

Health Club on 9375 3529 www.ymcawa.org.au

For further information or to organise a tour, please call the

- Cardio
- Spin Studio
- Weight Machines
- Group Training
- Personal Training
- Free Weights Area
- Group Fitness
- Personalised Programming

*conditions apply

• Functional Training Classes

• \$7 for 7 Days Promo

Health Club Memberships from \$10.50 pw

NO LOCK IN CONTRACT OPTIONS AVAILABLE

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 are now open!

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

BRANCO BRATICH 8TH DAN

Over 35yrs Teaching Experience
Australia's National Coach for 15yrs
Jessica Bratich International Champion

Free Karate Suit

Learn Real Karate From The Best

The Family Karate Club

Self-Defense
Co-ordination
Discipline
Concentration

Conditions apply

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

Classes: Mon * Tues * Thurs
Business Hours 9401 3163 or 9446 4230

Member : Australian Karate Federation
www.yoseikan-ryu.net

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
9378 4332 merylena.sulak@helenogrady.net.au
www.helenogrady.net.au

HELEN O'GRADY Drama Academy

• Dianella
• Forresterfield
• Kalamunda
• Morley
• Mundaring
• Swan View

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

EDUCATIONAL CHILDREN		DAY	TIME	FULL TERM COST
Thriving Threes & Fours	A fun developmental program for children. Activities incorporate areas of development including language, craft, music and play.	Thu	9.00-12.00pm	\$330 Term
	This program is for busy 3 and 4 year olds to solve problems, experiment and discover skills through play, the vehicle for learning.	or Fri	9.00-12.00pm	

SPORT COMPETITION				
	MON	TUE	WED	THU
AM	Ladies Netball Crèche available			
PM	Ladies Basketball Men's Basketball	Ladies Netball Men's Futsal Soccer	Men's Basketball	Men's Basketball

MARTIAL ARTS					
		DAY	TIME	START	FULL TERM COST
Tae Kwon Do	This Korean Art of self-defence is now an Olympic Sport which improves self-discipline, coordination, 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			
Karate	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 Jnr 5.30-6.30pm	Ongoing	Contact: Branco Kyoshi 9401 3163
		Thu			

BADMINTON HIRE

Now available
Please contact for bookings

School HOLIDAY Program

Vacation Care with amazing excursions!
Early bird specials.

Visit www.ymcawa.org.au/morley for more info.

PLANNING A FUNCTION?

YMCA Morley Sport & Recreation Centre is the perfect venue for all types of occasions. Whether it be for weddings, children's birthday parties, business seminars or theatre productions.

For all enquiries, please call **9375 3841**

Level 1 Pilates

Pilates teaches you body awareness, good posture and encourages flexibility. Runs during every school term for 10 weeks. Tuesdays 9.15am and/or 5.30pm. For more information please call **9375 3529** or visit www.morley.ymcawa.org.au

SPORT & LEISURE PROGRAM

EFFECTIVE FROM **OCTOBER 2019**



	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am				Toddler Gym* 	
3.45pm	 Netball* 7-10yrs	Inclusion 4 Life*  	Basketball Skills*	Basketball Clinic & Match Play* 7-9yrs	Mini Dance+ 3-4yrs 
	Indoor Tennis Coaching* 7yrs + 	Little Basketball Stars* 4-6yrs		Kindy Gym+	
		Tennis Coaching*  Budding Ballerinas+ 			
4pm	Hip Hop+ 5-7yrs	Mini Tumble+ 4-7yrs	Cheerleading* 4-8yrs 	Cartooning 4 Kids 7yrs +  	Basketball Clinic & Match Play* 10yrs-teens
					Soccer+
4.15pm		Irish Dancing			
4.30pm	Teen Fit*	Lyrical Ballet+ 	Basketball Skills Development* 	Gym Fun* 	Jazz Funk+
			Teen Fit*		Teen Fit*
4.45pm	Hip Hop+ 8-10yrs 	Musical Theatre*  Tennis Coaching (Inter)*	Cheerleading* 9-12yrs 	Basketball Clinic & Match Play* 9-12yrs 	Soccer+ 
5pm					
5.15pm		Beginner Acro* 7-teens			Jazz Funk*
		Inter/Adv Acrobatics* 7-teens			
5.30pm	 Hip Hop+ 10yrs +			Gym Fun*	

* 1hr or + 45 mins class

Netball Clinic ★ Develop the basics of netball. Ball work, defending, attacking and footwork. Progress to game play. \$127	Little Basketball Stars ★ Children will learn to play basketball while developing fitness, fundamentals and social skills. \$127	Lyrical Ballet 7yrs-teens ★ Lyrical embodies various aspects of jazz and ballet. Dancers will learn expression and improvisation, while enhancing your child's performance skills. \$127	Cheerleading ★ 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 and fun! \$155	Kindy Gym 3-5yrs ★ This class gives young children the opportunity to learn basic techniques and fundamental gymnastic skills. \$130
Indoor Tennis Coaching 7yrs-teens ★ Children will learn to play tennis while developing fitness, technique, racquet and ball skills. Advanced students require prior approval of coach. Advanced players by assessment only. \$155	Budding Ballerinas 4-7yrs ★ Introduce your dancer to the art of ballet. This program will teach your child fundamental ballet positions, progressions and terminology through barre and centre exercises. \$127	Musical Theatre 6yrs+ ★ This program is designed to combine singing, drama and dance, teaching kids the magic of the arts and to perform in our new program. \$127	Basketball Skills Development +13 years This program aims to develop an athlete's shooting ability, ball control, defence, confidence and knowledge of the game (basketball IQ). All fundamental skills will be enhanced in this program by working through stages of elite moves and drills. \$127	Gym Fun 5-12yrs This recreational class is designed to build gymnastics through skill progression. Students will learn and improve coordination, balance, flexibility and strength. \$155
Hip Hop ★ This program will have your kids burning off excess energy, building strength, stamina and coordination while making new friends. No experience necessary. \$127	Mini Tumble ★ This class incorporates gymnastics and acrobatics to teach participants how to achieve skills such as forward rolls, bend backs, handstands and much more. \$127	Acrobatics This class combines both basic gymnastic movements and acrobatics. This combination allows students to develop their physical abilities (e.g. strength, flexibility, coordination, balance). \$155	Basketball Clinic & Match Play ★ Basketball Clinic & Match Play, for kids who are ready to play matches but are not ready to join a club, the class aims to teach experience to the technical and tactical aspects of match play and create a mini league. \$127	Mini Dance ★ Shake what your mama gave you in our mixed dance class. 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. \$127
Inclusion 4 Life ★ This program aims to raise community awareness of kids with disabilities by promoting inclusive activities for both disabled and main stream kids. Tuesday's classes will be sport focused with sessions in the gym included. \$110	Irish Dancing ★ Is your child the next Michael Flatley? Come on down, bring your friends and give Irish Dancing a go! \$127	Basketball Skills 7-10yrs ★ 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. \$127	Toddler Gym 18mths-3.5yrs ★ A fun opportunity for the child to develop their mind and body through basic gymnastics skills, music movement and social interaction. *Parent participation required. \$127	Jazz Funk 6yrs-teens ★ 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. \$127
Soccer 6-12yrs ★ Children will learn the basic skills of soccer in a fun and social environment and have an opportunity to experience game play. \$127	Cartooning 4 Kids Each lesson, Ogi will take you through sketching exercises learning basic characters of cartoon such as making poses, costumes, face expressions, different ages, equipment and animals. You don't need a special talent, just some useful guidelines and a lot of practice.	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 a variety of modified group fitness classes and gym sessions to improve strength, flexibility, cardio and coordination. \$220 - 3 sessions per week \$154 - 2 session per week Casual \$15.50	ADULT PROGRAMS Adult Art Monday 12-3pm, \$300 per term Develop your skills, exceed your expectations and create something beautiful. Offering instruction to beginners and painting enthusiasts. Adult Tennis Coaching Friday 6.15-7.15pm, Teens & Adults, \$155 per term 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. BeMoved® Friday 5.45pm, 10 pack \$150, casual \$16 ongoing BeMoved® is an established dance fitness experience designed for adults of any age and any dance ability. Each week a different music genre is chosen to create an engaging dance experience to inspire all participants; mind, body and soul.	

★ 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. Only valid till week 5.