

**Pilates** 

## **CLASS LIST 2025**

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Name: (please print) Membership No. Date: LOCATIONS: A.F. - Australia Fair Margaret St (M.S.U. Upper Level) (M.S.L. Lower Level) C.C. - Community Centre **G.U. - Griffith University** I wish to enrol in the following classes: **PLEASE TICK ARTS AND CRAFTS** ART - Basic Drawing M.S.U. Friday 9.00am-11.00am ART - Basic Art Skills M.S.U. Thursday 9.00am-12noon ART - Fluid Acrylic Advanced **NO BEGINNERS** M.S.L. Tuesday 12.00pm-2.30pm W/L ART - Acrylic and Oil Painting (NO CLASSES IN OCT) M.S.L. Wednesday 1.00pm-3.00pm W/L ART - Drawing and Watercolour M.S.U. Thursday 12.30pm-2.45pm Leatherwork M.S.L. Friday 1.00pm-3.00pm Crochet A.F. Thursday 11.00am-12.00pm **CARDS AND GAMES** Cards - Five Hundred **NO BEGINNERS** A.F. Monday 9.00am-11.00am Tuesday Cards - Bridge Social M.S.L. 8.30am-11.45am A.F. Friday Cards - Cribbage 11.15am-1.15pm Cards - Key Wild M.S.L. Friday 9.30am-12.30pm Mah-jong Absolute Beginners **NO BEGINNERS IN SEM 2** A.F. Wednesday 9.00am-11.00am W/L Mah-jong Beginners Plus A.F. Friday 1.30pm-3.30pm W/L Mah-jong Social (no tutor) A.F. Thursday 1.00pm-3.00pm Rummikub A.F. Friday 11.15am-1.15pm **COMPUTERS AND TECHNOLOGY** iPhone Beginners 4 weeks: 11 Nov - 2 Dec A.F. Tuesday 11.15am-12.45pm Online Banking 1 class only: 14 Oct A.F. Tuesday 12 noon - 1.00pm 1 class only: 16 Oct Cloud Storage A.F. Thursday 9.30am-10.45am Social Media 1 class only: 21 Oct A.F. Tuesday 12 noon - 1.00pm Introduction to Email 1 class only: 28 Oct A.F. Tuesday 12 noon - 1.00pm Online Shopping 1 class only: 4 Nov A.F. Tuesday 12 noon - 1.00pm **EXERCISE AND HEALTH** Tap Dancing **NO BEGINNERS** C.C. Thursday 9.30am-11.00am Tuesday Fitness A C.C. 10.00am-11.00am Fitness B C.C. Thursday 11.00am-12 noon W/L Table Tennis - Beginners M.S.U. Monday 11.15am-1.15pm Table Tennis M.S.U. Wednesday 9.00am-11.00am W/L C.C. Yoga A Monday 9.30am-10.30am C.C. Friday 9.30am-10.30am Yoga B C.C. Chair Yoga A Tuesday 9.30am-10.30am Chair Yoga B C.C. Friday 9.30am-10.30am Line Dancing - Beginners M.S.U. Wednesday 12.30pm-1.30pm Line Dancing - Intermediate M.S.U. Wednesday 1.30pm- 3.00pm Rock'n'Roll - Beginners C.C. Tuesday 10.00am-11.30am Tai Chi for Health (WAITLIST CLOSED) C.C. Monday 10.00am-11.00am W/L

APOLOGIES - Please use the Member Portal or contact Reception phone 5591 6671 or email u3agcfrontoffice@gmail.com 8/10/2025 PTO

M.S.U. Tuesday

8.45am-9.45am

W/L

## **CLASS LIST 2025**

2.00pm-4.00pm

Name: (please print) Membership No. Date: LOCATIONS: A.F. - Australia Fair Margaret St (M.S.U. Upper Level) (M.S.L. Lower Level)

**G.U. - Griffith University C.C. - Community Centre** 

I wish to enrol in the following classes:

**PLEASE TICK HUMANITIES** World History A.F. Friday 9.00am-11.00am W/L Creative Writing (1st & 3rd Wed of month) A.F. Wednesday 11.15am-1.15pm **Recommencing 11 November** Evolution of Opera & Ballet A.F. Tuesday 1.15pm-3.30pm Lifting the Lid on History (2nd & 4th Wed of month) A.F. Wednesday 11.15am-1.15pm Recollections & Reminiscences (1st & 3rd Wed of month) A.F. Wednesday 1.30pm-3.00pm **LANGUAGES** French - Beginners Course 3 10 weeks: 3 Sep - 5 Nov C.C. Wednesday 10.00am-12.00pm French - Advanced C.C. Thursday 11.00am-1.00pm A.F. W/L French - Intermediate Monday 1.00pm-3.00pm C.C. German - Advanced Thursday 10.00am-12noon Japanese - Absolute Beginners (NO CLASSES DURING SCHOOL HOLIDAYS) W/L C.C. Monday 10.00am-11.00am Japanese - Intermediate (NO CLASSES DURING SCHOOL HOLIDAYS) C.C. Monday 9.00am-10.00am W/L Italian – Absolute Beginners NO ABSOLUTE BEGINNERS IN SEM 2 C.C. Monday 11.00am-1.00pm W/L C.C. Italian - Beginners Level 2 Monday 8.30am-10.30am Italian - Intermediate W/L C.C. Tuesday 9.00am-11.00am Spanish - Beginners NO ABSOLUTE BEGINNERS IN SEM 2 C.C. Wednesday W/L 10.00am-11.30am **MUSIC** Acoustic Jam Session (fortnightly commencing 28 July) M.S.L. Monday 1.00pm-3.00pm Guitar - Social M.S.U. Monday 1.30pm-3.30pm Sing for Fun (fortnightly commencing 31 July - NO CLASSES IN NOV) M.S.L. Thursday 3.15pm-4.45pm Ukulele - Beginners M.S.U. Tuesday 1.00pm-1.45pm M.S.U. Tuesday

**GENERAL INTEREST DISCUSSION GROUPS** 

Armchair Travel A.F. Tuesday 9.00am-11.00am **Current Affairs** A.F. 11.15am-1.00pm Monday Financial Planning 10 weeks - 28 Aug to 30 Oct C.C. Thursday 10.30am-12.00pm Energy4Seniors - Save on your Electricity Bill Thurs 23 Oct only NEW A.F. Thursday 9.30am-10.45am Griffith University Lecture - Griff Linc - 24 Oct **AMENDED** G.U. Friday 1.00pm-2.45pm

Please check our website, u3asouthport.au for new classes or updates on classes

APOLOGIES - Please use the Member Portal or contact Reception phone 5591 6671 or email u3agcfrontoffice@gmail.com

Please check our latest Newsletter or the Office Notice Board for Social Outings, Griffith University Lectures

**IMPORTANT NOTE**: As some classes have a waiting list, members are requested to advise the Tutor or the U3A Southport office if they no longer wish to attend

3 consecutive unexplained absences (2 for Art Classes) will result in deletion from the class.

8/10/2025

Ukulele - Play Along