LADIES NETBALL

Join our social Netball competition Monday's from 9.15am.
Creche is available for little ones!

Enquire at our front desk
or call us on 9375 3529

the Y

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

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**

Lifestyle Memberships

With our new lifestyle membership get the best of both worlds by enrolling your children into their favorite activity whilst you have access to the health club and group fitness sessions at any time.

Lifestyle Membership 1

1 x children's leisure program per term & 1 x health club and group fitness membership for an amazing $39 a fortnight.

Only **$39** Per Fortnight

Lifestyle Membership 2

2 x children's leisure programs per term & 1 x health club and group fitness membership for a fantastic $49 a fortnight.

Only **$49** Per Fortnight

HEALTH CLUB MEMBERSHIPS FROM $11.00 pw

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

NO LOCK IN CONTRACT OPTIONS AVAILABLE

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

MARTIAL ARTS

		DAY	TIME	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 Wed	**Jnr & Snr** 6.30-8.00pm	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	Contact: Branco Kyoshi 9401 3163

SPORTS & LEISURE

Effective July 2020

'SAFEGUARDING CHILDREN' ACCREDITED ORGANISATION

YMCA WA Morley Sport and Recreation Centre
12 Wellington Rd, Morley 6062 **p:** (08) 9375 3529
e: Morley.LeisurePrograms@ymcawa.org.au **w:** www.ymcawa.org.au/morley

City of Baywater – The Garden City – Quality Lifestyle

the Y

Adult programs		DAY	TIME	FULL TERM COST
ART	Develop your skills, exceed your expectations and create something beautiful. Offering Instruction to beginners and painting enthusiasts.	Mon	12.00-3.00pm	$300

Session trials available until week 5. BOOKINGS ESSENTIAL please call the centre to book your trial.

Gymnastics Children		DAY	TIME	FULL TERM COST
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.	Thu	9.30-10.30am	$127
KINDY GYM 3.5-5yrs	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	$127
MINI TUMBLE 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	$127
GYM FUN 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	4.30-5.30pm	$155
ACRO-BATICS 7-16yrs	TThis class combines both basic gymnastic movements and acrobatics. This combination allows students to develop their physical abilities (e.g. strength, flexibility, coordination, balance).	Tue	**Beginner/Inter** 4.15-5.15pm **Advanced** 5.15-6.15pm	$155

Session trials available until week 5. BOOKINGS ESSENTIAL please call the centre to book your trial.

Childrens Birthday Parties

Creche available for Children Birthday Parties for more information please contact 9375 3841 or ask in-centre for further details.

Have you seen our

Outside of School Hours Care?

Inspired by our YMCA WA's Approach to Learning we provide before school, after school and vaction care programs and environments that your children will thrive in.

Guided by core values of Respect, Responsibility, Honesty and Caring children are given the opportunity to grow in Body, Mind and Spirit.

They'll love it so much, they'll want to come again tomorrow.

Find out more at: **ymcawa.org.au**

School Term Dates

Term 1: Monday 3rd Feb – Thursday 9th April

Term 2: Tuesday 28th April – Friday 3rd July

Term 3: Monday 20th July – Friday 25th September

Term 4: Monday 12th October – Friday 18th December

For more info please visit www.ymcawa.org.au

Dance and Art		DAY	TIME	FULL TERM COST
HIP HOP	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	**Beginner (5-7yrs)** 4.00-4.45pm **Intermediate (7-9yrs)** 4.45-5.30pm **Advanced (10yrs +)** 5.30-6.15pm	$127
BUDDING BALLERINAS	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.	Tues	**3-5yrs** 3.45-4.30pm **6-9yrs** 4.30-5.15pm	$127
MUSICAL THEATRE	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	$127
CHEERLEAD-ING	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	**4-8yrs** 4.00-5.00pm **9yrs +** 4.00-5.30pm	$155
JAZZ	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	**3-5yrs** 4.00-4.30pm **6-8yrs** 4.30-5.15pm **9yrs +** 5.15-6.00pm	$110 (3-5yrs) $127
CARTOON-ING 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		Expressions of interest	$155

Session trials available until week 5. BOOKINGS ESSENTIAL please call the centre to book your trial.

Teen Fit

Age: 11-17yrs

Days: Monday / Wednesday / Friday - 4.30 pm

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

For more info: **www.ymcawa.org.au/morley**

Sports		DAY	TIME	FULL TERM COST
INCLUSION 4 LIFE	This program aims to raise community awareness of kids with disabilities by promoting inclusive activities for both disabled and mainstream kids. Tuesday's classes will be sport focused with sessions in the gym included.	Tue	3.45-4.45pm	$110
PRE BALLERS 4 -7yrs	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.	Tue Wed	**4-7yrs** 4.00-4.45pm **5-7yrs** 3.45-4.45pm	$127
JUNIOR BALLERS	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.	Thur Thur Fri	**7-9yrs** 3.45-4.45pm **9-12yrs** 4.45-5.45pm **10yrs - Teens** 4.00-5.00pm	$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.	Fri	**6-8yrs** 4.00-4.45pm **9-12yrs** 4.45-5.45pm	$127
INDOOR TENNIS COACHING	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	$155

Session trials available until week 5. BOOKINGS ESSENTIAL please call the centre to book your trial.