



Health and Fitness

Body Blitz – Are you ready to make the change?

Back by popular demand the ten-week Body Blitz program is here to get you into shape in time for Christmas. Take advantage of this great opportunity to maximise the benefits of working out with a personal trainer.

Every customer taking part in the Christmas Body Blitz Challenge will receive a starter kit valued at \$80, plus the opportunity to attend a nutritional seminar with **Steve Smith** (author of *Look Great Feel Great*) on **Wednesday 13 October at 6.30pm**. Places are limited so speak to your personal trainer today, enquire at reception or call **9400 4600** for more information. The program commences on **Monday 4 October 2010**.

Swimming Lessons

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 assessments

We offer an express enrolment system for existing and new customers to enrol from Monday 20 September, but don't delay as spaces fill up quickly.

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
Aqua-tots, school age, teen fit and adults	\$130

Focus on Courses and Classes

Getaway Travel Workshop

Feeling the travel bug? Enrol in this short course to find out more about travel and how to make it easy. Our industry representative will provide participants with travel tips, featured destinations and all of your questions answered. An absolute must for those soon to travel.

Sports Coaching

These courses are the ideal way for your children to develop their sporting skills. Our skilled, experienced coaches will provide specialised coaching for your children. Coaching sessions include basketball, soccer and netball. Enrol today as spaces are limited.

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



Holiday Program

Just for Kids@Craigie

Dates: **Tuesday 28 September – Friday 8 October**

Cost: **\$60/day less Child Care Benefit discount (where applicable)**
Join in the fun and excitement at our licensed vacation care service for children aged 5-12 years.

Week 1	
Monday	Public Holiday
Tuesday	Naturaliste Marine Discovery Centre
Wednesday	Snag and Swim
Thursday	Crystal Caves
Friday	Gymnastics Kids Day
Week 2	
Monday	Circus day
Tuesday	Explore nature
Wednesday	Craigie Water Wonderland
Thursday	Darklight and Neil Hawkins Park
Friday	Pool and Rockstar Party

Membership Options

Our Multi-Access Membership is the perfect way to take advantage of our new outdoor aquatic facilities, and get full access to our gym and group fitness classes in our clean, modern Centre.

Just look at what's included in your membership:

50m outdoor pool	✓
25m indoor pool	✓
Water playground	✓
Spa, sauna and steam room	✓
500sqm gym	✓
30 electronic cardio machines	✓
Group Fitness (65 weekly classes)	✓
Indoor Cycle (18 weekly classes)	✓
Aqua (17 weekly classes)	✓
3 free personal training sessions	✓

At less than \$16 per week, our Multi-Access Membership is tremendous value. Come and speak to one of our friendly staff today, or call **9400 4600**.



Term 4-2010

What's New

With the warmer months around the corner, let us help you and your family get active for summer.

Something for you:

- Court Sports:** nominate a team for one of our court sport competitions. Netball (mixed and ladies), soccer (mens and ladies) and basketball (mens) are available.
- Memberships:** get fit for summer with a Multi-Access Membership from \$16 a week. The membership provides you unlimited access to all areas within our facilities.
- Swimming:** with indoor and outdoor aquatic facilities, Craigie is your one stop shop for all your swimming needs. Visit us today for a swim and then relax in the spa lounge.

Something for the kids:

- Vacation Care:** Craigie's licensed vacation care program, Just for Kids, will run during the October school holidays. See the back page for more information.
- Learn to Swim:** Swimming is a skill for life. Craigie's swim program offers small class sizes, great instructors and warm water. Classes run seven days a week. See the back page for more information.
- Water Playground:** The interactive water playground at Craigie provides 23 water features for children to play with. Why not visit us today and let your children explore what we have to offer.

AQUAFIT CLASS or ADULT SWIM – 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"/> AQUAFIT <input type="checkbox"/> ADULT SWIM	
<input type="checkbox"/> Yes, I would like to receive your e-newsletter Joondalup Leisure On-line	

Valid until 31 October 2010. Only ONE VOUCHER per person. Terms and conditions apply – see website.

www.joondalup.wa.gov.au

Diary Note

DATE	ACTIVITY	TIME(S)	COST
30 August	Senior Team Sports registrations open		\$60 per game
19 September	Swim School enrolments open		\$112 parent and child \$130 tots to adults
28 September – 8 October	Just for Kids @ Craigie holiday program		\$60 per day
4 October – 10 December	Body Blitz Challenge		From \$342
19 December	Christmas Pool Party	5.30pm - 7.30pm	\$8.50 children, \$5.30 adults, \$24 family (2 children + 2 adults) under 2 FREE

