



Health and Fitness

Did you know that the City of Joondalup Leisure Centres in Craigie and Dun Craig have a range of membership options available that represent excellent value for money? In fact, it works out cheaper to take out a membership than pay the casual rate! Incredible but true.

What's even more amazing is that our premium membership package, Multi-Access (which includes unlimited access to the gym, group fitness classes, indoor cycle, spa lounge) is available from \$16.00/week. That's **unlimited access** to all facilities for just **\$16.00!**

Read on, because it keeps getting better. All our memberships include a personal training starter pack – three sessions to help you achieve your health and fitness goals.

Come and speak to one of friendly staff today, or call 9400 4600.

Swimming Lessons

Swimming is a skill for life, at the City of Joondalup Leisure Centre – Craigie we offer quality swimming lessons in warm water 7 days a week for all ages – from 6 month old babies to adults.

We pride ourselves on:

- Small classes
- Qualified and experienced instructors
- Complimentary swimming assessment

How to enrol:

- Book a complimentary swimming assessment with one of our friendly staff
- The assessment will determine the most appropriate swimming level and most suitable class
- Book and pay for the class at reception stating your preferred day and time

Class	Cost
Aqua Babes	\$112.00
Toddler and Pre School Classes	\$130.00
School Aged Classes	\$130.00
Nipper Squad and Mini Sqad	\$130.00
Adult Classes	\$130.00

For further information on any courses, classes, lessons or programs contact 9400 4600, email leisure@joondalup.wa.gov.au or visit our website at www.joondalup.wa.gov.au



School Holiday Specialist Sports Camps

Camp	Date	Times
Netball	11 - 13 July	9.30am - 12.30pm
Soccer	20 - 22 July	9.30am - 12.30pm

The City of Joondalup Leisure Centre - Craigie will be holding specialised Netball and Soccer Camps during the July school holidays. A specialised coaching camp is the perfect opportunity for all children to improve their skills.

- Children are split into age and ability levels;
- Each child receives a gift bag, valued at \$50;
- Costs \$137 including lunch and drinks;
- Credit card bookings 9400 4600

For further information visit www.joondalup.wa.gov.au



Term 3 - 2011

Birthday Parties

The City's Leisure Centre in Craigie offers a variety of birthday party packages for children aged up to 13 years. The experienced, fun party hosts will ensure your child and his/her friends have a great day. Full catering options are available from the Leisure Centre's Café.

Choose from either a Pool Party or a Court Sports Party.

Our parties will entertain, excite and delight so you have less stress and less mess!

For further details visit our website www.joondalup.wa.gov.au or phone 9400 4600.



Beat the Price Rise

JOIN or RENEW your Membership and WIN!

Join or renew your membership prior to 18 July 2011 for your chance to win one of these great prizes:

- Azzurri Uno Road Bike valued at \$1,500
- 42 inch TV and Wii Fitness Pack valued at \$1,330
- Polar Heart Rate Monitor valued at \$300

The first 50 NEW members to sign up receive a Get Fit Pack including water bottle, gym bag and towel.

Offer valid until 18 July 2011.

For full terms and conditions visit the City's website at www.joondalup.wa.gov.au



Images are for illustration purposes only

Weight Loss Circuit or ABT – TWO FOR ONE VOUCHER

Validate your pass by completing the following information and paying the fee for ONE PERSON.

1. Name:	2. Name:
Address:	Address:
Phone:	Phone:
Email:	Email:
<input type="checkbox"/> Yes, I would like to receive your e-newsletter Joondalup Leisure On-line	<input type="checkbox"/> Yes, I would like to receive your e-newsletter Joondalup Leisure On-line
Valid from 26 July – 31 August 2011, only ONE VOUCHER per person. Terms and conditions apply – see website.	

www.joondalup.wa.gov.au

Keep Warm this Winter at the City of Joondalup Leisure Centres

Winter has arrived and there's no excuse to lose sight of your healthy lifestyle. At the City of Joondalup Leisure Centres we have the facilities, programs and services for you to stay in shape and keep warm in our climate controlled facilities this winter.

Relax in our Spa Lounge – Wash away the winter blues in our spa lounge. Comprising of a large spa pool heated to 37 degrees, steam room and dry sauna, our health lounge is a wonderful escape from the winter weather.

Swimming Lessons – It's cold outside, but the City's indoor aquatic facilities are fully climate controlled. Get your kids enrolled in our term 3 program so they can improve their swimming skills for next summer.

Swim up a Storm – The outdoor aquatic facilities operational hours have been extended during the day. Swimmers now have the option of swimming all day in our premier outdoor 50m pool.

Keep on Track with a Personal Trainer – If your energy levels are fading in the cooler months, work up a sweat with one of our many skilled personal trainers and see the results.

Grab a Coffee – Whether you're waiting for your kids swimming lesson to finish or with a group of friends, finish your visit with a coffee at the Leisure Centre's Café.

If you'd like to enrol your child or yourself in any of the above activities this winter, visit the City's website or contact us for more information.



leisure@joondalup.wa.gov.au
www.joondalup.wa.gov.au

9400 4600



Courses and Classes – commencing Monday 25 July

Toddlers

Parental participation and supervision is required.

Kindy Gym Gym is a fantastic class to develop flexibility, coordination, motor and social skills while expending some energy at the same time. Runs: **10 weeks** Cost: **\$85.50, 9 weeks** Cost: **\$76.95 (*No class on Thu August 18th)**

**Course operates 9 week*

1 - 2yrs	Mon, Tue, *Thur, Fri	9.15am - 10.00am	C
2 - 3yrs	Mon, Tue, *Thur, Fri	10.15am - 11.00am	C
3 - 5yrs	Mon, Tue, *Thur, Fri	11.15am - 12.00noon	C

Music and Movement includes stretching, balancing, dance movements and incorporates singing with actions and playing musical instruments. Runs: **10 weeks** Cost: **\$85.50**

1 - 2yrs	Thu	9.45am - 10.30am	D
2-4yrs	Thu	10.30am - 11.15am	D

Tiny Tots Ballet This 30-minute class will introduce your toddler to the wonderful world of ballet, while developing coordination through dance and music.

Runs: **10 weeks** Cost: **\$50.00**

2-3yrs	Wed	11.00am - 11.30am	H
	Thu	11.15am - 11.45am	D
3+yrs	Wed	11.30am - 12.00noon	H
		12.00noon - 12.30pm	H
	Thu	11.45am - 12.15am	D

Toddler Bop Will help your children to learn simple dance steps. This class gives your toddler the chance to get creative and develop coordination and flexibility.

Runs: **10 weeks** Cost: **\$50.00**

1 - 2yrs	Tues	11.00am - 11.30am	C
	Wed	11.15am - 11.45am	H
	Fri	9.30am - 10.00am	D
2yrs	Tue	10.00am - 10.30noon	C
	Wed	9.30am - 10.00pm	H
	Fri	10.00am - 10.30am	D
2 - 3yrs	Tues	10.30am - 11.00am	C
	Wed	10.00am - 10.30am	H
	Fri	10.30am - 11.00am	D
3yrs	Tue	11.00am - 11.30am	C
	Wed	10.30am - 11.00am	H
	Fri	11.00am - 11.30am	D

Toddler Soccer Our instructor will help develop your toddler's flexibility, social skills and coordination by introducing basic soccer skills. Runs: **10 weeks** Cost: **\$85.50, 9 weeks** Cost: **\$76.95 (*No class on thu August 18th)**

2-3yrs	*Thu, Fri	9.00am - 9.45 am	C
		9.55am - 10.40am	C
3-4yrs	*Thu, Fri	10.50am - 11.35am	C
		11.45am - 12.30pm	C

Children

Art for Kids Introducing kids to a variety of art medium, encouraging them to have fun with the art process. It explores and develops their imagination and creativity with art. Runs: **8 weeks** Cost: **\$85.60 (commencing 26 July / 28 July)**

7-12yrs	Tue, Thu	4.00pm - 5.30pm	H
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Hip Hop Dance If you want to make a statement at a disco, dance like the performers on MTV, impress your friends at a party, then Hip Hop dance classes are for you. Runs: **10 weeks** Cost: **\$92.50**

6-9yrs	Thu	4.00pm - 5.00pm	H
10-13yrs+	Thu	5.00pm - 6.00pm	H

Badminton Coaching Enjoy a game with your friends whilst receiving expert coaching to develop your skills. Runs: **casual** Cost: **\$5.70**

7-16yrs	Sat	3.00pm - 5.30pm	C
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Sports Coaching Develop your skills with our inspiring coaches and get ready to shoot with confidence. The course will teach you the fundamental rules and techniques of the sport whilst you keep fit and have fun. Runs: **10 weeks** Cost: **\$92.50**

Runs: **10 weeks** Cost: **\$92.50**

Basketball

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Netball

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Soccer

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Teen Training is an introduction to weight and fitness training for teenagers. Bring your friends along and enjoy the introduction to a healthy lifestyle. Course does **not** operate in school holidays. Runs: **casual** Cost: **\$8.20**

12yrs+	Tue, Thur	4.30pm - 5.30pm	D
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Adults

Arts and Crafts

Acrylic Painting You will develop painting skills with acrylic paints. A great opportunity to discover and experiment with this process. Runs: **8 weeks** - Cost: **\$163.50 (commencing 26 July)**

Tue	6.00pm - 8.30pm	H
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Mixed Media A beautiful adventure in painting with pastels, watercolours, oils, acrylics or other media of your choice. Runs: **10 weeks** Cost: **\$163.50**

Fri	10.00am - 12.00noon	D
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Mosaics This course allows participants to develop their imagination and creativity, plus explore the basic skills of mosaics in a friendly and relaxed atmosphere. Runs: **10 weeks** Cost: **\$163.50**

Wed	6.30pm - 8.30pm	D
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Creative Clay Learn the basics of hand building, throwing and decorating techniques whilst making friends along the way. Runs: **8 weeks** - Cost: **\$163.50 (commencing 27 July)**

Wed	6.30pm - 8.30pm	H
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Oil Painting This course will teach you all the aspects of this amazing, versatile medium. Runs: **10 weeks** Cost: **\$163.50**

Tue	10.00am - 12.00noon	H
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Water Colour Painting This class will teach you the various techniques and encourage you to develop your own style at your own pace. Runs: **8 weeks** Cost: **\$163.50 (commencing 27 July / 28 July)**

Wed	7.00pm - 9.30pm	D
Thu	10.00am - 12.30pm	D



Health and Wellness

Badminton Coaching Enjoy a game with your friends whilst receiving expert coaching to develop your skills. Runs: **Casual** Cost: **\$8.20**

Mon	7.45pm - 9.45pm	D
Tue	7.30pm - 9.30pm	H
	10.00am - 12.00 noon	D
Thu	7.30pm - 9.30pm	D

Belly Dance Bliss Explore, Energise, Exhilarate – the moves, rhythms, music and culture of the middle east with stunning belly dance and dynamic tribal techniques. Runs: **10 weeks** Cost: **\$135.00 C**

Mon	7.00pm - 8.30pm	D
Tue	7.15pm - 8.45pm	C

Core Strength This course aims to improve functional strength and core stability by using stability balls, medicine balls, free weights and own body weight exercises. Runs: **10 weeks** - Cost: **\$121.00**

Thu	6.30pm - 7.30pm	D
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Pilates Beginners This method of Pilates works by toning muscles, as well as balancing muscular force at joint level. Runs: **10 weeks** Cost: **\$121.00 *9 weeks** Cost: **\$108.90 (commencing 2 August)**

Mon	7.00pm - 8.00pm	D
Tue*	10.00am - 11.00am	D
	11.00am - 12.00 noon	D
Thu	6.15pm - 7.15pm	D

Pilates Beginners/Intermediate This course is for the more advanced Pilates participant. Runs: **9 weeks** Cost: **\$108.00 (commencing 2 August)**

Tue	9.00am - 10.00am	D
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Pilates on the Ball This is a low impact workout suitable for all ages and fitness levels, improving posture and core strength. Runs: **10 weeks** - Cost: **\$121.00**

Wed	7.00pm - 8.00pm	D
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Pilates on the Roller This innovative course incorporates props such as a foam roller. Reinvent your mat workout, try some new exercises and put more bounce into your life. Runs: **10 weeks** Costs: **\$121.00**

Wed	9.00am - 10.00am	D
	10.00am - 11.00am	D

Tai Chi Level Beginner

This course will advance your mind and body by helping you to create peace and harmony within yourself. Runs: **10 weeks** Cost: **\$121.00**

Mon	6.30pm - 7.30pm	H
Fri	9.00am - 10.00am	D

Tai Chi Level Intermediate Further your skills obtained from Level 1 Tai Chi and develop more muscles and greater flexibility in your joints to make more connections between various parts of the body. Runs: **10 weeks** Cost: **\$121.00**

Mon	7.30pm - 8.30pm	H
Fri	10.00am - 11.00am	D

Tai Chi Level Advanced Further your skills obtained from Level 2 Tai Chi and develop more muscles and greater flexibility in your joints to make more connections between various parts of the body. Runs: **10 weeks** Cost: **\$121.00**

Fri	11.00am - 12.00noon	D
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Satyandanda Yoga and Meditation This course will provide students with increased flexibility, vitality, strength and calmness of emotion and re-connection to the inner spirit and self. Runs: **10 weeks** Costs: **\$135.00**

Mon	7.00pm - 8.30pm	H
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Hatha Yoga This course is gentle, but physical. It can include posture work, breathing techniques, cleansing exercises, relaxation and meditation. Runs: **10 weeks** Cost: **\$135.00**

Mon	9.30am - 11.00am	D
	7.00pm - 8.30pm	D
Tue	7.00pm - 8.30pm	C
Wed	9.30am - 11.00am	D
Thu	11.00am - 12.30pm	C

Yoga and Relaxation This course provides sequences of postures that are linked together with breath and movements. Runs: **10 weeks** Costs: **\$135.00**

Thu	7.00pm - 8.30pm	C
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Course Information

Detailed course and enrolment information is available on the City's website. Simply visit www.joondalup.wa.gov.au

Enrolment Information

All course enrolments must be made at the host Centre (Craigie, Duncraig or Heathridge) at least 24 hours prior to the course commencing. Enrolments can be made in person or by phone on 9400 4600. Cash, credit card, EFTPOS and cheque payments are accepted. Spaces may be available after course commencement date – please contact the relevant Centre for details.

Please note – courses are subject to change or cancellation. If this occurs, participants will be given prior notice and will be offered a refund, credit of transfer to another course. Some courses may require participations to purchase additional materials – please refer to your course information sheet.

KEY

C - Craigie Whitfords Avenue, Craigie

D - Duncraig Warwick Road, Duncraig

H - Heathridge Sail Terrace, Heathridge

OPENING HOURS	
CRAIGIE	
Monday – Friday	5.30am - 9.00pm
Weekends/Public Holidays	7.00am - 6.00pm
DUNCRAIG	
Monday – Thursday	8.30am - 12.30pm and 2.30pm - 8.30pm
Friday	8.30am - 12.30pm
Saturday	8.30am - 1.00pm
Public Holidays	CLOSED
HEATHRIDGE	
Monday – Thursday	8.30am - 12.30pm and 3.30pm - 8.30pm
Friday	8.30am - 12.30pm
Public Holidays	CLOSED