

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

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

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 favourite 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

Tae Kwon Do	Karate
<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> <p>Mon 6.30-8.00pm Jnr & Snr Raffaele DiRenzo Contact: 9388 0166</p>	<p>YOSEIKAN-RYU KARATE incorporates Self-Defence, Sport, and aerobic fitness into its classes. Taught by Branco Bratch OAM 8th Dan Kyoshi.</p> <p>Mon 5.15-6.30pm Jnr Branco Bratch Contact: 9401 3163</p>
MARTIAL ARTS	
FULL TERM COST	DAY TIME

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
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

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

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

- Cardio
- Spin Studio
- Group Training
- Personal Training
- Free Weights Area
- Group Fitness

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

NO LOCK IN CONTRACT OPTIONS AVAILABLE

\$11.00 pw

HEALTH CLUB MEMBERSHIPS FROM

SPORTS & LEISURE PROGRAM

Effective September 2021

Australian Childhood Foundation
INDEPENDENTLY REVIEWED

PLEASE NOTE:
In Term 4 we are accepting casual payments
and Lifestyle membership only

Gymnastics Children		DAY	TIME	CASUAL CLASS RATE
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	\$12.80 per session
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	\$12.80 per session
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	\$15.60 per session
ACRO-BATICS 7-16yrs	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: Back bend and round off.	Tue	4.45 - 5.45pm	\$15.60 per session



Childrens Birthday Parties

Creche available for Childrens 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

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	CASUAL CLASS RATE
HIP HOP 7- 9 yrs	This program will have your kids burning off excess energy, building strength, stamina and coordination while making new friends. No experience necessary.	Mon	4.00-4.45pm	\$12.80 per session
CHEERLEADING 5-12 yrs	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	4.00-5.00pm	\$15.60 per session
MUSICAL THEATRE 6 yrs +	This program is designed to combine singing, drama and dance, teaching kids the magic of the arts and to perform in our new program.	Tues	4.45-5.45pm	\$12.80 per session
LYRICAL 7- 12 yrs	Lyrical embodies various aspects of ballet and jazz. Learn a variety of progressive combinations to improve balance, co-ordination, and flexibility. Whilst expanding creativity and self-expression through movement and music.	Fri	4.15-5.00pm	\$12.80 per session



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.

\$12.80 per week - 1 session per week

\$18.00 per week - 2 sessions 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	CASUAL CLASS RATE
FITNESS 4 LIFE 11 yrs +	This program is designed to encourage participant fitness and wellbeing. This program is divided into a sport focused session and a supervised gym session.	Tue	4.00-5.00pm	\$11.00 per session
PRE BALLERS	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	4-6yrs 4.00-4.45pm 6-8yrs 3.45-4.45pm	\$12.80 per session
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	\$12.80 per session
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	6-10yrs 4.00-4.45pm	\$12.80 per session

*All programs are subject to run on minimum numbers.

*Session Trials are available at casual weekly rate.

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