



Wellness Programs - 2020 Timetable



Invest in your wellbeing and see the result:

Increased physical activity	Reduced Chronic Illness
Improved physical fitness	Improved mental health

@ SHARE We Care

About us



S.H.A.R.E Self Help Association through Responsibility and Enrichment

Our Vision is empowered, Australia-wide healthy communities

Our Mission is to build and sustain communities through a focus on individual health, well-being, and rehabilitation. We will achieve this by designing and delivering programs through our alliances with medical groups and individuals; academic institutions; allied health groups and individuals; government agencies; peak bodies and corporates. These programs are developed on a platform of internationally recognised research.


Our Core Values - Compassion, Evidence-based, Focused, Inclusiveness, Innovation and Trust

SHARE is an award winning not-for-profit organisation and since 1985 has been offering evidenced based, affordable, caring, flexible, friendly and person-centred programs and classes for people over 50 through our accredited fitness instructors. Our programs are developed on a platform of internationally recognised research.

SHARE classes are targeted to reduce the impact of lifestyle-related chronic disease and includes: Women's health, Men's Only classes, management of chronic disease, pain management, obesity, diabetes, high blood pressure, arthritis, osteoarthritis, depression, cardiovascular disease, quit smoking, nutrition, musculoskeletal, falls prevention, mental health, social connectedness, general wellbeing, psychological distress and injury rehabilitation from post operation i.e. back and knee. Next Steps, Make Healthy Normal, Training and Development for Instructors. Other specific events are held to raise awareness i.e Senior's Week, Diabetes and so on. Most importantly our programs provide social connectedness and well-being.


Contact Us

 **02 8580 0628**

 **info@share.org.au**

 **www.share.org.au**

 **Suit 1A, 124 Forrest Road, Hurstville 2220**

 **P.O Box 281 Kogarah 1485**

How to enrol in SHARE's classes

- ✓ Enrolment form
- ✓ Pre-activity questionnaire (PAQ)

For new participants, you can download these two forms in our website or call to the office for a hard-copy. After filling in all required information, then both forms can then be mailed, emailed or handed back to the head office

How to pay for your class

- ✓ We accept **Visa/Master Card**, but NOT American Express
- ✓ **Direct Deposit or Direct Transfer:** St George Bank Any Branch. **SHARE SMR INC: BSB: 112 879, AN: 055 467 062**
- ✓ **Cheque/Money Order:** Made Payable to SHARE SMR INC.
- ✓ **Cash payment** must be paid at head office

Important information

- ✓ SHARE courses are conducted in line with school terms and **not** on public holidays
- ✓ All fees must be paid in advance by the closing date given in the current timetable
- ✓ Instructors cannot accept your enrolment fee at the class
- ✓ Participant can do 2 make-class/term. Credit can only be transferred for the following term due to medical reason
- ✓ SHARE reserves the right to move, postpone and cancel any class

What to bring to your exercise class:

- ✓ A bottle of water; Comfortable clothes and shoes
- ✓ Yoga mat for Yoga class and other equipment required, please consult instructors of your class.
- ✓ Last but not least, **a positive attitude!**

Notes for Aqua class

- ✓ Bring your own towel and wear suitable swimming suit
- ✓ Talcum powder is **NOT** permitted in the pool area & change rooms
- ✓ No glass or breakable containers should be taken to any aqua class
- ✓ You **SHOULD NOT** use the pool if you have any of the following conditions: Incontinence, Infection, Open wound area, Very high or unstable blood pressure, Acute cardiac conditions.

Term calendar 2020:

Day	Term 1	Term 2	Term 3	Term 4
Monday	3 rd Feb – 6 th Apr 10 weeks	27 th Apr – 29 th Jun 9 weeks	20 th Jul – 21 st Sep 10 weeks	12 th Oct – 14 th Dec 10 weeks
Tuesday	28 th Jan – 7 th Apr 11 weeks	28 th Apr – 30 th Jun 10 weeks	21 st Jul – 22 nd Sep 10 weeks	13 th Oct – 15 th Dec 10 weeks
Wednesday	29 th Jan – 8 th Apr 11 weeks	29 th Apr – 1 st Jul 10 weeks	22 nd Jul – 23 rd Sep 10 weeks	14 th Oct – 16 th Dec 10 weeks
Thursday	30 th Jan – 9 th Apr 11 weeks	30 th Apr – 2 nd Jul 10 weeks	23 rd Jul – 24 th Sep 10 weeks	15 th Oct – 17 th Dec 10 weeks
Friday	31 st Jan – 3 rd Apr 10 weeks	1 st May – 3 rd Jul 10 weeks	24 th Jul – 25 th Sep 10 weeks	16 th Oct – 18 th Dec 10 weeks
Saturday	1 st Feb – 4 th Apr 10 weeks	2 nd May – 4 th Jul 10 weeks	25 th Jul – 26 th Sep 10 weeks	17 th Oct – 12 th Dec 9 weeks

Summer Class

Class	Venue	Day and Time	Date	Class Number	Price
Fitter & Stronger	Oatley RSL 23 Letitia St, Oatley	Friday 9.00 am	03/01-24/01 4 weeks	SUM 2001	\$40.00
Fitter & Stronger	Oatley RSL 23 Letitia St, Oatley	Friday 10.00 am	03/01-24/01 4 weeks	SUM 2002	\$40.00
Strength, Stretch & Relax	Oatley RSL 23 Letitia St, Oatley	Wed 10.00 am	8/01-22/01 3 weeks	SUM 2003	\$30.00
Gentle Aqua	Canterbury Hospital Canterbury Rd, Campsie	Tues 12.30 pm	7/01-21/01 3 weeks	SUM 2004	\$31.50
Gentle Aqua	Canterbury Hospital Canterbury Rd, Campsie	Wed 10.30 am	8/01-22/01 3 weeks	SUM 2005	\$31.50
Gentle Aqua	Canterbury Hospital Canterbury Rd, Campsie	Thurs 12.30 pm	9/01-23/01 3 weeks	SUM 2006	\$31.50
Aqua Aerobic	Peakhurst West Public School, Ogilvy Street	Tues 11.15 am	7/01-21/01 3 weeks	SUM 2007	\$30.00

Term Class

Fitter & Stronger: Duration 1 Hour

These classes are designed to improve your strength, fitness, flexibility and balance. A good way to challenge your total body fitness while you're having fun, includes a warm-up, aerobics, strength exercises using resistance equipment and a cool-down with stretching and relaxation.

In partnership with Inner West, City of Sydney, Burwood and Strathfield Council, SHARE offers reduced rates to some of the classes in these areas. No further discount or deductions apply.

Venue	Address	Day and Time	Class number	Price
ASHFIELD – Civic Centre	260 Liverpool Rd	Sat 9.15 am	1A	No Longer Subsidised by Inner West Council - Regular Cost \$100 \$50/term – Subsidised by SHARE
ASHFIELD – Civic Centre Room 4	260 Liverpool Rd	Tues 9.30am	1D	Term 1: \$110, Term 2 3 4: \$100
CLEMTON PARK – Baptist Church	9 Shackel Ave	Wed 9.30 am	1B	Term 1: \$110, Term 2 3 4: \$100
CONCORD – St Luke's Anglican Church	17 Burton St	Thurs 9.00 am	1C	Term 1: \$110, Term 2 3 4: \$100
EARLWOOD - Senior Citizens Centre	362 Homer St	Mon 12.30 pm	1E	Term 1 3 4 : \$100, Term 2: \$90
GLEBE – St Helens Comm. Centre Level 2 Class	184 Glebe Point Rd	Thurs 8.00 am	1F	Subsidised by City of Sydney Council Free
GLEBE – St Helens Comm. Centre Level 2 Class	184 Glebe Point Rd	Thurs 9.00 am	1U	Subsidised by City of Sydney Council Free
GLEBE – St Helens Comm. Centre Level 1 Class	184 Glebe Point Rd	Thurs 10.15 am	1G	Subsidised by City of Sydney Council Free

Fitter & Stronger: (Continued)

Venue	Address	Day and Time	Class number	Price
KOGARAH School of Arts	Cnr Queens Ave & Bowns Rd	Wed 10.00 am	1H	Subsidised by George River Council \$60/term
PEAKHURST - St Matthews Church	4a Whitegates Ave	Wed 9.00 am	1i	Term 1: \$110, Term 2 3 4: \$100
PEAKHURST - St Matthews Church	4a Whitegates Ave	Thurs 10.15 am	1L	Term 1: \$110, Term 2 3 4: \$100
PENSHURST - Presbyterian Church	118 Penshurst St	Mon 8.45 am	1J	Term 1 3 4 : \$100, Term 2: \$90
PENSHURST - Presbyterian Church	118 Penshurst St	Thurs 10.15 am	1K	Term 1: \$110, Term 2 3 4: \$100
OATLEY – RSL Club (Downstairs)	23 Letitia St	Fri 9.30 am	1M	Term 1 2 3 4: \$100
OATLEY – RSL Club (Downstairs)	23 Letitia St	Fri 8.30 am	1R	Term 1 2 3 4: \$100
BURWOOD – Woodstock Community Centre	22 Church St	Mon 9.00 am	1o	Subsidised by Burwood Council \$65
BURWOOD – Woodstock Community Centre	22 Church St	Tue 10.00 am	1T	Subsidised by Burwood Council \$65
REDFERN – Community Centre	29-53 Hugo St	Wed 9.30 am	1N	Subsidised by City of Sydney Council Free
STRATHFIELD – Community Centre	1B Bates St	Thurs 10.30 am	1W	Subsidised by Strathfield Council \$60

Strong & Active: Duration 1.5 Hour

This class is a more intense workout class which includes a warm-up, aerobics and strength, core stability exercises, a cool-down and stretching and relaxation. This class is a great way to challenge your fitness.

Venue	Address	Day and Time	Class number	Price
CARINGBAH – Senior Citizens Centre	376-382 Port Hacking Rd	Thurs 11.00 am	2A	Term 1: \$159.50 Term 2 3 4: \$145.00
NARWEE - Australian Air League	7 Bryant St	Wed 6.30 pm	2B	Term 1: \$159.50 Term 2 3 4: \$145.00
PENSHURST - RSL Club Auditorium	58a Penshurst St	Mon 10.15 am	2C	Term 1 3 4 : \$145.00 Term 2: \$130.50
SYLVANIA HEIGHTS - Youth & Community	288 Box Rd	Tues 11.15 am	2D	Term 1: \$159.50 Term 2 3 4: \$145.00

Strength, Stretch & Relax: Duration 1 Hour

Fun class which includes an easy warm-up, whole body strength and stretching exercises, balance and relaxation. A great way to improve muscle strength, balance and range of movement. You will also learn how to relax your body and reduce stress.

Venue	Address	Day and Time	Class number	Price
BEXLEY – Community Centre	405 Bexley Road	Wed 10.00 am	3A	Term 1: \$110, Term 2 3 4: \$100
PEAKHURST – St Matthews Church	4a Whitegates Ave	Thurs 11.30 am	3B	Term 1: \$110, Term 2 3 4: \$100
OATLEY – RSL Club (1st Floor)	23 Letitia St	Tues 12.30 pm	3C	Term 1: \$110, Term 2 3 4: \$100
OATLEY – RSL Club (1st Floor)	23 Letitia St	Wed 10.30 am	3D	Term 1: \$110, Term 2 3 4: \$100
OATLEY – RSL Club (Sport room, downstairs)	23 Letitia St	Fri 10.30 am	3F	Term 1 2 3 4: \$100
ENGADINE – Community Centre	1034 – 1036 Old Princes Hwy	Wed 11.00 am	3G	Term 1: \$110, Term 2 3 4: \$100
KOGARAH – Calvary Hospital	91 – 111 Rocky Point Road	Fri 9.30	CH	Subsidised class \$60

Please find starting and ending date for each term on page 4

Tai Chi: Duration 1 hour

Participants work within their own comfort zone and will always have new skills to learn. Discover how to create a new positive energy, challenge your mind and body and enjoy many health benefits including improved balance, range of movement and concentration.

Venue	Address	Day and Time	Class number	Price
CONCORD – Seniors Centre	11 Wellbank St	Tues 10.15am	4B	Term 1: \$110, Term 2 3 4: \$100
DULWICH HILL – Seniors Centre Intermediate	14 Seaview St	Fri 10.00 am	4D	Term 1 2 3 4: \$100
HURSTVILLE – Salvation Army Hall	Cnr Bond & Dora St	Mon 9.30 am	4E	Term 1 3 4 : \$100, Term 2: \$90
LEICHHARDT – All Souls Anglican Church	13-16 Marion St	Tues 9.15am	4F	Term 1: \$110, Term 2 3 4: \$100
MIRANDA – Community Centre Beginners Class	Karimbla Rd	Fri 9.00am	4G	Term 1 2 3 4: \$100
MIRANDA – Community Centre Beginners Class	Karimbla Rd	Fri 10.00am	4H	Term 1 2 3 4: \$100
ASHBURY – Senior Citizen’s Centre	66 Princess St	Thurs 9.00am	4N	Term 1: \$110, Term 2 3 4: \$100
ANNANDALE – Neighbourhood Centre	79 Johnston Street	Tues 11.45am	4P	Term 1: \$110, Term 2 3 4: \$100
BURWOOD – Woodstock Community Centre	Jackett Conference Room	Thurs 10:00am	4o	Subsidised by Burwood Council \$30/term – Subsidised by SHARE
HURSTVILLE – Kempt Field	Park in Hurstville	Fri 7pm	4Q	Free

Please find starting and ending date for each term on page 4

Gentle/Specialised Classes: Duration 1 Hour

Specialised classes is very gentle exercise class for people with minor inability. This class includes warm up, strength exercises using resistance equipment and a cool-down with stretching and relaxation. Specialised classes will keep you active, independent and strong. These classes are specifically designed to meet your needs.

Venue	Address	Day and Time	Class number	Price
CONCORD – Seniors Centre <i>Men Only Class</i>	11 Wellbank St	Tues 12.30 pm	7A	Term 1: \$110, Term 2 3 4: \$100
SANS SOUCI – St George Motor Boat Club (Sapphire Room)	2 Wellington Street	Wed 11.45 am	7B	Term 1: \$110, Term 2 3 4: \$100
BURWOOD – Woodstock Community Centre	22 Church St	Tues 11.00 am	7C	Term 1: \$110, Term 2 3 4: \$100
BURWOOD – Woodstock Community Centre	22 Church St	Tues 12.00 pm	7D	Term 1: \$110, Term 2 3 4: \$100

Relax & Unwind: Duration 1 Hour

This class is designed to give improve flexibility, lower blood pressure and better sleep. It includes a warm up, slow movement and follow by a long relaxation component incorporating breathing exercises.

Venue	Address	Day and Time	Class number	Price
OATLEY – RSL Club (Downstairs)	23 Letitia St	Fri 12.30pm	8B	Term 1 2 3 4: \$100

Please find starting and ending date for each term on page 4

Active & Fit: Duration 1 Hour

Includes a warm-up, low-impact aerobics and core strength exercises followed by a cool-down and stretching. A good way to improve your fitness and core stability. A fun and simple way to stay fit and active.

Venue	Address	Day and Time	Class number	Price
ROZELLE – Hannaford Community Centre	608 Darling St	Mon 9.00 am	9A	Term 1 3 4 : \$100, Term 2: \$90
ROZELLE – Hannaford Community Centre	608 Darling St	Mon 10.00 am	9B	Term 1 3 4 : \$100, Term 2: \$90
MORTDALE – RSL Club (Macquarie Room 1st Floor)	25 Macquarie Pl	Mon 2.30 pm	9C	Term 1 3 4 : \$100, Term 2: \$90

Feldenkrais: Duration 1 Hour

Enhances your ability to move and be in life. In Awareness (ATM) classes, guided through gentle movement explorations become aware of how the habits of posture and movement in action may be limiting or restricting you. By thinking, sensing, feeding and moving you can improve Co-ordination and balance, reduce tension, stress, and pain, and enhance breathing and general well-being.

Wear comfortable clothes and socks, and bring your own a mat or towel.

Venue	Address	Day and Time	Class number	Price
BEXLEY – Community Centre	405 Bexley Road	Wed 11.00 am	11H	Term 1: \$110, Term 2 3 4: \$100

Please find starting and ending date for each term on page 4

Yoga: Duration 1 Hour

This class is designed to help with breathing techniques, stretching exercises and deep relaxation to reduce anxiety, increase mobility, enhance memory, improve sleep, ease depression, and achieve calmness and mental clarity. Simple breathing and stretching exercises that can be done on a mat or sitting in a chair. **Wear comfortable clothes and socks, and bring your own mat or towel.**

Venue	Address	Day and Time	Class number	Price
KOGARAH School of Arts	Cnr Queens Ave & Bowns Rd	Wed 10.00 am	14A	Subsidised by George River Council \$60
BURWOOD – Woodstock Community Centre - Fitzroy Hall	22 Church St	Fri 9.00 am	14B	Term 1 2 3 4: \$100

Zumba Gold: Duration 1 Hour

This class is designed for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. It introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination

Venue	Address	Day and Time	Class number	Price
KOGARAH School of Arts	Cnr Queens Ave & Bowns Rd	Wed 10.00 am	14C	Subsidised by George River Council \$60
KOGARAH St Patrick Green	40 Chapel St	Thurs 4.00 pm	14F	Subsidised Class \$60

Please find starting and ending date for each term on page 4

Aqua Aerobics: Duration 45 mins.

Engages the body to continuously move to keep its balance in water. Moving in water engages more muscle fibers because of the water's consistent resistance. This helps shape and tone your body, as well as keep your heart rate up, offers a low impact workout developing cardiovascular endurance.

Venue	Address	Day and Time	Class number	Price
PEAKHURST West Public School Moderate Intensity	Ogilvy Street, Peakhurst	Tues 11.15 am	13A	Term 1: \$110, Term 2 3 4: \$100
PEAKHURST West Public School Moderate Intensity	Ogilvy Street, Peakhurst	Tues 12.10 am	13B	Term 1: \$110, Term 2 3 4: \$100
ENFIELD Aquatic Centre Moderate Intensity	8 Portland St, Enfield		13C	Contact SHARE for more detail
ENFIELD Aquatic Centre Moderate Intensity	8 Portland St, Enfield		13D	Contact SHARE for more detail

Please find starting and ending date for each term on page 4

Gentle Aqua: Duration 45 mins.

This class is an excellent follow-up to physiotherapy or rehabilitation and a safe form of exercise for people with limited mobility and joint or muscle pain. Water has a relaxing effect on the body and can decrease blood pressure, tension and pain and allows you to move and work at your own pace. Includes a warm-up aerobics, strength, balance, cool-down and stretching exercises. Swimming skills are not required for these classes.

Japara Aged Care Home – 2 Reading Rd, Brighton-Le-Sands

Level	Class type	Day and Time	Class number	Price
Level 1 = Low to Moderate Intensity	Women Only	Tues 2.00 pm	11A	Subsidised class \$60/term
Level 1 = Low to Moderate Intensity	Women Only	Tues 3.00 pm	11B	Subsidised class \$60/term
Level 1 = Low to Moderate Intensity	Women Only	Wed 2.00 pm	11C	Subsidised class \$60/term
Level 1 = Low to Moderate Intensity	Women Only	Wed 3.00 pm	11D	Subsidised class \$60/term

Swimmerz Academy – 19 Wurrook Circuit, Caringbah

Level	Class type	Day and Time	Class number	Price
Level 1 = Low to Moderate Intensity	Women and Men	Wed 11.30 am	15A	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Fri 11.30 am	15B	Term 1 2 3 4: \$105.00

Please find starting and ending date for each term on page 4

Gentle Aqua: (continued)

RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

Level	Class type	Day and Time	Class number	Price
Level 1 = Low to Moderate Intensity	Women and Men	Mon 7.30 am	5A	Term 1 3 4 : \$105 Term 2: \$94.50
Level 2 = Moderate Intensity	Women and Men	Mon 4.00 pm	5B	Term 1 3 4 : \$105 Term 2: \$94.50
Level 2 = Moderate Intensity	Women and Men	Mon 5.00 pm	5C	Term 1 3 4 : \$105 Term 2: \$94.50
Level 1 = Low to Moderate Intensity	Women and Men	Tues 7.30 am	5D	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Tues 4.00 pm	5E	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Tues 5.00 pm	5F	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Wed 7.30 am	5G	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Wed 4.00 pm	5H	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Wed 5.00 pm	5i	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Thurs 7.30 am	5J	Term 1: \$115.50 Term 2 3 4: \$105.00

Please find starting and ending date for each term on page 4

Gentle Aqua: (continued)

RPA Hospital Hydrotherapy Pool – QEII Building Missenden Rd, Camperdown

Level	Class type	Day and Time	Class number	Price
Level 2 = Moderate Intensity	Women and Men	Thurs 4.00 pm	5K	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Thurs 5.00 pm	5L	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Fri 7.30 am	5M	Term 1 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Fri 4.00 pm	5N	Term 1 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Fri 5.00 pm	5O	Term 1 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Sat 9.00 am	5P	Term 1 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Sat 10.00 am	5Q	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Sat 12.00 pm	5R	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Sat 1.00 pm	5S	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Sat 3.00 pm	5T	Term 1: \$115.50 Term 2 3 4: \$105.00

Please find starting and ending date for each term on page 4

Gentle Aqua: (continued)

Canterbury Hospital Hydrotherapy Pool – Canterbury Rd, Campsie

Level	Class type	Day and Time	Class number	Price
Level 1 = Low to Moderate Intensity	Women Only	Mon 4.00 pm	6A	Term 1 3 4 : \$105 Term 2: \$94.50
Level 2 = Moderate Intensity	Women and Men	Mon 5.00 pm	6B	Term 1 3 4 : \$105 Term 2: \$94.50
Level 2 = Moderate Intensity	Women Only	Tues 8.30 am	6C	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women Only	Tues 12.30 pm	6D	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women Only	Tues 1.30 pm	6L	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Wed 8.30 am	6E	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Wed 9.45 am	6F	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women Only	Thurs 8.30 am	6G	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women Only	Thur 12.30 pm	6H	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Thurs 4.00 pm	6i	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women Only	Fri 4.00 pm	6J	Term 1 2 3 4: \$105.00

Please find starting and ending date for each term on page 4

Gentle Aqua: (continued)

St George Hospital Hydrotherapy Pool – South St, Kogarah

NOTE: St George Hospital requires that everyone must wear rubber-soled shoes when entering the pool area & change rooms. Street shoes are not to be worn within the pool area and must be changed to rubber-soled shoes prior to entry.

Level	Class type	Day and Time	Class number	Price
Level 1 = Low to Moderate Intensity	Women and Men	Mon 12.30 pm	10A	Term 1 3 4 : \$105 Term 2: \$94.50
Level 1 = Low to Moderate Intensity	Women and Men	Mon 1.15 pm	10B	Term 1 3 4 : \$105 Term 2: \$94.50
Level 2 = Moderate Intensity	Women and Men	Fri 12.30 pm	10C	Term 1 2 3 4: \$105.00
Level 2 = Moderate Intensity	Women and Men	Fri 1.15 pm	10D	Term 1 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Thurs 4.30 pm	10E	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Wed 12.30 pm	10F	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Wed 1.15 pm	10G	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Thurs 5.15 pm	10H	Term 1: \$115.50 Term 2 3 4: \$105.00
Level 1 = Low to Moderate Intensity	Women and Men	Tues 12.30 pm	10J	Term 1: \$115.50 Term 2 3 4: \$105.00

Please find starting and ending date for each term on page 4

New Program starting 2020

Art as Therapy: Duration 1 Hour

Art and craft section help to concentrate on the creative process of brain, mind and hand, fundamentally help to remain mental wellness and reduce risk of dementia. Enjoy a variety of art and craft section every week and get socialised. All equipment will be provided for this class.

Venue	Address	Day and Time	Class number	Price
<i>Contact SHARE for more information and send your Express of Interest</i>				

Line Dancing: Duration 1 Hour

A fun way to get active and maintain a healthy heart and mental wellness. This class introduces easy-to-follow group dance choreography that focuses on balance and coordination.

Please wear comfortable shoes appropriate for dancing. No sandals or thongs.

Venue	Address	Day and Time	Class number	Price
<i>Contact SHARE for more information and send your Express of Interest</i>				

SHARE Stepping On: Duration 2 Hours

Stepping On is an exciting, friendly and free community program aimed at preventing falls, encouraging active living and maintaining independence in older people. This 7-week program combines gentle strength and balance exercises with education sessions.

Venue	Address	Day and Time	Class number	Price
<i>Contact SHARE for more information and send your Express of Interest</i>				

Community Partnerships Programs

For further information or enrolment please contact our Community partners listed below

No	CLASS	VENUE	DAY/TIME	CONTACT
1	Gentle Exercise	Cliff Noble Centre 24-26 Suttor Street, Alexandria	Tues 11:00 am	City of Sydney Council Contact 9265 9489
2	Gentle Exercise	Cliff Noble Community Centre 24-26 Suttor Street, Alexandria	Thurs 10.30am	SHARE Contact 8580 0628
3	Gentle Exercise /Tai Chi focus	The Exodus Foundation 180 Liverpool Road Ashfield	Fri 10:30 am	Inner West Council Contact 9716 1866
4	Gentle Exercise	Tom Foster Community Centre 11-13 Darley Street, Newtown	Selected Fridays 11am	Inner West Council Contact 9335 2187
5	Gentle Exercise	CECAL-Canterbury Earlwood Caring Association 15 Clarke Street, Earlwood	Thursday 9:30am	SHARE Contact 8580 0628
6	Sit To Fit	Ron Williams Centre 5-11 Kepos Street, Redfern	Wed 12:30 pm	City of Sydney Council Contact 9265 9489
7	Tai Chi in the Park	Turruwul Park Cnr Rothschild Ave & Hayes Road, Rosebery	Wed 9:30 am	City of Sydney Council Contact 9265 9489
8	Tai Chi in the Park	Redfern Park Cnr Redfern & Chalmers Streets, Redfern	Wed 11:00 am	City of Sydney Council Contact 9265 9489
9	Tai Chi in the Park	Ashfield Park Ormond Street, Ashfield	Wed 10:00am	Inner West Council Contact 9716 1866
10	Tai Chi in the Park	Lewisham-Morton Park 52 Gould Ave, Lewisham	Fri 9.00am	Inner West Council Contact 9335 2191

Community Partnerships Programs

(Continued)

No	CLASS	VENUE	DAY/TIME	CONTACT
11	Tai Chi in the Park	Enmore Enmore Park, Enmore Road, Marrickville	Sat 9.00am	Inner West Council Contact 9335 2191
12	Tai Chi in the Park	Tempe Kendrick Park 920 Princes Highway, Tempe	Mon 9.00am	Inner West Council Contact 9335 2191
13	Strength, Stretch & Relax	Mortdale Mortdale RSL 25 Macquarie Place, Mortdale	Tuesday 11.30am	3Bridges Community Contact SHARE 8580 0628
14	Zumba	Australian Disability Foundation 38 Redman Pde, Belmore	Tuesday 10.30am	SHARE Contact 8580 0628
15	Stepping On-Falls Prevention	Call SHARE for more detail	Free 7-week program	SHARE Contact 8580 0628
16	Gentle Aqua Health Aboriginal	RPA Hydrotherapy Pool Camperdown QEII Building Missenden Road, Camperdown	Monday 12.30pm Thursday 12.30pm	AMS Redfern Co-op Contact 9319 5823
17	Yoga in the Park	Olds Park, Penhurst	Tuesday 7.00 am Saturday 7.00 am	SHARE Contact 8580 0628

SHARE may run other classes and programs in community setting that are not listed here. Please contact us for more information.

We acknowledge and would like to thank all to our supporters and partners.

SHARE Event Calendar 2020

JANUARY	FEBRUARY	MARCH
<p>New Year Holiday SHARE Summer Class</p>	<p>National Senior Week Heart Research Month World Cancer Day</p>	<p>International Women Day World Harmony Day Arthritis Awareness Week Melanoma March National Epilepsy Month</p>
APRIL	MAY	JUNE
<p>10/4 Good Friday Easter Holiday World Parkinson Day World Autism Day</p>	<p>Mother's Day National Families Week World Lupus Day World Hypertension Day</p>	<p>Bowel Cancer Awareness Month National Burns Awareness Month World Environment Day Father's Day</p>
JULY	AUGUST	SEPTEMBER
<p>SHARE Christmas in July Eye Health Awareness Month</p>	<p>Tradies National Health Month Jeans for Genes day</p>	<p>Dementia Awareness Month World Heart Day RUOK day</p>
OCTOBER	NOVEMBER	DECEMBER
<p>Mental Health Month National Nutrition Week Breast Cancer Awareness Month Arthritis Day</p>	<p>World Diabetes Day</p>	<p>Christmas Holiday</p>

with a FREE trial class

START NOW

MOVE IT or LOSE IT!

BENEFITS OF EXERCISE



Social Connection



Improve Mental Health



Reduce the Risk of
Osteoporosis and Arthritis



Reduce the Risk of
Cardiovascular Disease



Manage Chronic Pain and
Disease



Prevent Falls and Increase
Muscle Strength



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