Men's Basketball	Men's Basketball	Ladies Metb	Ladies Basketball Men's Basketball	Md
			Ladies Metball Crèche available	MA
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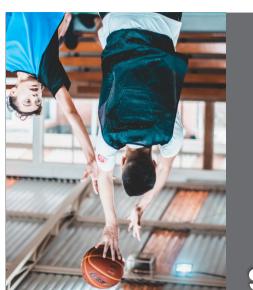
SPORT COMPETITION

www.ymcawa.org.au/morley

are now open! Team nominations

in a social environment competitions are a great way to improve your overall wellbeing

Men's and women's sports





or call us on 9375 3529 Enquire at our front desk

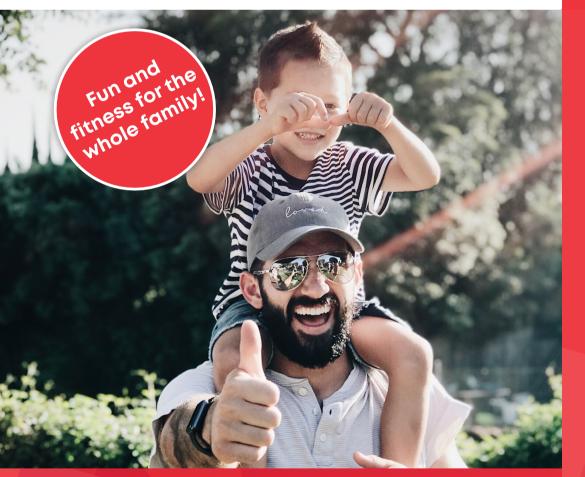
Creche is available for little ones! .ms2f.9 morl s'ysbnoM

Join our social Netball competition





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Lifestyle Memberships

\$39

ortnight

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.

Lifestyle Membership 2

2 x Children's leisure programs or Teen fit program per term & 1 Health Club \$49 a fortnight.



www.yoseikan-ryu.net mq08.8-81.3 8918 1046 Bratich ղու nyı Branco Bratich OAM 8th Dan Kyoshi. mq0£.8-21.3 Branco Sport, and aerobic fitness into its classes. Taught by ղու Contact: YOSEIKAN-RYU KARATE Incorporates Self-Defence, Karate Classes for beginners to black belt. 9910 8886 OiRenzo b₉W stamina and confidence. Taught by Raffaele DiRenzo mq00.8-0E.8 Raffaele Kwon Sport which improves self-discipline, coordination, Jnr & Snr This Korean Art of self-defence is now an Olympic Contact:

FULL TERM COST **STAA JAITAAM** 9378 4332 merylena.sulak@helenogrady.net.au www.helenogrady.net.au ncluded with new enrolments Free trial lessons * Free uniform TO FIND OUT MORE, PLEASE CONTACT US UPPER PRIMARY 9-12 YEARS | YOUTH 12-17 YEARS KINDY DRAMA 3-5 YEARS LOWER PRIMARY 5-8 YEARS Swan View Mundaring Morley Kalamunda **Forrestfield** Dianella

*conditions apply

YAd

TIME

MEEKLY CLASSES ENROLLING NOW FIEE SKIFFS FEVBN PARENTS LOVE THE RESULTS Kids Love Prama

Health Club on 9375 3529 www.ymcawa.org.au

For further information or to organise a tour, please call the

 Personalised Programming e Group Fitness

 Free Weights Area • Personal Training

 Weight Machines • Group Training • Cardio

\$7 for 7 Days Promo Functional Training Classes oibut2 niq2 •

CONTRACT OPTIONS AVAILABLE

NO FOCK IN

Md

00 LLs

YOSEIKAN-RYU KARATE

HEALTH CLUB MEMBERSHIPS FROM



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









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

Gymne	astics Children	DAY	TIME	FULL TERM COST
TODDLER- TIME 18mths-3.5yrs	ToddlerTime is a new revised program for children aged 18 months – three years. This program encourages young children to improve their gross and fine motor skills as well as encouraging social interaction with other children. Discounted creche offer available for additional children	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 coordination, balance, flexibility and strength.	Thu	4.30-5.30pm	\$155
ACRO-BATICS 7-16yrs	Beginner/Intermediate: This a preparatory level for children with a minimal Acrobatic experience. This program aims to teach progressive acrobatic skills, such as round offs and front handsprings. Students will learn how to build a strong foundation and correct technique. Minimum requirement: Back bend from standing position	Tue	Beginner/Inter 4.00-5.00pm Advanced 5.00-6.00pm	\$155
	Advanced: This program is suitable for students who have a clear understanding of entry level acrobatics. Students participating in this class must demonstrate strong and solid technique. Minimum requirement: Front Handspring			

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 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

Dance		DAY	TIME	FULL TERM COST
НІР НОР	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	\$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 4.00-4.45pm 6-9yrs 4.45-5.30pm	\$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	7-10yrs 4.15-5.00pm 11-Teens + 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

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.

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



Sports		DAY	TIME	FULL TERM COST
FITNESS 4 LIFE (Located on Court 3)	This program is designed to encourage participant fitness and wellbeing. This program is divided into a sport focused session and a supervised gym session. Appropriate for all children and youth aged 11 year +.	Tue	4.00-5.00pm	\$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	4-5yrs 4.00-4.45pm 6-8yrs 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 -8yrs	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	\$127