

<p><b>KIDS LOVE DRAMA!</b></p>	<p><b>PARENTS LOVE THE RESULTS!</b></p>	<ul style="list-style-type: none"> <li>• Develop <b>CONFIDENCE</b></li> <li>• Increase <b>SELF ESTEEM</b></li> <li>• Improve <b>COMMUNICATION</b></li> <li>• Learn <b>LIFE SKILLS</b></li> <li>• Enjoy <b>CREATIVE DRAMA</b></li> </ul> <p>Fun Classes are enrolling near you!</p>	<p>To find out more, please phone:</p> <h1 style="text-align: center;">9378 4332</h1> <p>Merylina.Sulak@helenogrady.net.au www.helenogrady.net.au</p>	<p>Kalamunda • Mundaring • Swan View Ballajura • Dianella • Forrestfield • Guildford Moorley • Morley • Mundingrab</p>
<p><b>WEEKLY CLASSES ENROLLING NOW:</b></p> <ul style="list-style-type: none"> <li>• KINDY 3-5 yrs</li> <li>• LOWER PRIMARY 5-8 yrs</li> <li>• UPPER PRIMARY 9-12 yrs</li> <li>• YOUTH 12-15 yrs</li> </ul>				
<p>Helen O'Grady Drama Academy</p>				

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

**The Family Karate Club**

Self-Defence Co-ordination Discipline Concentration

Free Karate Suit

Conditions apply

Learn Real Karate From The Best

**MORLEY RECREATION CENTRE**

**ALTONE 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](http://www.yoseikan-ryu.net)

HEALTH & FITNESS YOUTH		DAY	TIME	START	FULL TERM COST
<b>TEEN FIT</b> 11-17yrs	With an emphasis on fun, TEEN FIT encourages people aged between 11-17yrs to enjoy being active and take an interest in their health. The program is designed to educate Teens on correct exercise techniques. Our experienced instructors use the latest music in a variety of modified group fitness classes and gym sessions to ensure all participants exercise in a safe and enjoyable environment. 10 week term.	*Mon Wed  Fri	4.30-5.15pm	24/04/17	\$154 (10wk term)  Casual \$15.50 per session
<b>TEEN GYM</b> 14-15yrs	Access to Health Club between 3-5pm weekdays and 10am-5pm weekends.			Ongoing	Enquire at Health Club for more information



**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.

**11-17 YEARS OF AGE**

**ENROL NOW!**

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



# 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**



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



Dance ADULT		DAY	TIME	START	FULL TERM COST
<b>ADULT IRISH DANCING</b>	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 celli, soft and hard shoe steps in a fun, relaxed class open to men and women of any age.	Tue	6.00-7.00pm	02/05/17	\$110 Term
<b>ADULT BALLET PROGRAM</b> 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.	EXPRESSION OF INTEREST CALL 9375 3529			

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 including our painting Guru D'hange Yammanee. Offering instruction to beginners, painting enthusiasts and more adventurous and experienced artists. D'hange and Angela 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. <b>Paint with passion and confidence!</b>	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	24/04/17  26/04/17  29/04/17	\$280 (10wk course)

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 5.00-6.00pm	27/04/17	\$140 Term (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. Expressions of interest – call Adam 9375 3529.	Mon	9.30-11.30am	24/04/17	\$85 Term
<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	02/05/17	\$110 Term
<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	02/05/17	\$110 Term

★ Denotes free session trial - only 1 free trial per program. PLEASE CALL THE CENTRE to book your free 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 focussed with sessions in the gym included.	Tue	3.45-4.45pm	02/05/17	\$85 Term
<b>CREATIVE CLUB</b> ★ SESSION TRIAL	A program focussing 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	26/04/17	\$85 Term

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

GYMNASTICS CHILDREN		DAY	TIME	START	FULL TERM COST
<b>ACRO-BATICS</b> 8-14yrs	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	6.00-6.45pm	26/04/17	\$110 Term
<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 10.15-11.00am	27/04/17	\$110 Term
<b>KINDY GYM</b> 3.5-5yrs ★ SESSION TRIAL	A progression from Toddler Gym, your child can develop their mind and body through basic gymnastics skills, music movement and social interaction. *Parent participation required.	Thu	3.30-4.15pm	27/04/17	\$110 Term
<b>GYM FUN</b> 5-12yrs ★ SESSION TRIAL	The beginner class is aimed at 5-8yrs providing students with the basic skills and fundamentals. The Intermediate 5-12yrs class incorporates Acrobatic 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> 4.15-5.00pm <b>Intermediate</b> 5.00-5.45pm	27/04/17	\$110 Term

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

BALLET academy		DAY	TIME	START	FULL TERM COST
<b>PETITE PRINCESSES</b> 3-5 yrs	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 & creative awareness.	Tue	3.45-4.30pm	02/05/17	\$110 Term
<b>BUDDING BALLARINAS</b> 6-8 yrs	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	02/05/17	\$110 Term
<b>PROGRESSIVE PERFORMERS</b> 9 yrs - teens	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	4.15-5.00pm	04/05/17	\$110 Term

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

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	02/05/17	\$80 Term (Tiny Tots only) \$110 Term
<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 and 9-12yrs are the intermediate class.	Mon	<b>3-5yrs Beginner</b> 4.00-4.45pm <b>6-9 yrs Begin/Intermediate</b> 4.45-5.30pm <b>10+ yrs Int/Advanced</b> 5.30-6.15pm	24/04/17	\$110 Term
<b>MOOVIN &amp; GROOVIN TODDLERS</b> 18mths-3yrs ★ SESSION TRIAL	Introduce your little one to the magic of dance. Develop motor skills and waken your toddler's imagination through movement, music and creative play as they dance and learn how their body moves. These tiny dancers will love the opportunity to express themselves and perform.	Tue	9.20-10.00am	02/05/17	\$90 Term
<b>JAZZ BALLET</b> 3-12yrs ★ 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 and 9-12yrs are the intermediate class.	Fri	<b>Beginner</b> 4.00-4.45pm <b>Begin/Intermed</b> 4.45-5.30pm <b>Intermediate</b> 5.30-6.15pm	28/04/17	\$110 Term
<b>CHEER-LEADING</b> 5-12yrs ★ SESSION TRIAL	This class isn't just about cheers and pom poms, it is 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	26/04/17	\$110 Term

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

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 Fri	9.30-11.30am 9.30-11.30am	27/04/17 28/04/17	\$210 Term

SPORTING CLINICS		DAY	TIME	START	FULL TERM COST
<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	26/04/17	\$110 Term
<b>BASKETBALL CLINIC</b> 7-12yrs ★ 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>10-12yrs</b> 4.45-5.45pm <b>7-12yrs</b> 4.00-5.00pm	27/04/17  28/04/17	\$110 Term
<b>NETBALL CLINIC</b> ★ SESSION TRIAL	Develop the basics of netball. Ballwork, defending, attacking and footwork. Progress to game play. Teens can play socially, individual or team nominations taken.	Mon	<b>5-12yrs</b> 3.45-4.45pm	24/04/17	\$110 Term
<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	28/04/17	\$110 Term
<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>Beginners</b> 3.45-4.45pm <b>Advanced</b> 4.45-5.45pm (by invitation only)	24/04/17  02/05/17  26/04/17	\$140 Term
<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 focusses on hitting lots of tennis balls, with emphasis on movement and match play.	Fri	<b>Adults and Teens</b> 6.00-7.00pm	28/04/17	\$140 Term
<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	29/04/17	
<b>JUNIOR BASKETBALL COMPETITION</b> 10-18yrs		Sat	7.45-8.40am	29/04/17	

# PILATES

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

Our program offers 2 stages of development. Level 1 is a 10 week course. Level 2 is part of membership.

Please call **9375 3529** or visit **www.morley.ymcawa.org.au** for more information.

TRANSFORM THE WAY YOUR BODY LOOKS, FEELS AND PERFORMS

## CHILDREN'S PROGRAMS CAN NOW BE PAID BY EFTPOS!

Enrolment forms can be downloaded from **www.morley.ymcawa.org.au** and emailed to **Morley.Leisureprograms@ymcawa.org.au** for confirmation of enrolment.

**EFT bank details:** BSB: 036-073 A/C #: 299255.

**Please state your child's name + program/s next to the EFT ref #.**