

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
- Spin Studio
- Functional Training Classes
- \$7 for 7 Days Promo \*conditions apply
- Free Weights Area
- Personal Training
- Group Training
- Group Fitness
- Personalised Programming

**Health Club Memberships from \$10.50 pw**

**NO LOCK IN CONTRACT OPTIONS AVAILABLE**

July 13th – 19th

Tickets can be purchased at reception

**THAT'S ENTERTAINMENT FESTIVAL OF DANCE**

**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  
Conditions apply

**The Family Karate Club**  
Self-Defense  
Co-ordination  
Discipline  
Concentration

**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](http://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](mailto:merylena.sulak@helenogrady.net.au)  
[www.helenogrady.net.au](http://www.helenogrady.net.au)

**HELEN O'GRADY Drama Academy**

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

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



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 a variety of modified group fitness classes and gym sessions to improve strength, flexibility, cardio and coordination.	Wed	4.30-5.15pm	24/07/2019	\$220 (3 sessions per week), \$154 (2 sessions per week). Casual \$15.50 per session
		Fri			

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	<b>Jnr &amp; Snr</b> 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	<b>Jnr</b> 5.30-6.30pm	Ongoing	Contact: Branco Kyoshi 9401 3163
		Thu	<b>Jnr</b> 5.30-6.30pm		

**AGES 6+**

**Inclusion & Dance 4 Life**

**Inclusion : 3.45 pm Tues**  
**Dance : 4.00pm Wed**

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

**LEISURE PROGRAMS CONCERT 2019**

**SAVE THE DATE: 6 DECEMBER, 2019**

**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.

**NEW Children's Birthday Party Venue**

Spacious indoor area with private courtyard. Conveniently located 10 minutes from the CBD and boasts ample parking right at the front door.

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







**Level 1 Pilates**






Pilates teaches your 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](http://www.morley.ymcawa.org.au)








**SPORT & LEISURE PROGRAM**

**TERM 3**



ADULT PROGRAMS			DAY	TIME	START	FULL TERM COST
<b>JAZZ/ HIP HOP</b>	This class incorporates jazz technique with modern free style expression. No experience necessary.		Thu	7.30-8.15pm	25/07/2019	\$127 \$15 Casual Fee
<b>BALLET PROGRAM</b> Teens & Adults	This class will cover ballet techniques and exercise that will increase core strength, improve posture and tone. Ballet shoes are recommended.		Tues	6.15-7.00pm	23/07/2019	\$127
<b>ART</b> 	Develop you skills, exceed your expectations and create something beautiful. Offering Instruction to beginners and painting enthusiasts.		Mon	12.00-3.00pm	22/07/2019	\$300
<b>PILATES</b>	This Level 1 Pilates course is designed for complete beginners and those new to mat based Pilates. It is designed to teach body awareness, good posture, increased flexibility and core strength, and must be completed before the Level 2 classes on our Group Fitness Timetable.  This course is not suitable for Clinical Pilates referrals or those who require 1-1 coaching. Please consult your doctor prior to registering for this course."		Tue	5.30pm	23/07/2019	Members \$122, Non-Members \$154
<b>TENNIS COACHING</b> 	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	6.15-7.15pm	26/07/2019	\$155

CHILDREN WITH DISABILITIES		DAY	TIME	START	FULL TERM COST
<b>INCLUSION 4 LIFE</b> 	This program 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	23/07/2019 	\$110
<b>DANCE 4 LIFE</b> 	This new dance program is low impact. The class structure includes a warmup and cool down, focusing on a particular dance genre each week. It allows participants to develop their creativity while improving their motor skills, confidence & socialisation.	Wed	4.00-4.45pm	24/07/2019 	\$110
 Denotes session trial - only 1 trial per program. <b>PLEASE CALL THE CENTRE to book your trial prior to the beginning of the term - NO LHOOP INS.</b>					

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).		Tue	<b>Beginner</b> 6.00-7.00pm	23/07/2019	\$155
			Tue	<b>Advanced</b> 5.15-6.15pm	23/07/2019	
<b>TODDLER GYM</b> 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. *All classes subject to a minimum participation of 5 students.		Thu	9.30-10.30am	25/07/2019	\$127
<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	25/07/2019	\$127
<b>GYM FUN</b> 5-12yrs	This non-competitive class designed to build gymnastics through skill progression. Student will learn and improve co-ordination, balance, flexibility and strength.		Thu	<b>Beginner</b> 4.30-5.30pm <b>Intermediate/Advanced</b> 5.30-6.30pm	25/07/2019	\$155
<b>MINI TUMBLE</b> 4-7yrs 	This class incorporates gymnastics and acrobatics to teach participants how to achieve skills such as forward rolls, bend backs, handstands & much more.		Tue	4.00-4.45pm	23/07/2019	\$127
 Denotes session trial - only 1 trial per program. <b>PLEASE CALL THE CENTRE to book your trial prior to the beginning of the term - NO DROP INS.</b>						








# October Holiday Clinics!





AGES 6 - TEENS!








## STAY TUNED FOR MORE INFO

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

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	25/07/2019 26/07/2019	\$330 Term
<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	25/07/2019	\$155 (includes ingredients)
<b>PLAY GROUP</b> 	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	22/07/2019	\$110

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>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!		Tue	<b>Beginner</b> 4.00-5.00pm	23/07/2019	\$127
			Tue	<b>Intermediate</b> 5.00-6.00pm		
<b>HIP HOP</b> ★ SESSION TRIAL	This program will have your kids burning off excess energy, building strength, stamina and coordination while making new friends. No experience necessary. Show family and friends your moves with a concert at the end of the year.		Mon	<b>5-7yrs Beginner</b> 4.00-4.45pm <b>7-9yrs Begin/Intermediate</b> 4.45-5.30pm <b>10yrs + Int/Advanced</b> 5.30-6.15pm	22/07/2019	\$127
<b>JAZZ FUNK</b> 6yrs-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	<b>5-7yrs</b> 4.30- 5.15pm <b>8-10yrs</b> 5.15pm-6pm <b>11-Teens</b> 6-6.45pm	26/07/2019	\$127
<b>MINI DANCE</b> 3-4 yrs ★ SESSION TRIAL	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	3.45 - 4.30pm	26/07/2019	\$127
<b>CHEER-LEADING</b> 4-12yrs ★ 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>4-8yrs</b> 4.00-5.00pm <b>9+ yrs</b> 5.00-6.00pm	24/07/2019	\$155
<b>BUDDING BALLERINAS</b> 3-8yrs ★ SESSION TRIAL	Introduce your dancer to the art of ballet. This program will teach your child fundamental ballet positions, progressions and terminology through barre and center exercises.		Tue	<b>3-5yrs</b> 3.45-4.30pm <b>6-8yrs</b> 4.30-5.15pm	23/07/2019	\$127
<b>LYRICAL BALLET</b> 7yrs-teens ★ SESSION TRIAL	Lyrical embodies various aspects of jazz and ballet. This class is for intermediate learners who have some dance experience. Dancers will learn expression and improvisation, while enhancing your child's performance skills.		Thu	4.30-5.15pm	25/07/2019	\$127
<b>MUSICAL THEATRE</b> 6yrs + ★ SESSION TRIAL	This program is 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	23/07/2019	\$127
<b>SINGING PROGRAM</b> 6yrs +	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!		Thu	4.00-4.45pm	25/07/2019	\$127
★ Denotes session trial - only 1 trial per program. <b>PLEASE CALL THE CENTRE to book your trial prior to the beginning of the term - NO DROP INS.</b>						

SPORTING CLINICS			DAY	TIME	START	FULL TERM COST
<b>LITTLE BASKETBALL STARS</b> 4-6yrs 	Children will learn to play basketball while developing fitness, technique, fundamentals and social skills.		Tue	3.45-4.30pm	23/07/2019	\$127
<b>BASKETBALL CLINIC AND MATCH PLAY</b> 6-10yrs 	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.		Thu Thu Fri	<b>7-9yrs</b> 3.45-4.45pm <b>9-12yrs</b> 4.45-5.45pm <b>10 yrs-Teens</b> 4.00-5.00pm	25/07/2019 26/07/2019	\$127
<b>BASKETBALL CLINIC</b> 7yrs-teens 	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.		Wed	3.45-4.45pm	24/07/2019	\$127
<b>NETBALL CLINIC</b> 7yrs-teens 	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	<b>5-12yrs</b> 3.45-4.45pm	22/07/2019	\$127
<b>SOCCER</b> 6-12yrs 	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	26/07/2019	\$127
<b>INDOOR TENNIS COACHING</b> 7yrs-teens 	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 <i>(by invitation only)</i>	22/07/2019 23/07/2019 24/07/2019	\$155
<b>ADULT TENNIS COACHING</b> Teens & Adults 	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	26/07/2019	\$155
<b>BIDDI BALL</b> 4-8yrs <b>JUNIOR BASKETBALL COMPETITION</b> 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 Sat	8.00-8.50am 7.45-8.40am	27/07/2019 27/07/2019	
 Denotes session trial - only 1 trial per program. <b>PLEASE CALL THE CENTRE to book your trial prior to the beginning of the term - NO DROP INS.</b>						

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

