

**Health Club Memberships from \$1050 pw**

For further information or to organise a tour, please call the Health Club on 9375 3529 [www.ymcawa.org.au](http://www.ymcawa.org.au)

- Cardio Theatre
- Weight Machines
- Free Weights Area
- Group Fitness
- Spin Studio
- Group Training
- Personal Training
- Personalised Programming
- New MetaPwr Functional Training Classes
- \$7 for 7 Days Promo (conditions apply)

**NO LOCK IN CONTRACT OPTIONS AVAILABLE**

**TRY OUR 7 DAYS FOR \$7\* TRIAL**

\*Conditions apply

**Branco Bratich 8th Dan**  
Over 35yrs Teaching Experience  
Australia's National Coach for 15yrs  
Jessica Bratich International Champion

**Free Karate Suit**  
Co-ordination  
Discipline  
Concentration

**The Family Karate Club**  
Learn Real Karate From The Best

**MORLEY RECREATION CENTRE**  
**ALONE PARK REC CENTRE**  
ELLENBROOK SALVATION ARMY FAMILY CENTRE

Classes: Mon - Tues - Thurs  
Business Hours 9401 3163 or 9446 4230  
www.yoseikan-ryu.net  
Member: Australian Karate Federation

**Kids LOVE Drama**  
PARENTS LOVE THE RESULTS

**WEEKLY CLASSES ENROLLING NOW**

- Dianella
- Forrestfield
- Guildford
- Kalamunda
- Lesmurdie
- Morley
- Munding
- Swan View

**BOOST CONFIDENCE**  
**INCREASE SELF ESTEEM**  
**LEARN LIFE SKILLS**  
**IMPROVE COMMUNICATION**  
**DEVELOP DRAMA SKILLS**

**TO FIND OUT MORE, PLEASE CONTACT US**  
9378 4332 [merlyna.sulak@helenogrady.net.au](mailto:merlyna.sulak@helenogrady.net.au)  
[www.helenogrady.net.au](http://www.helenogrady.net.au)

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

**Helena O'Grady Drama Academy**

**ADULTS LEISURE**

	DAY	TIME	START	FULL TERM COST
<b>PILATES</b> Pilates dramatically transforms the way your body looks, feels and performs. The program encourages body awareness, good posture and improves flexibility and core strength. *Term Beginners course must be completed prior to attending Level 2 classes. *Price based on a term. Level 2 - included in gym membership (see Group Fitness timetable). Not recommended for anyone undergoing rehabilitative treatment.	Tue & Thu	Beginners 5.30pm	9/10/2018 & 11/10/2018	Beginners Members \$122, Non-Members \$154
	Wed	Beginners 9.15am	10/10/2018	L2 \$18.00/session or \$145 for 10 classes FREE to Health Club Members
	Mon Tue Wed Thu Fri	1pm-2pm 11am-12pm 1pm-2pm 11am-12pm 11am-12pm	Ongoing	\$55 (initial Health Consultation) \$7 per class thereafter
<b>LIVING LONGER LIVING STRONGER</b> This program is designed for the over 50s. You will learn how to train to prevent or to rehabilitate basic injuries in a social, fun and non threatening environment. Tier 2 provider, designed by COTA.	Mon Tue Wed Thu Fri	1pm-2pm 11am-12pm 1pm-2pm 11am-12pm 11am-12pm	Ongoing	\$55 (initial Health Consultation) \$7 per class thereafter

**HEALTH & FITNESS YOUTH**

	DAY	TIME	START	FULL TERM COST
<b>TEEN FIT</b> 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	4.30-5.15pm	8/10/2018	\$220 (3 sessions per week), \$154 (2 sessions per week). Casual \$15.50 per session
	Wed			
	Fri			
<b>KIDS YOGA</b> 3-6yrs	Tue	3.45-4.30pm	9/10/2018	\$125
<b>KIDS YOGA</b> 7-11yrs	Mon		Expression of interest	

**MARTIAL ARTS**

	DAY	TIME	START	FULL TERM COST
<b>TAE KWON DO</b> The Korean Art of self-defence and now an Olympic Sport improves self-discipline, co-ordination, stamina and confidence. Taught by Raffaele DiRenzo 8th Dan Black Belt. *Classes for beginners to black belt.	Mon	Jnr & Snr 6.30-8.00pm	Ongoing	Contact: Raffaele DiRenzo 9388 0166
	Wed			
<b>KARATE</b> YOSEIKAN-RYU KARATE incorporates self-defence, sport and aerobic fitness into its training. Taught by Branco Bratich 8th Dan Kyoshi, Australia's National Coach for 15 years. *Classes for beginners through to black belt.	Mon	Jnr 5.30-6.30pm	Ongoing	Contact: Branco Kyoshi 9401 3163
	Thu	Jnr 5.30-6.30pm		

**SPORT COMPETITION**  
Adult Netball Soccer Basketball

For more info please call 9375 3529 or visit [www.ymcawa.org.au](http://www.ymcawa.org.au)

**School HOLIDAY Program**

Vacation Care with amazing excursions!  
Early bird specials.  
Visit [www.ymcawa.org.au/morley](http://www.ymcawa.org.au/morley) for more info.

**Creche Membership**  
ONLY \$17.95 PER WEEK!

No Locked In Contract • Unlimited Creche\* (conditions apply)

**Planning a Function?**

Our Wellington Room is perfect for all types of occasions, whether it be for weddings, birthdays, business seminars or theatre productions.

Conveniently located 10 minutes from the CBD, the Wellington Room boasts ample parking right at the front door.

For all enquiries please phone Linda on 9375 3529 or on her direct line 9375 3841

**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](http://www.morleyymcawa.org.au)

**SPORT & LEISURE PROGRAM**

**TERM 4**



**YMCA WA Morley Sport and Recreation Centre**  
Cnr Wellington Rd & Mangini St, Morley P 9375 3529  
E [Morley.LaisurePrograms@ymcawa.org.au](mailto:Morley.LaisurePrograms@ymcawa.org.au)  
[www.ymcawa.org.au](http://www.ymcawa.org.au)

**SAFEGUARDING CHILDREN**  
REGISTERED ORGANISATION

**CITY OF BAYSWATER**  
The Garden City - Quality Life



## Dance ADULT

		DAY	TIME	START	FULL TERM COST
<b>ADULT IRISH DANCING</b> ★ 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	9/10/2018	\$125
<b>ADULT HIP HOP PROGRAM</b> Teens & Adults	Bring style and attitude to our new adult hip hop program. No experience necessary.	Mon	6.30-7.15pm	8/10/2018	\$125

## CREATIVE ADULT

		DAY	TIME	START	FULL TERM COST
<b>ADULT ART</b>	Develop your skills, exceed your expectations and create something beautiful. Run by our vastly experienced and accomplished art instructors Angela and Ogi. 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 Wed Sat	<b>Beginner</b> 12.00-3.00pm <b>Advanced</b> 9.30am-12.30pm <b>Portrait</b> 9.30am-12.30pm <b>Beginner</b> 1.00-4.00pm	8/10/2018 10/10/2018 13/10/2018	\$299

## CREATIVE CHILDREN

		DAY	TIME	START	FULL TERM COST
<b>YOUNG MASTER CHEFS</b> 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 or 5.00-6.00pm	11/10/2018	\$155 (includes ingredients)
<b>PLAY GROUP</b> ★ 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	8/10/2018	\$109
<b>MUSICAL THEATRE</b> 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	9/10/2018	\$125
<b>SINGING LESSONS</b> 6-12yrs ★ 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	9/10/2018	\$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
<b>INCLUSION 4 LIFE</b> ★ 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	9/10/2018	\$109
<b>CREATIVE CLUB</b> ★ SESSION TRIAL	A program focusing on drama, cooking, art and crafts 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	10/10/2018	\$109

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## Gymnastics CHILDREN

		DAY	TIME	START	FULL TERM COST
<b>ACRO-BATICS</b> 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 Tue	<b>Beginner</b> 6.00-7.00pm <b>Advanced</b> 6.00-7.00pm	10/10/2018 9/10/2018	\$155
<b>TODDLER GYM</b> 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	11/10/2018	\$125
<b>KINDY GYM</b> 3-5yrs	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	11/10/2018	\$155
<b>GYM FUN</b> 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	<b>Beginner</b> 4.30-5.30pm <b>Intermediate/Advanced</b> 5.30-6.30pm	11/10/2018	\$155

★ 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.

## Ballet academy

		DAY	TIME	START	FULL TERM COST
<b>PETITE PRINCESSES</b> 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	9/10/2018	\$125
<b>BUDDING BALLERINAS</b> 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	9/10/2018	\$125
<b>PROGRESSIVE PERFORMERS</b> 9yrs-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	11/10/2018	\$125

## SPORT COMPETITION

	MON	TUE	WED	THU	SAT
<b>AM</b>	Ladies Netball Crèche available				East Perth Junior Basketball Comp
<b>PM</b>	Ladies Basketball Men's Basketball	Ladies Netball Men's Futsal Soccer	Men's Basketball	Men's Basketball	

## Dance CHILDREN

		DAY	TIME	START	FULL TERM COST
<b>IRISH DANCING</b> ★ SESSION TRIAL	Is your child the next Michael Flatley? Come on down, bring your friends and give Irish Dancing a go!	Mon Tue Tue	<b>Tiny Tots</b> 11.30-12.00pm <b>Beginner</b> 4.00-5.00pm <b>Intermediate</b> 5.00-6.00pm	8/10/2018 9/10/2018	\$80 Term (Tiny Tots only) \$125
<b>HIP HOP</b> ★ 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. 3-5yrs are the toddler beginner class, 6-8yrs are the beginner/intermediate class and 9-12yrs are the intermediate class.	Mon	<b>3-5yrs</b> <b>Beginner</b> 4.00-4.45pm <b>6-9yrs Begin/Intermediate</b> 4.45-5.30pm <b>9+ yrs Int/Advanced</b> 5.30-6.15pm	8/10/2018	\$125
<b>JAZZ BALLET</b> 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. 3-5yrs are the toddler beginner class, 6-8yrs are the beginner/intermediate class and 9-12yrs are the intermediate class.	Fri	<b>Beginner</b> 4.00-4.45pm <b>Beginner/Intermediate</b> 4.45-5.30pm <b>Int/Advanced</b> 5.30-6.15pm	12/10/2018	\$125
<b>CHEER-LEADING</b> 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	<b>5-10yrs</b> 4.00-5.00pm <b>11yrs-teens</b> 5.00-6.00pm	10/10/2018	\$155

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## EDUCATIONAL CHILDREN

		DAY	TIME	START	FULL TERM COST
<b>THRIVING THREES AND FOURS</b> *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 9.00-12.00pm	11/10/2018 12/10/2018	\$330 Term

## SPORTING CLINICS

		DAY	TIME	START	FULL TERM COST
<b>LITTLE BASKETBALL STARS</b> 3-7yrs ★ SESSION TRIAL	Children will learn to play basketball while developing fitness, technique, fundamentals and social skills.	Tue	3.45-4.30pm	9/10/2018	\$125
<b>BASKETBALL CLINIC AND MATCH PLAY</b> 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	10/10/2018	\$125
<b>BASKETBALL CLINIC</b> 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 Fri	<b>7-9yrs</b> 3.45-4.45pm <b>10-teens</b> 4.45-5.45pm <b>7-12yrs</b> 4.00-5.00pm	11/10/2018 12/10/2018	\$125
<b>NETBALL CLINIC</b> ★ 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	<b>5-12yrs</b> 3.45-4.45pm	8/10/2018	\$125
<b>SOCCER</b> 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	<b>6-8yrs</b> 4.00-4.45pm <b>9-12yrs</b> 4.45-5.45pm	12/10/2018	\$125
<b>INDOOR TENNIS COACHING</b> 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 Tue Wed	<b>Beginners</b> 3.45-4.45pm <b>Intermediate</b> 4.45-5.45pm <b>Beginners</b> 3.45-4.45pm <b>Intermediate</b> 4.45-5.45pm <b>Advanced</b> 4.45-5.45pm (by invitation only)	8/10/2018 9/10/2018 10/10/2018	\$155
<b>ADULT TENNIS COACHING</b> 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	<b>Teens and Adults</b> 6.15-7.15pm	12/10/2018	\$155
<b>BIDDI BALL</b> 4-8yrs	Both programs are designed to teach the fundamentals of basketball, teaching skills, developing confidence all in a fun and enjoyable atmosphere. Contact Dianne at epjnrb@hotmail.com	Sat	8.00-8.50am	13/10/2018	
<b>JUNIOR BASKETBALL COMPETITION</b> 10-18yrs		Sat	7.45-8.40am	13/10/2018	

★ 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.

## 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 new Summer season are now open!

For more info go to [www.ymcawa.org.au/morley](http://www.ymcawa.org.au/morley)





### 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](http://www.ymcawa.org.au)

11-17  
YEARS  
OF AGE