming for Beginners, Gentle Exercise - \$5.00
- Gentle Exercise + Senior Fitness - \$10.00
- **Tuesday** Thai Yoga - \$10.00
- **Thursday** Thai Yoga - \$7.50

COVID-19 Safety

- Please if you are unwell stay at home and if you have any COVID symptoms get tested.
- Please in trying to keep everyone safe during this pandemic it is requested that members try to bring the exact fee for each activity.
- Please be COVIDsafe by observing all the rules and especially 1.5m social distancing.
- Please bring your own equipment for Thai Yoga and Gentle Exercise
- **Most importantly:** remember to sign on with the QR code or use the 'sign on' sheet provided.

We look forward to seeing you soon and wish you a safe, healthy and happy break and an active Term Three.

The Wellness Team.