

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.a**u 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	
Wee	ek 2	
Monday	circus day	
Monday	Circus day	
Monday Tuesday	Circus day Explore nature	
Monday Tuesday Wednesday	Circus day Explore nature Craigie Water Wonderland	

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:

50ı	m outdoor pool	V
25r	m indoor pool	$\sqrt{}$
Wa	iter playground	$\sqrt{}$
Sp	a, sauna and steam room	$\sqrt{}$
500	Osqm gym	√
30	electronic cardio machines	√
Gro	oup Fitness (65 weekly classes)	V
Ind	loor Cycle (18 weekly classes)	$\sqrt{}$
Aq	ua (17 weekly classes)	$\sqrt{}$
3 fı	ree personal training sessions	V

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**.

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:
AQUAFIT	☐ ADULT SWIM
Yes, I wou	ld like to receive your e-newsletter Joondalup Leisure On-line

www.joondalup.wa.gov.au

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





What's New

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

Something for you:

- **1. 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.
- 2. 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.
- **3. 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:

- **1. 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.
- 2. 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.
- **3. 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.









Babies

Parental participation and supervision is required.

Baby Sign a great music class with lots of songs, marking baby signing easy to learn. Runs: 10 weeks Cost: \$107.00 6-14months Wed 10.30am-11.15am C 14months+ Wed 9.30am-10.15am C

Toddlers

Parental participation and supervision is required.

Kindy Gym a fantastic class to develop flexibility, coordination, motor and social skills while expending some energy at the same time. Runs: **8 weeks** Cost: **\$74.00**

1-2yrs	Tue, Thur, Fri	9.15am - 10.00am	С
2-4yrs	Mon	9.15am - 10.00am	С
		10.15am - 11.00am	
		11.15am - 12.00 noon	
	Tue, Thur, Fri	10.15am - 11.00am	С
3-5yrs	Tue, Thur, Fri	11.15am - 12.00 noon	С

Mummy and Me Yoga enjoy the playful stories and adventures whilst yoga postures are introduced. The class finishes with quiet time, snuggling up together for a yoga relaxation. Runs: 10 weeks Cost: \$85.50

3-4yrs	Thur	10.00am - 10.45am	С
Music and M	lovement includ	des stretching, balancing a	and
dance mover	nents, incorpora	ates singing with actions a	nd
playing music	al instruments.	Runs: 10 weeks Cost: \$8	35.50

1-2yrs	Thu	9.45am - 10.30am	D
3+yrs	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	Н
	Thu	11.15am - 11.45am	D
3+yrs	Wed	11.30am - 12.00 noon	Н
	Thu	11.45am - 12.15pm	D

Toddler Bop 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	Tue	9.30am - 10.00am	С
	Wed	9.00am-9.30am	Н
	Fri	9.30am - 10.00am	D
2yrs	Tue	10.00am - 10.30am	С
	Wed	9.30am - 10.00am	Н
	Fri	10.00am - 10.30am	D

2-3yrs	Tue	10.30am - 11.00am	С
	Wed	10.00am - 10.30am	Н
	Fri	10.30am - 11.00am	D
3yrs+	Tue	11.00am - 11.30am	С
	Wed	10.30am - 11.00am	Н
	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: **8 weeks** Cost: **\$74.00**

	2-3yrs	Thu, Fri	9.00am-9.45 am	С
			9.55am - 10.40am	С
_	3-4yrs	Thu, Fri	10.50am - 11.35am	С
_			11 45am - 12 30pm	С

Children

Class commences 19 October

Art for Kids introduces kids to a variety of art mediums, encouraging them to have fun with the art process.

Runs: 8 weeks Cost: \$85.60

7 - 12yrs	Tue	4.00pm-5.30pm	H

Hip Hop Dance if you want to make a statement at a disco,
 dance like the performers on MTV or 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	Н
10 - 13yrs+	Thu	5.00pm-6.00pm	Н

Guitar Classes If you have an 'ear for music', are happy to practice making beautiful sounds, and are prepared to practice the theory, the joys of guitar playing will soon be yours! Runs: **10 weeks** Cost: **\$128.00**

8-10yrs	Thu	4.15pm - 5.15pm	Н
10yrs+	Thu	5.15pm-6.15pm	Н
	• , ,	a game with your friends	while

receiving expert coaching to develop your skills.

Runs: casual Cost: \$5.70

7-16yrs Sat	3.00pm-5.30pm	С
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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 while you keep fit and have fun.

Runs: 8 weeks Cost: \$74.00

Basketball

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

Netball

5-7yrs	Thu	4.00pm-5.00pm	С
8 - 11yrs	Thu	5.00pm-6.00pm	С
Soccer			
5-7yrs	Thu	4.00pm-5.00pm	С
8 - 11yrs	Thu	5.00pm-6.00pm	С

Teen Training is an introduction to weight and fitness training for teenagers. Bring your friends along and enjoy the introduction to a healthy lifestyle. Runs: **casual** Cost: **\$8.20**

4.30pm-5.30pm

Adults

12yrs+

Arts and Crafts

Class commences 19 October

Tue. Thur

Acrylic Painting develop your painting skills with acrylic paints. A great opportunity to discover and experiment with this process. Runs: 8 weeks Cost: \$163.50

Tue	6.00pm-8.30pm	Н
Mixed Media is a	heautiful adventure in nainting with	naste

watercolours, oils, acrylics or other media of your choice.

Runs: 10 weeks Cost: \$163.50

Fri	10.00am - 12.00 noon	D
Mossice this	course allows participants to dovolon their	

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

We	ed			6.30	0pm-	8.30p	m	

Creative Clay learn the basics of hand building, throwing and decorating techniques while making friends along the way. Runs: **9 weeks** Cost: **\$147.15**

vved	6.30pm-8.30pm	Н
Oil Painting this cours	e will teach you all the aspects o	f this
amazing versatile medi	um. Runs: 10 weeks Cost: \$163	3.50
Tue	10.00am - 12.00noon	Н

Water Colour Painting this class will teach various techniques and encourage you to develop your own artistic style at your own pace. Runs: 8 weeks Cost: \$163.50

6.30pm-8.30pm

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

Class commences 18 October

Paper Craft learn new craft skills using mostly paper and card stock. From card marking, 3D items to scrapbooking and more. Runs: 8 weeks Cost: \$130.80

Mon	9.30am - 11.30am	Н

Badminton Coaching enjoy a game with your friends while receiving expert coaching to develop your skills.

Runs: casual Cost: \$8.20

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

Health and Wellness

NEW CLASS

D

Getaway Travel Workshop enrol in this short course to find out more about travel and how to make it easy. An absolute must for those soon to travel.

Class commences 20 October.

Runs: 4 weeks Cost: \$54.00

Wed	6.30pm-8.00pm	Н
elly Dance Bliss this	s course takes you through an	exciting

dance workout to global rhythms using stunning belly dance, trendy club dance and dynamic bollywood techniques.

Runs: 10 weeks Cost: \$135.00

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

Hip Hop Dance a fusion of high-energy dance styles equates to hip hop, which features in many music videos. Groove to the beats of the latest songs as you warm-up and learn an exciting, lively dance routine. Runs: 10 weeks Cost: \$121.00

Thu 7.30pm-8.30pm

Core Strength this course aims to improve functional strength and core stability by using stability balls, medicine ball, free weights and own body weight exercises.

Runs: 10 weeks Cost: \$121.00

Ihu	6.30pm - 7.30pm	D
Pilates Beginners this met	thod of Pilates works by tor	ning
muscles as well as balancing muscular force at joint level.		
Runs: 10 weeks Cost: \$12	21.00	

 Mon
 7.00pm-8.00pm
 D

 Tue
 10.00am-11.00am
 D

 11.00am-12.00 noon
 D

 Wed
 6.30pm-7.30pm
 D

 10.30am-11.30am
 H

Pilates Beginners/Intermediate this course is for the more advanced Pilates participant. Runs: 10 weeks Cost: \$121.00

Tue 9.00am-10.00am D

6.15pm - 7.15pm

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 7.30pm-8.30pm D

Pilates on the Roller this innovative course incorporates props such as 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	
	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	Н
Fri	9.00am - 10.00am	D

Tai Chi Level Intermediate further your skills obtained from beginners 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	Н	
Fri	10.00am - 11.00am	D	

Tai Chi Level Advanced further your skills obtained from intermediate 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

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

11.00am - 12.00 noon

Mon 7.00pm-8.30pm H

Yoga - Hatha 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		
Tue	7.00pm - 8.30pm	С		
Thu	11.00am - 12.30pm	С		
Yoga - Iyenga/Hatha Runs: 10 weeks Cost: \$135.00				
Yoga - Iyenga/	'Hatha Runs: 10 weeks Cost: \$135.0	00		
Yoga - Iyenga/ Mon	Hatha Runs: 10 weeks Cost: \$135.0 7.00pm-8.30pm	00 D		

Dynamic Yoga this course provides sequences of postures that are linked together with breath and movements. Runs: **10 weeks** Cost: **\$135.00**

7.00pm - 8.30pm

Course Information

Detailed course information is available on our website. Simply visit www.joondalup.wa.gov.au, click on the Leisure Centres link, and course information is available under Leisure Short Courses.

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.

For further information please call **9400 4600** or visit **www.joondalup.wa.gov.au**

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Friday

Public Holidays

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	

8.30am - 12.30pm

CLOSED