

FRASER RISE



Programs and events

Term 3 2026



BOOK NOW!

MELTONLEARNING.VIC.GOV.AU





Tai Chi Qigong for Beginners

Fridays: 17 July - 18 September

(Excluding 14 August, 21 August, 28 August and 4 September)

The ancient Chinese practice of Tai Chi offers a tranquil way to unwind your mind and rejuvenate your body through gentle exercises and graceful poses. Be guided through simple movements that will enhance your balance and posture and elevate your overall well-being. This class is specifically designed for beginners. Places are expected to fill fast. Book early to avoid disappointment.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Fridays: 17 July - 18 September
10am - 11am

COST

\$30 for 6 sessions

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisec@melton.vic.gov.au

Tai Chi: Beginner

Tuesday: 14 July - 8 September

(Excluding 18 August - 1 September)

The ancient Chinese practice of Tai Chi offers a tranquil way to unwind your mind and rejuvenate your body through gentle exercises and graceful poses. Be guided through simple movements that will enhance your balance and posture and elevate your overall well-being.

This class is specifically designed for beginners. Places are expected to fill fast. Book early to avoid disappointment.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Thursdays: 14 July - 8 September
12:15pm - 1:15pm

COST

Full Term - 6 sessions = \$30

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisec@melton.vic.gov.au

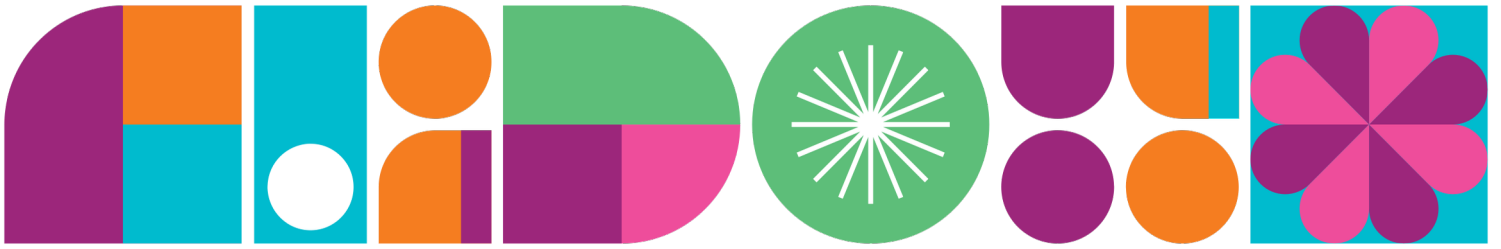


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Tai Chi Intermediate

Tuesdays: 14 July - 8 September

(Excluding 18 August, 25 August, 1 September)

This class is specifically designed for those who have prior experience in Tai Chi practice. If you're already familiar with the basics and wish to delve deeper into the art's intricacies, this intermediate class is perfect for you. It provides an opportunity to refine your skills and learn advanced techniques.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au

WHEN

Tuesdays: 14 July - 8 September 2026
(Excluding 18 August - 1 September)
1:30pm - 2:30pm

COST

\$30 for 6 sessions



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FRASER RISE
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Unaya Community Reflection Sessions

MONDAYS: 13 JULY - 17 AUGUST

Unaya Community Reflection Sessions are guided community gatherings designed to create a calm and welcoming space for reflection, self-awareness, meaningful conversation, and community connection.

Disclaimer: This class supports general wellbeing and is not a substitute for medical advice. Please consult your healthcare professional for any medical concerns.

Please note this program is suitable for 18 years and above (no children allowed).

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Mondays: 16 July - 17 September 2026
10am - 2pm

COST

Free

AGE GROUP

Women 18+

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au



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Yoga for Seniors Intermediate

Wednesdays: 15 July - 16 September

This program provides a sanctuary for stretching, relaxation, and tension release while simultaneously enhancing strength and flexibility. From standing to seated postures, balancing to bending, movements target various areas of the body adaptable to individual needs. Suitable for all fitness levels. BYO mat, towel and water bottle

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Wednesdays: 15 July - 16 September
10am - 11am

COST

\$50 for 10 sessions

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisec@melton.vic.gov.au

Yoga for Seniors Beginner

Thursdays: 16 July - 17 September

Restore your mind and body at our gentle yoga program designed especially for seniors, through exercise, breathing and relaxation. Be guided through a series of seated and standing poses designed to stretch, unwind, and release tension while strengthening and promoting flexibility in the body. BYO mat, towel and water bottle.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Thursdays: 16 July - 17 September
5pm - 6pm

COST

Block 1 – 16 July - 13 Aug (5 sessions) = \$25

Block 2 – 20 Aug - 17 Sep (5 sessions) = \$25

Full Term – 10 sessions = \$50

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

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fraserrisec@melton.vic.gov.au



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Yoga Fusion Flow Beginner

Wednesdays: 15 July - 9 September

Restore your mind and body with this Hatha-inspired yoga class, designed to introduce you to the foundations of yoga while calming your body, mind, and spirit through movement, breathing, and relaxation. This beginner-friendly class focuses on gentle stretching, relaxation, and basic postures to help you unwind and release tension while improving flexibility and strength.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Wednesdays: 15 July - 9 September
5:45pm - 6:45pm

COST

\$63 for 9 sessions

AGE GROUP

All ages

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au

Yoga Fusion Flow Intermediate

Wednesdays: 15 July - 9 September

Take your yoga practice to the next level with this Hatha-inspired class, designed to strengthen the body, enhance flexibility, and deepen relaxation through movement, breathwork, and mindfulness. This class will challenge and refine your practice with a dynamic flow of postures, balance work, and deeper stretches to help you build strength and mobility while calming the mind

Suitable for Intermediate level. BYO yoga mat, yoga block, towel and water bottle.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Wednesday: 15 July - 9 September
7pm - 8pm

COST

\$63 for 9 sessions

AGE GROUP

18 years or older

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au



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5 Minutes to Music - Beginners

Tuesdays: 14 July - 15 September

Learn how to play beginner guitar in just 10-weeks guided by a local resident Alan! In a group setting and building on previous weeks structured lessons you will learn practice drills, basic guitar chords and scales to a point where you can play a range of simple songs. Suitable for ages 18 years old and above. BYO guitar, guitar pick and tuner.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Tuesdays: 14 July - 15 September 2026
7pm - 8pm

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

AGE GROUP

Seniors

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au

Fitness Training for Seniors

Wednesday: 15 July - 16 September

Improve your strength, mobility and overall well-being at our beginner's strength training classes tailored specifically for seniors. No prior experience is necessary with our experienced trainer, Sam, guiding you through each exercise, with proper form and technique.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Wednesdays: 15 July - 16 September 2026
12:30pm - 1:30pm

COST

Block 1 - 15 Jul - 12 Aug (5 sessions) = \$25
Block 2 - 19 Aug - 16 Sep (5 sessions) = \$25
Full Term - 10 sessions = \$50

AGE GROUP

Seniors aged 50+

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
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**New
Program**

The Fraser Rise Women's Social Group

THURSDAYS: 16 JULY - 17 SEPTEMBER

Are you looking for a space to unwind, get creative, and connect with like-minded women? Join us at the Fraser Rise Women's Social Group – a relaxed, social craft and cooking group designed just for women in our community. Whether you're into sewing, knitting, crochet or cooking – all skill levels are welcome. No formal instruction, no pressure – just good vibes and great company.

Every third Thursday, join us for cooking, where you will learn how to make low cost, healthy meals.

The group is open to women aged 18 and over and is held in a relaxed, welcoming environment. Please bring along any materials or tools you'll need for your chosen project.

LOCATION

Fraser Rise Children's & Community Centre
46 City Vista Court, Fraser Rise, 3336

DATE & TIME

Thursday: 16 July - 17 September 2026
10am - 2pm

COST

Free

AGE GROUP

Women 18+

BOOKINGS

meltonlearning.vic.gov.au

FURTHER INFORMATION

9747 5738 or
fraserrisecc@melton.vic.gov.au



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Supported Playgroups

To find out about locations and to register call the playgroups team on 9747 7136 or email playgroups@melton.vic.gov.au.

3 & 4 Year Old Kindergarten

For all 3 & 4 year old kindergarten enquiries please call BPA Children's Services on 8348 2998. For all general kindergarten enquiries please call Melton City Council on 9747 7284.

Maternal & Child Health

Melton City Council provides a free health service for all families with young children. To book an appointment please call 9747 7287.

Immunisations

Melton City Council provides a range of free immunisation services for infants, children and secondary students as well as any catch up vaccines for eligible individuals. Booking is essential and can be made via the Melton City Council website.

FRASER RISE SESSIONS

- First Tuesday of the month
- Fourth Thursday of the month

Library Lounge

Our library access points are located in the lounge space at Fraser Rise Children's & Community Centre and features a shelf with smart technology which houses a range of adult and children's items including books, DVD's and magazines to browse. A self-checkout station is available to borrow and a library locker to collect library reservations. Library assistance available on site every Monday, 2pm to 3pm during school terms.



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ENROLMENTS

Enrolments for all programs are now online at our website (unless specified).

REFUNDS

Please refer to the refund policy on our website.

ROOM HIRE

For information on available rooms to hire at your local community centre, visit the 'Venues for Hire' page on Council's main website.

CONTACT US

For more information about your local community centre or any of the programs on offer, contact us via phone or email or visit us during business hours.



PHONE 9747 5738



EMAIL fraserrisecc@melton.vic.gov.au



ADDRESS 46 City Vista Court, Fraser Rise, 3336



WEBSITE meltonlearning.vic.gov.au



FACEBOOK facebook.com/meltonlearning



YOU TUBE bit.ly/MLDYouTube



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Neighbourhood Houses
The Heart of Our Community

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