

Health Club Memberships from \$10.50 pw

- Cardio Theatre
- Spin Studio
- New MetaFwr Functional Training Classes
- Weight Machines
- Group Training
- Personal Training
- Free Weights Area
- Group Fitness
- Personalised Programming

For further information or to organise a tour, please call the Health Club on 9375 3529 www.ymcawa.org.au

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
Concentration
Discipline
Co-ordination
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

HELEN O'GRADY
Drama Academy

- Dianella
- Forrestfield
- Kalamunda
- Morley
- Mundaring
- Swan View

WEEKLY CLASSES ENROLLING NOW
KINDY PRIMARY 9-12 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



ADULTS LEISURE		DAY	TIME	START	FULL TERM COST
PILATES	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	Beginners 5.30pm	30/04/2019	Beginners Members \$122, Non-Members \$154 L2 \$18.00/ session or \$145 for 10 classes FREE to Health Club Members
LIVING LONGER LIVING STRONGER	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
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.	Wed Fri	4.30-5.15pm	29/04/2019	\$220 (3 sessions per week), \$154 (2 sessions per week). Casual \$15.50 per session
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	30/04/2019	\$125

MARTIAL ARTS		DAY	TIME	START	FULL TERM COST
TAE KWON DO	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 Wed	Jnr & Snr 6.30-8.00pm	Ongoing	Contact: Raffaele DiRenzo 9388 0166
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 Thu	Jnr 5.30-6.30pm Jnr 5.30-6.30pm	Ongoing	Contact: Branco Kyoshi 9401 3163

SPORT COMPETITION
Adult Netball Soccer Basketball

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

School HOLIDAY Program

Vacation Care with amazing excursions!
Early bird specials.
Visit 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.morley.ymcawa.org.au

SPORT & LEISURE PROGRAM

TERM 2

YMCA WA

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

SAFEGUARDING CHILDREN ACCREDITED ORGANISATION

CITY OF BAYSWATER
The Garden City - Quality Lifestyle

Dance ADULT		DAY	TIME	START	FULL TERM COST
BE MOVED® ★ SESSION TRIAL	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. This class instructor Chris Dodson is a seasoned entertainment professional who has trained and performed all over the world. BeMoved® is not to be missed!	Thu	11.15-12.15pm	2/05/2019	\$130
		Fri	6.30-7.30pm	3/05/2019	\$16 Casual Fee
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.	TBC	Please register your expression of interest	TBC	\$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.	TBC	Please register your expression of interest	TBC	\$125

CREATIVE ADULT		DAY	TIME	START	FULL TERM COST
ADULT ART ★ SESSION TRIAL	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	29/04/2019	\$299

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	2/05/2019	\$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	29/04/2019	\$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	30/04/2019	\$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	30/04/2019	\$125

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	30/04/2019	\$109

GYMNASTICS CHILDREN		DAY	TIME	START	FULL TERM COST
ACROBATICS 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	1/05/2019	\$155
		Tue	Advanced 5.15-6.15pm	30/04/2019	
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	9.30-10.30am	2/05/2019	\$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	2/05/2019	\$125
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	2/05/2019	\$155

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 Winter 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	30/04/2019	\$125
		Tue	Intermediate 5.00-6.00pm		
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	29/04/2019	\$125
		Fri	4-5yrs Beginner 4.00-4.45pm 6-8yrs Beginner 4.45-5.30pm 9yrs-teens Int/Advanced 5.30-6.15pm	3/05/2019	\$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 11-14yrs 5.00-6.00pm	1/05/2019	\$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	30/04/2019	\$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	30/04/2019	\$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	2/05/2019	\$125
MINI TAPPERS 4-6yrs TALENTED TAPPERS 7-teens ★ SESSION TRIAL	Our new tap program is designed to develop rhythm, sound and style. These classes will help students learn tap technique whilst building strength and improving posture.	Sat	4-6yrs 9-9.45am 7-9yrs 9.45-10.15am 10-teens 10.15-11.00am	4/05/2019	\$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.

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	30/04/2019	\$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	1/05/2019	\$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	2/05/2019	\$125
		Fri	3/05/2019		
NETBALL CLINIC ★ SESSION TRIAL	Develop the basics of netball. Ball work, defending, attacking and footwork. Progress to game play. 16yrs+ can play socially, individual or team nominations taken.	Mon	5-12yrs 3.45-4.45pm	29/04/2019	\$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	3/05/2019	\$125
		Mon	Beginners 3.45-4.45pm Intermediate 4.45-5.45pm Advanced 4.45-5.45pm Beginners 3.45-4.45pm Advanced 4.45-5.45pm <i>(by invitation only)</i>	29/04/2019	\$155
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.	Tue	Beginners 3.45-4.45pm Intermediate 4.45-5.45pm Advanced 4.45-5.45pm Beginners 3.45-4.45pm Advanced 4.45-5.45pm <i>(by invitation only)</i>	30/04/2019	\$125
		Wed	1/05/2019		
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	3/05/2019	\$155
BIDDI BALL 4-8yrs JUNIOR BASKETBALL COMPETITION 10-18yrs	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	4/05/2019	
		Sat	7.45-8.40am	4/05/2019	

★ 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.

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	2/05/2019	\$330 Term
		Fri	9.00-12.00pm	3/05/2019	

July Holiday Clinics!

STAY TUNED FOR MORE INFO

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

AGES 4-TEENS!

