

FREE EARLY CHILDHOOD CLINIC

*Infant Health Check
(0-5 years)*

Tues 8:30am - 5pm

Wed 10am - 3pm

Appointments essential

Phone Gosford Gateway Clinic on 4328 7900



KARIONG OUT OF SCHOOL HOURS CARE & VACATION CARE

Quality affordable child care catering for children from 4 years to 13 years of age.



Before school care operates from 6:30am to the commencement of school and After School from 2:30 to 6:30pm on each school day

During Vacation care and on pupil free days the Centre offers care from **6:30am to 6:30pm**



Childcare subsidy is available to eligible families

For more information call us on **43404561** or email oosh@knc.net.au



What's On

- INFORMATION & REFERRAL
- ADMINISTRATION SERVICES
- INFORMATION BOOKLETS
- SERVICE GROUPS, WORKSHOPS & MORE

CONTACT US

10 Langford Drive, Kariong, NSW 2250

Phone: 4340 1724 | Fax: 4340 4595

Email: admin@knc.net.au

Web: www.knc.net.au



www.knc.net.au

FREE IMMUNISATION CLINIC

2nd and last Tuesday each month

for 2 month to 4 year old children

12noon - 1pm

No need to book, just come along



FREE FAMILY LAW CLINIC

With Katie Smith

Appointments available

(availability according to court appearances)

Bookings Essential

Phone: 02 4340 1724

30 years experience

web: www.katiesmithsolicitor.com.au



HOLD YOUR PARTY HERE



Kariong neighbourhood Centre is the perfect venue for your Child's Party, Christening, or Baby Shower.

We have fantastic facilities including fully equipped kitchen, outdoor playground and undercover area for wet weather options.

Call to arrange your booking on 4340 1724
or email admin@knc.net.au

LITTLE BIG SCHOOL

Fridays - 9:30am- 11:30am

(School Term only)

Cost \$12 per child per session

\$12 Annual Enrolment Fee



Bookings essential

Supporting each child's successful pathway to school



ACTIVE PLAYGROUP

Every Wednesday during school term

10:30am - 12:30pm for 0 - 6 year olds

\$5 per child + \$1 per additional child

BASIC PRESCHOOL BALLET

Tuesday 10:30am - 11:30am

\$5 per child per session

(School Term only)

Class will include:

Royal Academy of Dance Training, Music
Appreciation & Performance

FREE COMPUTER CLASSES FOR SENIORS



Keep in touch with friends
and family, use social media,
surf the internet, shop online
and much more!

Book now - 4340 1724 or
admin@knc.net.au

THE OVER 50'S FRIENDSHIP GROUP

Fridays 12:00 noon - 2pm

(School Term only)

Come along, we'd love to meet you. Bring a plate to
share, join in the fun and most of all, establish some
rewarding friendships!



INDOOR BOWLS

Tuesdays 9:30am to 11:30am

(School Term only)

Join us for a laugh and a stretch

New players welcome

No experience necessary.

For more information just ring
the Centre or just come along.

Morning tea is provided



FIRST AID TRAINING

(Directions Health)

Wednesdays fortnightly

Call 94863120 or email
enquiries@firstaid.net.au

TAI CHI

Australian Academy of Tai Chi



Wednesday 9am - 10am

(School Term only)

\$12 per lesson

Contact Helen on 0435 121 520

PILATES FOR SENIORS

Mondays 12pm - 1pm

Cost \$10 per class

(School Term only)

For information & bookings contact Sarah 0425 265 609
or sarah@yourtemple.com.au

Also PILATES For FITNESS 8.15am - 9.15am on Saturdays

FAMILY HELP SERVICE

We all have moments
when the going gets tough.

Our family worker can assist your family with
housing, Centrelink, food, childcare and more.
Contact us for a referral today.



SECOND BITE

Ending Waste, Ending Hunger

Wednesdays 2:00pm - 3:00pm

Limited fresh fruit, vegetables, bread, eggs,
clothes + canned goods available,
subject to availability on the day.

Everyone is welcome - Bring your own bag