



- **Before school care operates from 6.30am to the commencement of school and After School from 2.30pm to 6.30pm on each school day**
- **During Vacation Care and on Pupil Free Days the Centre offers care from 6.30am - 6.30pm**

A photograph of two young girls playing in a sandbox. The girl in the foreground is wearing a denim jacket and jeans, digging with a yellow shovel. The girl in the background is also wearing a denim jacket and jeans, sitting and playing with a yellow bucket. They are both wearing red shoes.

FAMILY HELP SERVICE

FREE FAMILY LAW CLINIC

WORKING DEVELOPMENT ORDER

A hand-drawn word cloud in the shape of a heart. The words are arranged in a way that they form the outline and fill of a heart. The words are in various colors: green, blue, purple, and black. The words include: LOVE, GIVE, LIFE, COMMUNITY, WORK, GIVING, SUPPORT, TEAMWORK, FRIENDSHIP, HUMANITARIAN, MONEY, FOOD, LEISURE, HAPPINESS, UNITY, SUCCESS, COOPERATION, PEOPLE, DIVERSITY, and ASSISTANCE. A hand is shown drawing the heart shape with a black marker.



What's On

**Information & Referral
Administration Services
Information Booklets
Service Groups, Workshops &
More**

Darkinjung Country

Phone: 4340 1724

Fax: 4340 4595

Email: admin@knc.net.au

Web: www.knc.net.au



OUR PROGRAMS & SERVICES

VENUE HIRE

Kariong Neighbourhood Centre is the perfect venue for your child's party, christening or baby shower.

We offer a fully equipped kitchen, outdoor playground and undercover area for wet weather options. Contact us to arrange your booking.



PILATES*

FOR SENIORS

MONDAYS 12PM - 1PM

PILATES FOR FITNESS

SATURDAYS 8.15AM - 9.15AM

\$10 PER CLASS

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

BASIC PRESCHOOL BALLET*

TUESDAYS 10.30AM - 11.30AM

\$5 PER CHILD PER SESSION

Class will include Royal Academy of Dance Training, Music Appreciation & Performance.

*School terms only **By invitation



LITTLE BIG SCHOOL*

FRIDAYS 9.30AM - 11.30AM

\$12 PER CHILD PER SESSION

\$12 ANNUAL ENROLMENT FEE

Booking essential. Supporting each child's successful pathway to school.

THE OVER 50'S FRIENDSHIP GROUP*

FRIDAYS 12.15PM - 2PM

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.

FREE EARLY CHILDHOOD CLINIC

TUESDAYS 8.30AM - 5PM

WEDNESDAYS 10AM - 3PM

Infant Health Check (0-5 year olds)

Appointments essential.

Phone Gosford Gateway Clinic on ph: 4328 7900



TAI CHI*

Australian Academy of Tai Chi

WEDNESDAYS 9AM - 10AM

\$12 PER LESSON

Contact Helen on ph: 0435 121 520

FIRST AID TRAINING*

Directions Health First Aid

WEDNESDAYS FORTNIGHTLY

Call ph: 9486 3120 or

email: enquiries@firstaid.net.au to register

ACTIVE PLAYGROUP*

WEDNESDAYS 10.30AM - 12.30PM

\$5 PER CHILD + \$1 PER ADDITIONAL CHILD

For 0-6 year olds. Develop your child's social skills & school readiness in a safe, happy and stimulating environment. Meet local families and make new friends.

MUMS & BUBS GROUP**

WEDNESDAYS 10.30AM - 12.30 NOON

Support and info for new mums to help through the early days. Enjoy morning tea together and have those questions answered in a friendly & supportive environment. By invitation from your Local Area Health Department Nurse. Enquires ph: 4328 7900

FOOD RELIEF PROGRAM

WEDNESDAYS 2PM - 3PM

Limited fresh fruit, vegetables, bread, eggs, clothes & canned goods available, subject to availability. A \$5 donation is requested, to enable us to continue to support our local community. Everyone is welcome - Bring your own bags.

FREE COMPUTER LESSONS FOR SENIORS

Keep in touch with friends and family, use social media, surf the internet, shop online and much more. Contact us to book.