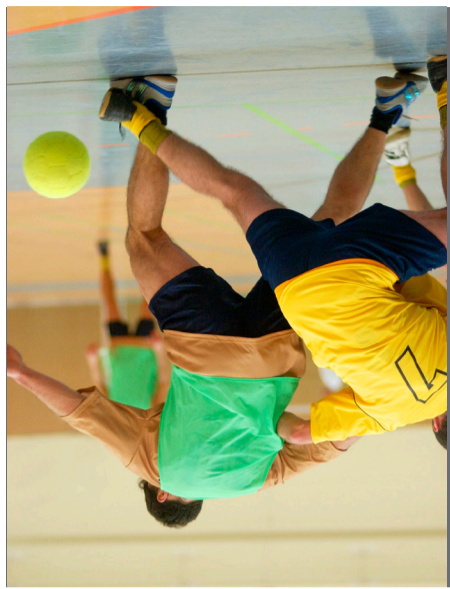


SPORT COMPETITION			
AM	Ladies Netball	MON	Ladies Basketball
PM	Ladies Basketball	TUE	Mens Futsal Soccer
	Mens Basketball	WED	Mens Basketball
	Mens Basketball	THU	Mens Basketball



## ADULTS SPORTS COMPS

Mens and womens 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)

MARTIAL ARTS	DAY	TIME	FULL TERM COST
<b>Tae Kwon Do</b>	Mon Wed	6:30-8:00pm Jnr & Snr	Contact: Raffeale DiRenzo 9388 0166
<b>Karate</b>	Mon Thu	5:30-6:30pm Jnr	Contact: Branco Kyoshi 9401 3163

**Free Karate Suit**  
Conditions apply

Learn Real Karate From The Best

The Family Karate Club

Self-Defense  
Co-ordination  
Discipline  
Concentration

**Free Karate Suit**  
Conditions apply

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

**Branco Bratich 8th Dan**

MORLEY RECREATION CENTRE  
ALTONA 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

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

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

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 [merylene.sulak@helenogrady.net.au](mailto:merylene.sulak@helenogrady.net.au)

**LADIES NETBALL**

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

Enquire at our front desk or call us on 9375 3529

**HEALTH CLUB MEMBERSHIPS FROM \$11.00 pw**

NO LOCK IN CONTRACT OPTIONS AVAILABLE

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

• Functional Training Classes  
• \$7 for 7 Days Promo  
• \*conditions apply

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)



Fun and fitness for the whole family!

**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

**SPORTS & LEISURE**

Effective October 2020

**the Y**

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



Adult programs		DAY	TIME	FULL TERM COST
<b>ART</b>	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
<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.	Thu	9.30-10.30am	\$127
<b>KINDY GYM</b> 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
<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	\$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	4.30-5.30pm	\$155
<b>ACRO-BATICS</b> 7-16yrs	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/Inter</b> 4.30-5.30pm <b>Advanced</b> 4.30-5.45pm	\$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 vacation 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](http://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](http://www.ymcawa.org.au)

Dance and Art		DAY	TIME	FULL TERM COST
<b>HIP HOP</b>	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>Beginner (5-7yrs)</b> 4.00-4.45pm <b>Intermediate (7-9yrs)</b> 4.45-5.30pm <b>Advanced (10yrs +)</b> 5.30-6.15pm	\$127
<b>BUDDING BALLERINAS</b>	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	<b>3-5yrs</b> 3.45-4.30pm <b>6-9yrs</b> 4.30-5.15pm	\$127
<b>MUSICAL THEATRE</b>	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
<b>CHEERLEADING</b>	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>9yrs +</b> 4.00-5.30pm	\$155
<b>JAZZ</b>	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>3-5yrs</b> 4.00-4.30pm <b>6-8yrs</b> 4.30-5.15pm <b>9yrs +</b> 5.15-6.00pm	\$110 (3-5yrs) \$127
<b>CARTOONING 4 KIDS</b>	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 - 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.

**\$154** - 2 session per week  
**Casual** - \$15.50

For more info: [www.ymcawa.org.au/morley](http://www.ymcawa.org.au/morley)



Sports		DAY	TIME	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 mainstream kids. Tuesday's classes will be sport focused with sessions in the gym included.	Tue	3.45-4.45pm	\$110
<b>PRE BALLERS</b> 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	<b>4-7yrs</b> 4.00-4.45pm <b>5-7yrs</b> 3.45-4.45pm	\$127
<b>JUNIOR BALLERS</b>	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	<b>7-9yrs</b> 3.45-4.45pm <b>9-12yrs</b> 4.45-5.45pm <b>10yrs - Teens</b> 4.00-5.00pm	\$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	\$127
<b>INDOOR TENNIS COACHING</b>	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	<b>Beginners</b> 3.45-4.45pm <b>Intermediate</b> 4.45-5.45pm	\$155

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