



Kids LOVE Drama

PARENTS LOVE THE RESULTS

WEEKLY CLASSES ENROLLING NOW

KINDY DRAMA 3-5 YEARS | LOWER PRIMARY 5-8 YEARS
UPPER PRIMARY 9-12 YEARS | YOUTH 12-17 YEARS

TO FIND OUT MORE, PLEASE CONTACT US

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Helen O'Grady Drama Academy

- Dianella
- Forrestfield
- Kalamunda
- Morley
- Mandaring
- Swan View

BOOST CONFIDENCE

INCREASE SELF ESTEEM

LEARN LIFE SKILLS

IMPROVE COMMUNICATION

DEVELOP DRAMA SKILLS

HEALTH & FITNESS YOUTH			DAY	TIME	START	FULL TERM COST
TEEN FIT 11-17yrs	With an emphasis on fun, TEEN FIT encourages youths aged between 11-17yrs to enjoy being active and take an interest in their health. Our experienced instructors use the latest music in a variety of modified group fitness classes and gym sessions to improve strength, flexibility, cardio and coordination.	Mon Wed Fri	4.30-5.15pm	4/02/2019	\$220 (3 sessions per week), \$154 (2 sessions per week). Casual \$15.50 per session	
KIDS YOGA 3-6yrs	A fun, play-based class connected together with a yoga theme.	Mon	3.45-4.30pm	4/02/2019	\$125	
KIDS YOGA 7-11yrs	Children learn more about the yoga poses and sequences, similar to the adult classes. Games are involved to get children working together.	Tue	3.45-4.30pm	5/02/2019	\$125	



PILATES

Pilates teaches your body awareness, good posture and encourages flexibility.

Our program offers 2 stages of development. Level 1 is a term course. Level 2 is part of membership.

For more information please call 9375 3529 or visit www.morleyymcawa.org.au

YMCA WA Morley Sport and Recreation Centre
Cnr Wellington Rd & Mangini St, Morley P 9375 3529
E Morley.LisurePrograms@ymcawa.org.au
www.ymcawa.org.au

  

 

Dance ADULT		DAY	TIME	START	FULL TERM COST
ADULT BALLET PROGRAM Teens & Adults	A class for adults who are new to ballet as well as those who are returning after a break. No prior experience required. Increase flexibility, gain core strength and improve posture through correct ballet stance. Tone areas such as the upper arms, spine, abdominals, quads and calves. Feel creative, learn new skills, relieve stress, have fun and DANCE. No leotards required but ballet shoes recommended. Wear clothing you are comfortable in.	Tue	7.15-8.00pm	5/02/2019	\$125
ADULT IRISH DANCING ★ SESSION TRIAL	Whether you are an experienced Irish dancer or never danced before, Adult Irish dancing classes are a great way to boost your fitness, co-ordination and flexibility. Each term learn a mix of ceili, soft and hard shoe steps in a fun, relaxed class open to men and women of any age.	Tue	6.00-7.00pm	5/02/2019	\$125
ADULT HIP HOP PROGRAM Teens & Adults	Bring style and attitude to our new adult hip hop program. No experience necessary.	Mon	6.30-7.00pm	4/02/2019	\$125

CREATIVE ADULT		DAY	TIME	START	FULL TERM COST
ADULT ART	Develop your skills, exceed your expectations and create something beautiful. Run by our vastly experienced and accomplished art instructors. Offering instruction to beginners, painting enthusiasts and more adventurous and experienced artists. They will be providing easy to master techniques and concepts to those who are learning to hold a brush, as well as those who want to improve their results, develop more advanced methods and skills. <i>Paint with passion and confidence!</i>	Mon	Beginner 12.00-3.00pm	4/02/2019	\$299
		Sat	All levels 1.00-4.00pm	9/02/2019	

CREATIVE CHILDREN		DAY	TIME	START	FULL TERM COST
YOUNG MASTER CHEFS 7-12yrs	Young chefs will get to experience basic recipes, new tastes where kids rule and cooking is fun. Children will work in pairs and each week discover different flavours of the world.	Thu	4.00-5.00pm	7/02/2019	\$155 (includes ingredients)
PLAY GROUP ★ SESSION TRIAL	Playgroup is a great way for parents to meet new people and children to learn to socialise in a friendly and structured environment.	Mon	9.30-11.30am	4/02/2019	\$109
MUSICAL THEATRE 6+ yrs ★ SESSION TRIAL	Session designed to combine singing, drama and dance, teaching kids the magic of the arts and to perform in our new program.	Tue	4.45-5.45pm	5/02/2019	\$125
SINGING LESSONS 6+ yrs ★ SESSION TRIAL	In this class your child will learn voice warm up exercises, up to date pop songs, in a fun and social environment. They will also get to perform in their group at the end of year dance concert!	Tue	4.00-4.45pm	5/02/2019	\$125

★ Denotes session trial - only 1 trial per program. PLEASE CALL THE CENTRE to book your trial prior to the beginning of the term - NO DROP INS.

CHILDREN WITH DISABILITIES		DAY	TIME	START	FULL TERM COST
INCLUSION 4 LIFE ★ SESSION TRIAL	"Inclusion 4 Life" is a new program that aims to raise community awareness of kids with disabilities by promoting inclusive activities for both disabled and main stream kids. Tuesdays classes will be sport focused with sessions in the gym included.	Tue	3.45-4.45pm	5/02/2019	\$109
DANCE 4 LIFE ★ SESSION TRIAL	A program focusing on dance and drama for children with disabilities and learning difficulties. This program allows participants to develop their creative side and enjoy a fun-filled class with a great social environment.	Wed	4.00-5.00pm	6/02/2019	\$109

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GYMNASTICS CHILDREN		DAY	TIME	START	FULL TERM COST
ACRO-BATICS 8-16yrs	This class combines both basic gymnastic movements and acrobatics. This combination allows students to develop their physical abilities (e.g. strength, flexibility, coordination, balance).	Wed	Beginner 6.00-7.00pm	6/02/2019	\$155
		Tue	Advanced 5.45-6.45pm	5/02/2019	
TODDLER GYM 18mths-3.5yrs ★ SESSION TRIAL	A fun opportunity for the child to develop their mind and body through basic gymnastics skills, music movement and social interaction. *Parent participation required. *All classes subject to a minimum participation of 5 students.	Thu	9.30-10.15am or 10.15-11.00am	7/02/2019	\$125
KINDY GYM 3-5yrs ★ SESSION TRIAL	This class gives young children the opportunity to learn basic techniques and fundamental gymnastics movements, while incorporating fun and music. This class provides an introduction and understanding of gymnastics in a safe, guided class.	Thu	3.45-4.30pm	7/02/2019	\$155
GYM FUN 5-12yrs ★ SESSION TRIAL	The beginner class is aimed at 5-8yrs providing students with more technical skills and fundamentals. The intermediate/advanced class is for children over 9yrs and incorporates acrobatics and gymnastic components. All students learning co-ordination, balance, flexibility and strength in a fun, social environment. *Students entering the intermediate class may require to be assessed by the instructor to determine suitability.	Thu	Beginner 4.30-5.30pm Intermediate/Advanced 5.30-6.30pm	7/02/2019	\$155

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SPORT COMPETITION					
	MON	TUE	WED	THU	SAT
AM	Ladies Netball Crèche available				East Perth Junior Basketball Comp
PM	Ladies Basketball Men's Basketball	Ladies Netball Men's Futsal Soccer	Men's Basketball	Men's Basketball	

ADULTS SPORTS COMPS

Men's and women's sports competitions are a great way to improve your overall wellbeing in a social environment.

Team nominations for the Summer season are now open!

For more info go to www.ymcawa.org.au/morley

Dance CHILDREN		DAY	TIME	START	FULL TERM COST
IRISH DANCING ★ SESSION TRIAL	Is your child the next Michael Flatley? Come on down, bring your friends and give Irish Dancing a go!	Tue	Beginner 4.00-5.00pm Intermediate 5.00-6.00pm	5/02/2019	\$125
HIP HOP ★ SESSION TRIAL	You watch "SO YOU THINK YOU CAN DANCE" and you want to be in the next series? Come down and learn those groovin' moves! No experience necessary. Show family and friends your moves with a concert at the end of the year.	Mon	5-7yrs Beginner 4.00-4.45pm 8-10yrs Begin/Intermediate 4.45-5.30pm 10+ yrs Int/Advanced 5.30-6.15pm	4/02/2019	\$125
JAZZ BALLET 3yrs-teens ★ SESSION TRIAL	Learn a variety of warm-up exercises, progressing into combinations of moves and dance steps, improving balance, co-ordination and flexibility while expanding creativity and self expression through movement and music.	Fri	5-8yrs Beginner/Intermediate 4.45-5.30pm 9yrs-teens Int/Advanced 5.30-6.15pm	8/02/2019	\$125
MINI DANCE 3-4yrs	Shake what your mama gave you in our mixed dance class for ages 3-4 years. This class is about expression, creativity and finding your favourite dance style. Each week we incorporate different styles of dance to keep your little ones happy.	Fri	4.00-4.45pm	8/02/2019	\$125
CHEER-LEADING 5-12yrs ★ SESSION TRIAL	This class isn't just about cheers and pom poms, it's a style of dance that incorporates acrobatics, gymnastics and trendy choreographed dance moves which involves an abundance of energy, fitness, funk and fun!	Wed	5-10yrs 4.00-5.00pm 11yrs-teens 5.00-6.00pm	6/02/2019	\$155
PETITE PRINCESSES 3-5yrs ★ SESSION TRIAL	Let your child delight in imaginative play, dance and expressive movement using themed props and age appropriate music. Fundamental ballet steps will be introduced in a gentle way by the instructor who will encourage self-confidence, self-discipline and social and creative awareness.	Tue	3.45-4.30pm	5/02/2019	\$125
BUDDING BALLERINAS 6-8yrs ★ SESSION TRIAL	Our experienced Instructor will teach basic ballet techniques and steps, musicality and coordination in a fun, interactive and structured environment. Your child will learn how to move and control their body through dance, stretching, strengthening and balancing exercises. This class promotes creative expression and performance opportunities. Leotard and ballet shoes will be required.	Tue	4.30-5.15pm	5/02/2019	\$125
LYRICAL BALLET 7yrs-teens ★ SESSION TRIAL	Entry to this class will be determined by the Ballet Instructor. It offers enthusiastic young dancers a successive study of steps using Ballet Barre, and will develop dance composition, artistry, response to music, improvisation and performance skills. A fun, more structured ballet class. Leotards and ballet shoes required.	Thu	4.30-5.15pm	7/02/2019	\$125

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SPORTING CLINICS		DAY	TIME	START	FULL TERM COST
LITTLE BASKETBALL STARS 3-7yrs ★ SESSION TRIAL	Children will learn to play basketball while developing fitness, technique, fundamentals and social skills.	Tue	3.45-4.30pm	5/02/2019	\$125
BASKETBALL CLINIC AND MATCH PLAY 6-10yrs ★ SESSION TRIAL	Basketball Clinic and Match Play, for kids who are ready to play matches but are not ready to join a club. 30 min of match play and 30 min of clinic with the aim to experience the technical and tactical aspects of match play and create a mini league.	Wed	3.45-4.45pm	6/02/2019	\$125
BASKETBALL CLINIC 7yrs-teens ★ SESSION TRIAL	Children will be introduced to the game of basketball, developing the skills and knowledge required to play this popular sport. Children will participate in game play in a fun interactive environment.	Thu	7-9yrs 3.45-4.45pm 10yrs-teens 4.45-5.45pm 7-12yrs 4.00-5.00pm	7/02/2019	\$125
		Fri	8/02/2019		
NETBALL CLINIC ★ SESSION TRIAL	Develop the basics of netball. Ballwork, defending, attacking and footwork. Progress to game play. 16yrs+ can play socially, individual or team nominations taken.	Mon	5-12yrs 3.45-4.45pm	4/02/2019	\$125
SOCCER 6-12yrs ★ SESSION TRIAL	Children will learn the basic skills of soccer in a fun and social environment and have an opportunity to experience game play.	Fri	6-8yrs 4.00-4.45pm 9-12yrs 4.45-5.45pm	8/02/2019	\$125
INDOOR TENNIS COACHING 7yrs-teens ★ SESSION TRIAL	Children will learn to play tennis while developing fitness, technique, racquet and ball skills. Participants will enjoy playing games, making new friends and having fun. Improved participants will have the opportunity to progress to the next level. Tennis is a sport for life! Ages 7yrs to teens. Advanced students require prior approval of coach. Advanced players by assessment only.	Mon	Beginners 3.45-4.45pm Intermediate 4.45-5.45pm Beginners 3.45-4.45pm Intermediate 4.45-5.45pm Beginners 3.45-4.45pm Advanced 4.45-5.45pm <i>(by invitation only)</i>	4/02/2019	\$155
		Tue	5/02/2019		
		Wed	6/02/2019		
ADULT TENNIS COACHING Teens & Adults ★ SESSION TRIAL	Tennis is a fun workout that enables you to socialise, exercise and improve your game. The "introduction" class guides you through the basics in a relaxed manner. The "Advanced" class focuses on hitting lots of tennis balls, with emphasis on movement and match play.	Fri	Teens and Adults 6.15-7.15pm	8/02/2019	\$155
BIDDI BALL 4-8yrs	Both programs are designed to teach the fundamentals of basketball, teaching skills, developing confidence all in a fun and enjoyable atmosphere. Contact East Perth at admin@eastperth.basketball.net.au	Sat	8.00-8.50am	9/02/2019	
JUNIOR BASKETBALL COMPETITION 10-18yrs		Sat	7.45-8.40am	9/02/2019	

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EDUCATIONAL CHILDREN		DAY	TIME	START	FULL TERM COST
THRIVING THREES AND FOURS *Places are limited	A fun developmental program for children. Activities incorporate areas of development including language, craft, music and play. This program is for busy 3 and 4 year olds to solve problems, experiment and discover skills through play, the vehicle for learning.	Thu or Fri	9.00-12.00pm	7/02/2019	\$330 Term
			9.00-12.00pm	8/02/2019	

Teen Fit

Emphasis on fun and fitness! The program is designed to introduce youth to group exercise programs and health club protocol and equipment. 10 week program.

ENROL NOW!

For more info please call 9375 3529 or visit www.ymcawa.org.au

11-17 YEARS OF AGE