

PM	Ladies Basketball	Ladies Netball	Men's Basketball
AM	Ladies Netball	Men's Basketball	Men's Basketball
	MON	TUE	WED
	THU		
SPORT COMPETITION			

## 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)

## 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

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 or Teen fit program per term & 1 Health Club \$49 a fortnight.

Only \$49 Per Fortnight

MARTIAL ARTS			
DAY	TIME	FULL TERM COST	
Mon	6.30-8.00pm <b>Jnr &amp; Snr</b>	Wed	<p>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.</p> <p>*Classes for beginners to black belt.</p>
		Mon	<p>YOSEIKAN-RYU KARATE incorporates Self-Defence, Sport, and aerobic fitness into its classes. Taught by Branco Bratch OAM 8th Dan Kyoshi.</p> <p>www.yoseikan-ryu.net</p>
Thu	5.15-6.30pm <b>Jnr</b>	Mon	<p>Karate</p>
		Thu	<p>Karate</p>

**Kids LOVE Drama**

PARENTS LOVE THE RESULTS

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

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)

**YOSEIKAN-RYU KARATE**

"Achieving excellence since 1978"

Branco Bratch OAM 8th Dan Kyoshi

www.yoseikan-ryu.net karate@yoseikan-ryu.net  
94013163

Free trial lessons \* Free uniform included with new enrolments

YMCA times: Monday and Thursday 5.15pm-6.15pm

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)

## HEALTH CLUB MEMBERSHIPS FROM \$11.00 pw

**NO LOCK IN CONTRACT OPTIONS AVAILABLE**

- 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

## SPORTS & LEISURE PROGRAM

Effective January 2021

**SAFEGUARDING CHILDREN**  
ACCREDITED ORGANISATION





Adult programs	DAY	TIME	FULL TERM COST
<b>ART</b>	Mon	12.00-3.00pm	\$300

Gymnastics Children	DAY	TIME	FULL TERM COST
<b>TODDLER-TIME</b> 18mths-3.5yrs	Thu	9.30-10.30am	\$127
<b>KINDY GYM</b> 3.5-5yrs	Thu	3.45-4.30pm	\$127
<b>MINI TUMBLE</b> 4-7yrs	Tue	4.00-4.45pm	\$127
<b>GYM FUN</b> 5-12yrs	Thu	4.30-5.30pm	\$155
<b>ACRO-BATICS</b> 7-16yrs	Tue	<b>Beginner/Inter</b> 4.00-5.00pm <b>Advanced</b> 5.00-6.00pm	\$155

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

## School Term Dates

**Term 1:** Monday 1st Feb – Thursday 1st April

**Term 2:** Tuesday 19th April – Friday 2nd July

**Term 3:** Monday 19th July – Friday 24th September

**Term 4:** Monday 11th October – Friday 16th December

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

Dance	DAY	TIME	FULL TERM COST
<b>HIP HOP</b>	Mon	<b>Beginner (5-7yrs)</b> 4.00-4.45pm <b>Intermediate (7-9yrs)</b> 4.45-5.30pm	\$127
<b>BUDDING BALLERINAS</b>	Tues	<b>3-5yrs</b> 4.00-4.45pm <b>6-9yrs</b> 4.45-5.30pm	\$127
<b>MUSICAL THEATRE</b>	Tue	4.45-5.45pm	\$127
<b>CHEERLEAD-ING</b>	Wed	<b>4-8yrs</b> 4.00-5.00pm <b>9yrs +</b> 4.00-5.30pm	\$155
<b>JAZZ</b>	Fri	<b>7-10yrs</b> 4.15-5.00pm <b>11-Teens +</b> 5.00-5.45pm	\$127

## 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.  
**\$180** - 2 session per week  
**\$240** - 3 session per week  
**Casual** - \$15.50  
Bookings essential, please call to book your place. This program now included in our Lifestyle 2 memberships.  
For further information please call 9375 3529 or email [morley.healthclub@ymcawa.org.au](mailto:morley.healthclub@ymcawa.org.au).

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

**A range of sports, dance and art classes for our future stars!**

Sports	DAY	TIME	FULL TERM COST
<b>FITNESS 4 LIFE</b> (Located on Court 3)	Tue	4.00-5.00pm	\$110
<b>PRE BALLERS</b> 4 -7yrs	Tue Wed	<b>4-5yrs</b> 4.00-4.45pm <b>6-8yrs</b> 3.45-4.45pm	\$127
<b>JUNIOR BALLERS</b>	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 -8yrs	Fri	<b>6-8yrs</b> 4.00-4.45pm	\$127