

SJCRC INDOOR SPORTS



Social
and
Fun!



BASKETBALL • FLOORBALL
INDOOR MIXED NETBALL
LADIES INDOOR NETBALL
INDOOR BEACH VOLLEYBALL
(2, 3 + 4 a side)

OUTSIDE SCHOOL HOURS CARE

- Before School Care
- After School Care
- School Holiday Programs

KINDY TO
Year 7



BIRTHDAY PARTIES!

**ASK US
TODAY**
9550 6777



**Enquire today about
our many party options!**

Mini Mayhem age 5-5

Multi Sport age 5-12

Rock Climbing age 7+

Disco all ages

KINGIA venue hire

From corporate events and birthdays through to sun downers and cocktail parties, whether you're entertaining 20 guests or organising an event for 300 employees, we can easily accommodate your needs.



KINGIA
VENUE HIRE

We pride ourselves on friendly, efficient service and we're committed to assisting you in every way possible to ensure your function is memorable for all the right reasons. We have a full stage and dance floor for your entertainment such as a string quartet, DJ or live band and you will have complimentary use of our lectern and microphone.

With over 10 years of experience we offer a great function alternative to the traditional city based function centre. Nestled in the heart of Byford and only 35 minutes from the airports and the city, Serpentine Jarrahdale Community Recreation Centre is surrounded by Australian bush and wildlife, perfect for your next function.

HAVE FUN & KEEP FIT INDOORS

WITH VOLLEYBALL SPORTS COMPS!



**NEW PLAYERS &
Teams welcome!**

MIXED COMPETITION
nominate now!



Term 4
9 OCT 2017 -
28 JAN 2018

A CENTRE FOR EVERYONE

24/7 Health Club • Group Fitness Classes • Yoga • Indoor Sports
Before/After School Care • Kingia Venue Hire • Rock Climbing
Kids Dance • Creche • School Holiday Programs

access your
HEALTH CLUB
24/7

Our trained staff are available at the centre to help you:
Mon-Thu 8.30am-9pm, Fri 8.30am-8pm & Sat 7.45am-2pm

Serpentine Jarrahdale Community Recreation Centre
Mead St, Byford WA P 9550 6777 ymcawa.org.au



YMCA dance inspire

YMCA DANCE INSPIRE PROGRAMS

Note: No parent participation allowed in our dance classes

Starts week commencing 9 October 2017



Program	Day	Time	Ages	Description
HIP HOP	Mon	Beginners 4.30-5.15pm	5+ yrs	Hip Hop is a broad category that includes a variety of urban dance styles primarily performed to hip hop music. Constantly evolving hip hop is a free, funky, soulful expression of dance and a high energy style that allows you to express more of your own style.
	Mon	Intermediate 5.15-6.00pm	8+ yrs	
TWIRLING TUTUS	Tue	9.15-10.00am 10.00-10.45am	2-4yrs	Does your child love to twirl around like a ballerina, then why not expand on that interest and enrol them into a much loved, fun, creative and structured ballet class. Not only will your child be learning to dance in this class but also they will grow in confidence and co-ordination as well as professional dance training in a friendly atmosphere.
ACRO-KIDS	Tue	Beginners 4.30-5.15pm	5+ yrs	Fun class incorporating a massive range of fun acrobatic moves designed to stimulate and enthral, build confidence, co-ordination, strength and fitness. Children will learn everything from Russian splits, back walkovers, roundoffs and handstands to cartwheels, forward rolls and much more. It is both athletic and creative, working on children's flexibility, strength, acro and techniques.
	Tue	Beginners 5.15-6.00pm		
	Tue	Intermediate 6.00-6.45pm		
	Tue	Advanced 6.45-7.30pm		
BALLET	Wed	4.30-5.15pm	10+ yrs	Classical ballet is characterised by a standard vocabulary of steps, poses and graceful movements including pointed feet, rising, jumping, stretching and spinning. It is strengthening, disciplined and stylised. The class starts with exercises at the barre followed by work in the centre of the floor.
CONTEMPORARY	Wed	5.30-6.15pm	8+ yrs	Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.
GROOVING KIDS	Thu	4.30-5.15pm	4-8yrs	Fun filled class incorporating a variety of dance styles such as jazz, basic hip hop moves (to get you ready to progress to the Hip Hop classes), kicks, stretching and dance skills.
JAZZ/TAP	Fri	4.00-4.45pm	5+ yrs	Jazz ballet is a fun, energetic style that teaches students technique including posture, flexibility, balance, strength and much more. In Jazz class they will learn choreography to different pieces of music ranging from today's recent hits to Broadway musicals. This class will be mixed with Tap which will give students a variety of styles from Latin beats to waltz, to the hard hitting street tap. It is a great way to get fit as you'll be having so much fun it won't even feel like exercise!
LYRICAL	Fri	4.45-5.30pm	8+ yrs	A slow expressive type of jazz dance that incorporates ballet technique with the creativity of modern dance. Lyrical dancing is a relatively recent form of dance coming from a fusion of jazz dance and ballet. Aside from having a beautiful and expressive choreographic vocabulary, it's also one of the most pleasurable forms to dance.
THE ELITE TROUPE	Fri	5.30-6.30pm	10+ yrs	Dance Inspire offers selected students the opportunity to perform as soloists or in a group at various competitions and dance festivals. Our Dance Inspire competition teams are for students who demonstrate talent and are performing at a high standard in class. Competition teams are a fantastic way for students who are seeking more performance opportunities. To attend this class students must be enrolled in Ballet and one other dance class.

ADULT & YOUTH 10 WEEK TERM PROGRAMS

Starts week commencing 9 October 2017

Program	Day	Time	Ages	Description
YOGA	Tue	5.00-6.00pm	16+ yrs	Our Yoga instructor, Kathy, has over 25 years experience and is highly regarded in her field. Join her for Iyengar Yoga - a sequenced class combining a variety of poses. Through consistent practice, yoga will bring harmony and unity to the body and mind.
	Tue	6.30-7.30pm		

GROUP FITNESS TIMETABLE

*Note: Not a full 1 hour class - range between 30-45mins. ▲ Teens allowed

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.00am	meta PWR *		LES MILLS RPM *				
8.00am						LES MILLS BODYCOMBAT ▲	
9.00am	LES MILLS BODYATTACK *	LES MILLS sprint *					
	LES MILLS RPM *	metafit HIT TRAINING *	GRIT STRENGTH *	meta PWR *	GRIT STRENGTH *	LES MILLS BODYPUMP	meta PWR *
9.30am	LES MILLS BODYPUMP	WHIP	LES MILLS RPM		LES MILLS BODYCOMBAT		
			LES MILLS CXWORX *	LES MILLS BODYATTACK *	LES MILLS CXWORX *		
10.00am				LES MILLS BODYPUMP			
10.30am	LES MILLS BODYBALANCE		THUMP BOXING *		LES MILLS BODYBALANCE		
			SYNERGY & WELLBEING				
3-5.30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5.30pm		LES MILLS BODYPUMP		WHIP			
6.00pm	GRIT STRENGTH *		LES MILLS sprint *	LES MILLS RPM *	LES MILLS sprint *		
6.30pm	LES MILLS BODYCOMBAT ▲	LES MILLS RPM					
		LES MILLS BODYBALANCE >>> ▲	GRIT STRENGTH *	LES MILLS BODYBALANCE ▲			

GOLDEN PRYME TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat
9.30am	LES MILLS BODYPUMP					
10.00am				LES MILLS BODYPUMP		
10.30am	LES MILLS BODYBALANCE	Strengthen n Lengthen	SYNERGY & WELLBEING		LES MILLS BODYBALANCE	
6.30pm		LES MILLS BODYBALANCE >>> *		LES MILLS BODYBALANCE		



GROOVING KIDS
LYRICAL • HIP HOP
TWIRLING TUTUS
JAZZ/TAP • ACRO-KIDS
CONTEMPORARY • BALLET