



# Birchip Business and Learning Centre

TERM 3, 2009

[www.birchip.vic.au](http://www.birchip.vic.au)

**PLACES FILLING FAST**  
**Contact the centre for more**  
**information and to reserve a place.**

**Phone: 5492 2735**

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**Email: [birchipblc@bigpond.com](mailto:birchipblc@bigpond.com)**

EXERCISE/SPORTS	EXERCISE CLASSES	GENERAL CLASSES	COMMUNITY EVENTS																						
<p><b>MIXED INDOOR HOCKEY</b>            1<sup>st</sup> game 7.00pm \$15            July 27<sup>th</sup> -Aug 31<sup>st</sup> 6 weeks            Venue: Stadium            Enter your own team of 6 or enter as an individual</p> <p><b>SQUASH</b>            Weds nights at the Squash Courts            Contact Mark Bowen or Eileen Smith</p> <p><b>ADULT EXERCISES</b>            Tuesday mornings 9.30            St Mary's \$4 on going</p> <p><b>MENS ONLY CLASS</b>  <b>BODY BAR</b>            Weds 7-8pm \$40 IHOM            July 22<sup>nd</sup>-Aug 26<sup>th</sup> 6 weeks            After an initial warm up all major muscle groups are worked via a series of weight bearing exercises. Classes are suitable and adaptable for all levels of fitness</p> <p>**No dance classes this term</p>	<p><b>FREESTYLE CLASS (Brenda)</b>            Monday nights 6-7pm Tennis Shed            Mon 20<sup>th</sup> July-Aug 24<sup>th</sup> 6 wks \$40</p> <p>Using Low/Med impact moves, Freestyle aerobics combines a small number of simple short dance moves to raise the Heart Rate and condition the body. The motivating music gradually increases in tempo to allow participants to work out at their own level of fitness. The class consists of a: 10 min warm up, 25 min cardio phase, 10 min ab/back conditioning, 10 min stretching/cooldown. <b>Guaranteed to be heaps of fun.</b></p> <p><b>WEDS BALANCE CLASS</b>            Weds 5.45-6.45 \$40 IHOM            July 22<sup>nd</sup>-Aug 26<sup>th</sup>, 6 weeks</p> <p>This class offers something for the beginner through to the advanced exerciser by challenging balance and posture.</p>	<div data-bbox="1294 352 1464 507" data-label="Image"> </div> <p><b>FARM CHEMICAL USERS</b>            Aug. 3<sup>rd</sup> &amp; 4<sup>th</sup> 9.30-4pm            At the Shamrock            \$220 per person full course            \$110 refresher (1 day)</p> <p><b>BOAT LICENSES</b>            Aug/Sept date tbc \$85            Please register your interest</p> <p><b>FIRST AID</b>            Workplace Level 2            Full course and updates            Oct 12<sup>th</sup> &amp; 13<sup>th</sup>            Free places available for volunteers</p> <p><b>NEXT TERM</b>  <b>COOKING &amp; ART CLASSES</b>            Please let the BB &amp; LC staff know if you have a preference for a style/country of class you would like to learn. Register your interest now!</p>	<table border="0"> <tr> <td>July 25<sup>th</sup></td> <td>BWFC G &amp; S Auction</td> </tr> <tr> <td>July 26<sup>th</sup></td> <td>Charity Golf Day</td> </tr> <tr> <td>Aug 1<sup>st</sup></td> <td>BWFC Progressive Tea</td> </tr> <tr> <td>Aug 29<sup>th</sup></td> <td>BWNC Function</td> </tr> <tr> <td>Sept 10<sup>th</sup></td> <td>BCG Field day</td> </tr> <tr> <td>Sept 13<sup>th</sup></td> <td>BWHC Vote Count</td> </tr> <tr> <td>Sept 19<sup>th</sup></td> <td>NCFL Grand final</td> </tr> <tr> <td>Sept 20<sup>th</sup></td> <td>BWFC Vote Count</td> </tr> <tr> <td>Oct 17<sup>th</sup></td> <td>Mallee Root Round Up</td> </tr> <tr> <td>Oct 23<sup>rd</sup></td> <td>Birchip Flower Show</td> </tr> <tr> <td>Oct 24<sup>th</sup></td> <td>Rampage</td> </tr> </table>	July 25 <sup>th</sup>	BWFC G & S Auction	July 26 <sup>th</sup>	Charity Golf Day	Aug 1 <sup>st</sup>	BWFC Progressive Tea	Aug 29 <sup>th</sup>	BWNC Function	Sept 10 <sup>th</sup>	BCG Field day	Sept 13 <sup>th</sup>	BWHC Vote Count	Sept 19 <sup>th</sup>	NCFL Grand final	Sept 20 <sup>th</sup>	BWFC Vote Count	Oct 17 <sup>th</sup>	Mallee Root Round Up	Oct 23 <sup>rd</sup>	Birchip Flower Show	Oct 24 <sup>th</sup>	Rampage
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<p style="text-align: center;"><b>IMPORTANT</b>  <b>CLASSES START NEXT WEEK</b>  <b>Money and names must be paid at the centre prior to the start of classes</b></p>		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Book Launch</b></p> <p><b>My Blood's Country</b></p> <p><i>The spirit of Birchip</i></p> <p>Fri. 28th August, 6-7.30pm</p> <p>At the Birchip Leisure Centre</p> <p>Official Launch by John Tulloh,            Muisic from Kara Kara String            Quartet, Savories and Drinks            available at bar</p> </div>																							