

ENROLMENT FORM

Course Name(s).....
 **Cost**

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 **Cost**

Name:

Address:

Ph Home:..... **Mob:**

Email:.....

Can we contact you via email about other activities: Yes No

Ethnicity: NZ European Maori Pasifika Asian Other

Age Range: <20 20 - 40 41 - 50 51 - 60 61+

How often do you participate in physical activity for 30+ mins?

Daily 5-6 x p/week 3-4 x p/week 1-2 x p/week Never

Emergency Contact Name:

Emergency Phone:.....

Names of other participants for family activities:

1) 2)

Do you have a medical condition or allergies that the tutor needs to know about?
 (Please put other participants names in if relevant)

.....
 (Please sign if you have filled this form to the best of your knowledge)

Signature:..... Date:.....

TOTAL COST OF CHOSEN COURSES \$

Payment via cash (no EFTPOS or Credit) or cheque at the centre
 Cheque made out to: Victory Community Centre, or posted to: PO Box
 8057, Nelson. Direct credit online to our Kiwi Bank account:
 38-9009-0133732-00 with your surname and course as a reference.



Y-Drop in for Girls Tuesday 5:00-7:30

A time for women from Victory to come together and be girls!
 Youth work support, mentoring and lots of fun on-site and offsite
 activities. Supported by NCC, Rata Foundation, COGS. **VENUE:** YMCA
COST: FREE **AGE:** 12-16 years. **DATES:** runs weekly, term time only
CONTACT: Contact: 545 6631

KSI Karate Tue / Thur 5:00-7:00

There are classes for beginners and those with experience. Fun with
 a focus on effective and practical techniques. Children 10 years +
 and adults very welcome. **DAYS:** Tuesday & Thursday **TIME:** Tuesday
 5.00 to 7.00pm Thursday 6.00 to 7.00pm. **DATES:** Runs weekly. **AGE:**
 10+ **VENUE:** Nelson YMCA **COST:** Junior \$20 Adult \$25 per month
CONTACT: Sean Thomas 021 543 130 email sean@tima.co.nz

Victory Sixty Plus Tuesday 1:00 - 3:00

Join a friendly group of people for afternoon tea, a chat and games.
 We currently play Five Hundred & Rummikub and are open to new
 ideas! (The majority of players are not church members)
DATE: Runs weekly, finishes 13 December **VENUE:** Victory Church

Under Five Jive Friday 9:45-10:45

A fun and creative music and movement class for pre-schoolers and
 their parents / caregivers. **COST:** Gold Coin donation **DATE:** runs
 weekly, term time only **VENUE:** Victory Church.

Y-Drop in for Boys Saturday 12 - 2:30

A time for young men from Victory to come together and be boys!
 Youth work support and mentoring and lots of fun on-site and
 offsite activities. Supported by NCC, Rata Foundation, COGS. **COST:**
 FREE **AGE:** 12-16 years **VENUE:** YMCA. **CONTACT:** 545 6631
DATES: runs weekly, term time only

Youth Drop In Saturday 2:30 – 5.30

Come and chill out, enjoy pool, table tennis, movies, x box and the
 internet. Learn how to run youth events.
COST: FREE **AGE:** 12 to 16 years **VENUE:** YMCA **DATES:** runs weekly,
 term time only

Whanau, Food & Fun Sunday 10:30 - 11:30

Crafts, games and activities based on Christian theme, followed by a
 shared lunch. **DATE:** 2 October, 6 November & 4 December
AGE: All **COST:** Nil **VENUE:** Victory Church

CONTACT: For more information please
 email vcceception@victory.school.nz
 or call the Community Centre on 03 546
 8389 www.victorycommunitycentre.co.nz

Stay up to date with us on Facebook:
www.facebook.com/victorycommunitycentre



Victory Community Centre, Nelson Intermediate,
 YMCA and Victory Church are proud to present...

VICTORY on the MOVE
TERM 4 – 2016
03 546 8389

An exciting programme of physical and arts activities for the
 residents of Victory and the wider Nelson community.

SPORTS MARTIAL ARTS

Be part of a new Martial Arts family at Victory
10 x World and European Martial Arts Champion,
Sallie McArdle, will be starting classes for all age
 groups. Whether it's purely for fitness and
 Self-defense or to represent your country at
 International level, come along and learn a skill for life.
 Have your child improve their motor skills, self-esteem,
 respect for themselves and others, confidence, fitness
 and self-defense in a fun and healthy environment
DATE: 10 October to 12 December **COST:** \$45 under 18 \$65 18 +
AGE: 5 & 6 years 3.30 to 4pm **AGE:** 7 to 11 years 4 to 5pm
AGE: 12 - 16 years 4.45 to 6 **AGE:** 16 years + 5.45 - 7pm
**Phone Victory Community Centre to register or Sallie for further
 information 02102778164**

Nelson Intermediate Pool

Get into swimming this summer with your
 family / whanau at this wonderful pool.
Contact Victory Community Centre to get a key.
DATES: 5th December to 12th March
TIME: School Holidays - 9.30am - 8.30pm
 School Term - 3.45pm – 8.30pm

Weekends & Public Holidays - 9.30am – 8.30pm
COST \$80 for Pool Key \$10 Refundable Deposit

Hand Craft Sessions Mon / Wed 12:30-2:45



Social group that welcomes people with all skill levels. **DATE:** Every Monday and Wednesday except public holidays, finishes 14 December **AGE:** All **COST:** \$2.

Learners Licence Course Monday 10.30 -12.30



Learn Driver Licence theory and do a practice test to help you gain your learners licence. 100% success rate. **DATE:** 31 October – 5 December **COST:** No Cost Supported by Adult Learning Support

Art Journaling Monday 1.00 -2.30



Live a more fun life by learning Art Journaling. Learn a range of techniques that bring together writing and art. **DATE:** 7 November –12 December **COST:** \$2

Victory Play Group Tue & Thu 9:00-11:30



Play Group for parents and young children to meet, play and socialise. We provide interesting activities for children and families. Morning tea is provided for children and hot and cold drinks for adults. **DATE:** 11 October – 15 December **COST:** Gold Coin Donation. **AGE:** Children 0-5 yrs.

Yuan Gong Intro Course Tuesday 10.30-12



A six week course to learn the gentle, graceful movements of Yuan Gong. Safe, effective and efficient. Heals the body, stabilises emotions and brings mental clarity. Effective for many health conditions. **DATE:** 11 October – 6 December **AGE:** 16+ **COST:** \$30 per course NOTE: No session 8 & 15 Nov

Yuan Gong Session Tuesday 9:00 – 10.30



Weekly session for people with some experience of Yuan Gong. The gentle movements heal and strengthen the body, energy and mind. Effective for many health conditions as the movements can be adjusted to your health condition, including sitting if you need to. **DATE:** 11 October – 6 December **AGE:** 16+ **COST:** \$5 per session. NOTE: No session 8 & 15 November.

Sit And Be Fit Tuesday 11:00-11:45



Enjoy exercising sitting down. Try this fun, seated exercise class you'll burn some calories and keep your heart healthy. Experience a range of benefits from these sessions. **DATE:** Every Tuesday, finishes 13 December **COST:** \$3.00 **AGE:** 16+. Class held every Thursday Victory Church 10-10:45 lead by Shirley \$4

Ukulele Course Tuesday 3.45 -5.00



Beginner ukulele with Gretchen, have fun learning basic chords and strums for many songs. **DATE:** 25 October – 6 December **AGE:** 5 to 7 years 3.45 to 4.15pm, 8 to 12 years 4.15 to 5pm **COST:** 5 to 7yr \$28, 8 to 12yr \$35

Pilates Tuesday 6:00-7:00



Runs as a 6 week course, Pilates teaches you about breathing with movement, balance, co-ordination, positioning of the body, spatial awareness, strength and flexibility. **DATE:** 1 November – 6 December **AGE:** 16+ **COST:** \$45

Laughter Yoga Club Wednesday 5:30-6:30



Come laugh with us... Laughter is our body's natural antidote to stress. Laughter "Yoga" is a simple yet very powerful form of exercise, combining laughter exercises with yogic breathing. **DATE:** Runs weekly, until 14 December **AGE:** 16 + **COST:** \$2. Bring a yoga mat or towel, children under 16 must be with an adult.

Yoga Wednesday 5:30-6:50



In this 9 week course you will learn and practice yoga poses to develop better posture, release tension and improve flexibility and strength. Awareness of your breath will lead to an increased sense of calm and wellbeing. **DATE:** 12 October – 7 December **AGE:** 16+ **COST:** \$63

Bubs Music Class Wednesday 9:45-10:30



This is a music and movement class for 0 to 5 years (older siblings welcome) lead by Tami Mansfield, director of *Off Broadway Performing Arts School*. **DATE:** 28 September to 14 December, meet & greet from 9:45 **COST:** \$2 per child \$5 per family

Consciously Growing Older Wednesday 10:00 –12:00



When you are getting older, your lifestyle can change. Through the workshops we discuss aspects that have an impact on our daily life and wellbeing: e.g. health, transportation, social isolation and housing. Using fun and interactive tools we share knowledge and work on practical solutions. **DATE:** 12 October to 2 November **COST:** \$5 per session

Teen Pilates Thursday 4.00-4.45



This course will target posture, alignment. core strength, coordination balance and flexibility. It helps teens to gain awareness of their body. **DATE:** 27 Oct – 8 December **COST:** \$35 NOTE: Please bring a mat

Victorious Chess Club Thursday 6:30-8:30



Challenge your brain, come and play chess in a supportive environment for all ages, skill levels & beginners. Under 8ys must be accompanied by an adult/caregiver **DATE:** 20 October, 17 November 1 & 15 December **AGE:** All **COST:** \$2

Multicultural Seniors Friday 10:00-11:00



Social group for all cultures to meet, play games, have a cup of tea and chat, social walking and light exercise. **DATE:** 14 October – 16 December **AGE:** All **COST:** \$3 NOTE: No session 4 November

Lark in the Park Friday 5:30 - 7:30



Come and enjoy the summer evenings with your friends and family. We have lots of sports equipment for you to enjoy including volleyball, cricket and Unihoc plus lots of play equipment. BBQ meal available. **DATE:** 11 November to 16 December **AGE:** All **COST:** FREE

Shoshin Kendo Saturday 10:00-11:00



This is a dynamic Japanese Martial art using ancient Samurai sword techniques and spirit. The benefits include increased levels of fitness, confidence and discipline. Ages 5 to any aged adults. **AGE:** 5+ **COST:** \$20 p/month **DATES:** Contact: Rayon 545 2973 or visit www.shoshinkendo.nz

Piano Lessons Saturday 12:00 - 2:30



Wanting to learn to play the piano or improve your playing skills? We have lessons available with our experienced tutor. **DATES:** 15 October – 10 December **TIME:** Saturdays enquire for availability NOTE: No session 5 November **AGE:** All **COST:** \$13 for a 20 minute lesson.

Barn Dance at Victory Saturday 7:30-10:00



The Celts Ceilidh Band are hosting a Barn dance. No experience necessary as all the dances are called. ring a plate of food for supper to share. **DATE:** 12 November **AGE:** All **COST:** Door Sales Only \$10 adults, \$5 School aged children & \$20 family. **NOTE:** An alcohol free family-friendly community event. For enquiries phone Steve 021 2338531 or Sue at gecko@ts.co.nz

Do you have a passion or skill to share with the community? Want to see a different course run at the centre? Call us on 546 8389 or email vccmanager@victory.school.nz to talk about your ideas, we would love to hear from you.