



City of Joondalup

LEISURE CENTRES

## PROGRAM Term 3 - 2009

### What's New

#### Joondalup Leisure On-line

Subscribe to our e-newsletter **Joondalup Leisure On-line** to receive monthly updates on what's happening at the Leisure Centres, including details of our Aquatic Expansion Project, exclusive give-aways and special offers.

You can sign up on the City's website at [www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au) or ask a staff member for an e-newsletter sign-up slip.

#### Gym Equipment Upgrade

By early July the gym at the City of Joondalup Leisure Centre - Craigie will have commenced a major equipment refurbishment program. The upgrade will consist of new cardio equipment and pin loaded gear. Craigie will be the first in WA to showcase some of the newest and best equipment available in today's market. Come down and check it out – our friendly personal training team can show you around and let you have a test run.

**Beat the price rise!** Take out a membership before 30 June to benefit from our current prices before they increase in the new financial year.

### Health and Fitness

The mornings might be getting colder and darker but our Centre is a hive of activity, so why not start the day with an invigorating workout? Here are a few suggestions for 'early bird' activities that you can try at the City of Joondalup Leisure Centres:

- **Weightloss Circuits** this class uses weights, hydraulic machines, treadmills, steppers, boxing equipment and fitballs. Set to motivating music you will improve fitness, increase strength and burn calories.
- **BODYPUMP** using barbells and weights this class works all major muscles. This class can change your body shape fast!
- **Swimming** is an excellent all round body work out and DIY swim programs are available for beginners, improvers and the more advanced. See our lifeguards for a copy of the program.
- **Gym** offering the full range of cardio equipment, free weights and pin loaded equipment. Plus our friendly staff are on hand to answer your queries.

| VENUE    | TIME   | ACTIVITY           | DAYS                       |
|----------|--------|--------------------|----------------------------|
| Craigie  | 5.30am | Gym                | Monday – Friday            |
| Craigie  | 5.30am | Pool & Spa Lounge  | Monday – Friday            |
| Craigie  | 6.00am | BODYPUMP           | Monday, Wednesday & Friday |
| Duncraig | 6.00am | Weightloss Circuit | Tuesday & Thursday         |

### Diary Note

| DATE         | ACTIVITY                                                        | TIME                  | COST     |
|--------------|-----------------------------------------------------------------|-----------------------|----------|
| 2 July       | Platinum50+ Adventure launch event                              | 11.00am - 12.30pm     | FREE     |
| 6 - 10 July  | 5 day intensive holiday swimming lessons                        | As per class schedule | \$52     |
| 6 - 17 July  | Just for Kids Holiday Program @ Craigie                         | 8.00am - 6.00pm       | \$43/day |
| 13 - 15 July | 3-day Netball Camp with guest appearances by Central West Lions | 10.00am - 1.00pm      | \$125    |

# Courses & Classes – commencing Monday 20 July

## Toddlers – parental participation and supervision is required

**Kindy Gym** a fantastic class to develop flexibility, coordination, motor and social skills whilst expending some energy at the same time.

|           |     |                   |          |         |   |
|-----------|-----|-------------------|----------|---------|---|
| 1 - 2yrs  | Tue | 9.15 - 10.00am    | 10 weeks | \$75.00 | C |
| 2 - 4yrs  | Tue | 10.15 - 11.00am   | 10 weeks | \$75.00 | C |
| 3 - 5 yrs | Tue | 11.15 - 12.00noon | 10 weeks | \$75.00 | C |
| 1 - 2yrs  | Thu | 9.15 - 10.00am    | 10 weeks | \$75.00 | C |
| 2 - 4yrs  | Thu | 10.15 - 11.00am   | 10 weeks | \$75.00 | C |
| 3 - 5yrs  | Thu | 11.15 - 12.00noon | 10 weeks | \$75.00 | C |
| 1 - 2yrs  | Fri | 9.15 - 10.00am    | 10 weeks | \$75.00 | C |
| 2 - 4yrs  | Fri | 10.15 - 11.00am   | 10 weeks | \$75.00 | C |
| 3 - 5yrs  | Fri | 11.15 - 12.00noon | 10 weeks | \$75.00 | C |

**Mummy & Me Yoga** through playful stories and adventures yoga postures are introduced. We may take a trip to the yoga zoo or take a walk through the jungle. Then we finish the class with quiet time, snuggling up together for a yoga relaxation.

|          |     |                 |          |         |   |
|----------|-----|-----------------|----------|---------|---|
| 2 - 4yrs | Mon | 10.45 - 11.30am | 10 weeks | \$75.00 | C |
|----------|-----|-----------------|----------|---------|---|

**Music and Movement** be your toddler's dance partner! Children learn to enjoy music and movement with you alongside them. This class includes stretching, balancing and dance movements, incorporates singing with actions and playing musical instruments.

|          |     |                 |          |         |   |
|----------|-----|-----------------|----------|---------|---|
| 1 - 2yrs | Wed | 9.30 - 10.15am  | 10 weeks | \$75.00 | H |
| 1 - 2yrs | Thu | 9.45 - 10.30am  | 10 weeks | \$75.00 | D |
| 2 - 4yrs | Wed | 10.15 - 11.00am | 10 weeks | \$75.00 | H |
| 2 - 4yrs | Thu | 10.45 - 11.30am | 10 weeks | \$75.00 | D |

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

|          |     |                   |          |         |   |
|----------|-----|-------------------|----------|---------|---|
| 2 - 3yrs | Wed | 11.00 - 11.30am   | 10 weeks | \$45.60 | H |
| 2 - 3yrs | Thu | 11.30 - 12.00noon | 10 weeks | \$45.60 | D |
| 2 - 4yrs | Wed | 11.30 - 12.00noon | 10 weeks | \$45.60 | H |
| 2 - 4yrs | Thu | 12.00 - 12.30pm   | 10 weeks | \$45.60 | D |

**Toddler Bop** feel the beat with your feet! This class is designed to help your child learn simple dance steps. It also gives toddlers the opportunity to get creative with their bodies, develops flexibility and coordination.

|          |     |                 |          |         |   |
|----------|-----|-----------------|----------|---------|---|
| 1 - 2yrs | Fri | 9.30 - 10.00am  | 10 weeks | \$45.60 | D |
| 2yrs     | Fri | 10.00 - 10.30am | 10 weeks | \$45.60 | D |
| 2 - 3yrs | Fri | 10.30 - 11.00am | 10 weeks | \$45.60 | D |
| 3yrs+    | Fri | 11.00 - 11.30am | 10 weeks | \$45.60 | D |

**Toddler Soccer** designed to introduce your child to basic soccer skills through various exercises and drills. Our instructor will help develop your toddler's flexibility, social skills and coordination.

|          |     |                 |          |         |   |
|----------|-----|-----------------|----------|---------|---|
| 2 - 3yrs | Fri | 9.00 - 9.45am   | 10 weeks | \$75.00 | C |
| 2 - 3yrs | Fri | 9.55 - 10.40am  | 10 weeks | \$75.00 | C |
| 3 - 4yrs | Fri | 10.50 - 11.35am | 10 weeks | \$75.00 | C |
| 3 - 4yrs | Fri | 11.45 - 12.30pm | 10 weeks | \$75.00 | C |

## Children

**Guitar Classes** the guitar is portable, easy to learn, and a joy to hear played well. 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!

|           |     |               |          |          |   |
|-----------|-----|---------------|----------|----------|---|
| 8 - 10yrs | Thu | 4.15 - 5.15pm | 10 weeks | \$117.30 | H |
| 10yrs+    | Thu | 5.15 - 6.15pm | 10 weeks | \$117.30 | H |

**A - Z of Arts** the main aim is to encourage your child in their artistic endeavours. During the term your child will be introduced into the areas of cartooning, sketching from life, the colour wheel and basic art techniques.

|           |     |               |          |         |   |
|-----------|-----|---------------|----------|---------|---|
| Beginners | Mon | 3.45 - 4.45pm | 10 weeks | \$75.00 | D |
| Ongoing   | Mon | 4.45 - 5.45pm | 10 weeks | \$75.00 | D |
| Beginners | Wed | 3.45 - 4.45pm | 10 weeks | \$75.00 | H |
| Ongoing   | Wed | 4.45 - 5.45pm | 10 weeks | \$75.00 | H |

**Cartoon Club** create your own characters to rival your favourite cartoon show. This is a great course for your child to have fun whilst learning to draw.

|           |     |               |          |         |   |
|-----------|-----|---------------|----------|---------|---|
| Beginners | Mon | 4.00 - 5.00pm | 10 weeks | \$75.00 | D |
| Ongoing   | Mon | 5.00 - 6.00pm | 10 weeks | \$75.00 | D |
| Beginners | Tue | 4.00 - 5.00pm | 10 weeks | \$75.00 | H |
| Ongoing   | Tue | 5.00 - 6.00pm | 10 weeks | \$75.00 | H |

**Badminton** coaching enjoy a game with your friends whilst receiving expert coaching to develop your skills.

|           |     |               |        |        |   |
|-----------|-----|---------------|--------|--------|---|
| 7 - 16yrs | Sat | 3.00 - 5.30pm | casual | \$5.20 | C |
|-----------|-----|---------------|--------|--------|---|

**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.

### Basketball

|           |     |               |          |         |   |
|-----------|-----|---------------|----------|---------|---|
| 4 - 6yrs  | Thu | 4.00 - 5.00pm | 10 weeks | \$75.00 | C |
| 7 - 11yrs | Thu | 5.00 - 6.00pm | 10 weeks | \$75.00 | C |

### Netball

|           |     |               |          |         |   |
|-----------|-----|---------------|----------|---------|---|
| 4 - 6yrs  | Thu | 4.00 - 5.00pm | 10 weeks | \$75.00 | C |
| 7 - 11yrs | Thu | 5.00 - 6.00pm | 10 weeks | \$75.00 | C |

### Soccer

|           |     |               |          |         |   |
|-----------|-----|---------------|----------|---------|---|
| 4 - 6yrs  | Thu | 4.00 - 5.00pm | 10 weeks | \$75.00 | C |
| 7 - 11yrs | Thu | 5.00 - 6.00pm | 10 weeks | \$75.00 | C |

## Teens

**Teen Training** is an introduction to weight and fitness training. The session commences with warm up and stretching followed by circuit exercises in the gym. It's a great opportunity for teenagers to get fit and healthy and learn to use gym equipment correctly.

|        |     |               |        |        |   |
|--------|-----|---------------|--------|--------|---|
| 12yrs+ | Tue | 4.30 - 5.30pm | casual | \$7.80 | D |
| 12yrs+ | Thu | 4.30 - 5.30pm | casual | \$7.80 | D |

## Adults

**Criminal Profiling** new 5-week class commencing 6 August. In order to profile an offender we need to investigate and understand the offender's behaviour and personality characteristic traits within the crime scene. This class will advance your mind as a fictitious inspector.

|     |                   |         |         |   |
|-----|-------------------|---------|---------|---|
| Thu | 10.00 - 12.00noon | 5 weeks | \$74.90 | H |
|-----|-------------------|---------|---------|---|

**Mixed Media** is a beautiful adventure in painting with pastels, watercolours, oils, acrylics or other media of your choice.

|     |                   |          |          |   |
|-----|-------------------|----------|----------|---|
| Fri | 10.00 - 12.00noon | 10 weeks | \$149.80 | D |
|-----|-------------------|----------|----------|---|

**Mosaics** this course allows participants to develop their imagination and creativity, plus explore the basic skills of mosaics in a friendly and relaxed atmosphere.

|     |               |          |          |   |
|-----|---------------|----------|----------|---|
| Wed | 6.30 - 8.30pm | 10 weeks | \$149.80 | D |
|-----|---------------|----------|----------|---|

**Sculpture** design your own character or miniature figurine. The small friendly nature of this class allows students to explore the genre of their own choice in a stress free environment. Fulfil your sculptural goals. The class is structured to accommodate absolute beginners through to the more advanced.

|     |               |          |          |   |
|-----|---------------|----------|----------|---|
| Tue | 6.30 - 8.30pm | 10 weeks | \$149.80 | H |
|-----|---------------|----------|----------|---|



**Oil Painting** this course will teach you all the aspects of this amazing versatile medium. Oil painting can be applied in a thick consistency or watered down to create an amazing texture to create paintings with 3D characteristics and amazing life.

Wed 7.00-9.00pm 10 weeks \$149.80 H

**Water Colour Painting** this class is suitable for all, beginners to advanced. Learn the various techniques and be encouraged to develop your own style at your own pace. You will enjoy discovering or perhaps rediscovering the joys of this versatile and challenging medium.

Tue 9.30-11.30am 10 weeks \$149.80 H  
Wed 7.00-9.30pm 8 weeks \$149.80 D  
Thu 10.00-12.30pm 8 weeks \$149.80 D

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

Mon 7.45-9.45pm casual \$7.50 D  
Tue 7.30-9.30pm casual \$7.50 H  
Tue 10.00-12.00noon casual \$7.50 D  
Thu 7.30-9.30pm casual \$7.50 D

**Belly Dance Bliss** this course takes you through exciting dance workout to global rhythms using stunning belly dance, trendy club dance and dynamic Bollywood techniques. Once you commence this course you will be hooked.

Mon 7.00-8.30pm 10 weeks \$124.00 D  
Tue 7.15-8.45pm 10 weeks \$124.00 C

**Meditation for Beginners** learn how to focus the mind so you can halt the incessant 'mind chatter' that stops you focusing on the task at hand. This course will help you to be calmer, whether you are shopping, studying, working or just trying to sleep. See our free voucher on Page 4.

Sat 11.30-12.30pm 10 weeks \$109.00 C

**Pilates Beginners** this method of Pilates works by toning muscles as well as balancing muscular force at joint level. It stimulates circulation through facilitating muscular flexibility, joint range of motion and proper musculoskeletal alignment.

Mon 7.00-8.00pm 10 weeks \$109.00 D  
Tue 10.00-11.00am 10 weeks \$109.00 D  
Wed 6.30-7.30pm 4 weeks \$43.60 D  
Thu 6.15-7.15pm 10 weeks \$109.00 D

**Pilates Ongoing** this course is for the more advanced Pilates participant. Building upon your beginner skills this course will take your Pilates experience to the next level.

Tue 9.00-10.00am 10 weeks \$109.00 D

**Pilates on the Ball** this course combines the use of fit ball, plus weights and bands. This is a low impact workout suitable for all ages and fitness levels, improving posture and core strength.

Wed 7.30-8.30pm 4 weeks \$43.60 D

**Tai Chi Level 1** this course will advance your mind and body by helping you to create peace and harmony within yourself.

Mon 6.30-7.30pm 10 weeks \$109.00 H  
Fri 10.00-11.00am 10 weeks \$109.00 D

**Tai Chi Level 2** 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.

Mon 7.30-8.30pm 10 weeks \$109.00 H  
Fri 9.00-10.00am 10 weeks \$109.00 D

**Hatha Yoga** this course is gentle, but physical. It can include posture work, breathing techniques, cleansing exercises, relaxation and meditation.

Beginners Thu 11.00-12.30pm 10 weeks \$124.00 C  
Mon 9.30-11.00am 10 weeks \$124.00 D  
Tue 7.00-8.30pm 10 weeks \$124.00 C

**Yoga - Iyenga/Hatha**

Mon 7.00-8.30pm 10 weeks \$124.00 D  
Wed 9.15-10.45am 10 weeks \$124.00 D

**Ashtanga Yoga** this course provides sequences of postures that are linked together with breath and movements. Each sequence begins with sun salutations then progresses through standing, seated, and restorative postures. The class finishes with a deep relaxation.

Thu 7.00-8.30pm 10 weeks \$124.00 C

**Yogalates** is the integration of Pilates and Yoga to create a safe and effective system that assists in the development of body awareness and conscious movement and promotes the union of the body, mind and spirit.

Wed 6.30-8.00pm 10 weeks \$124.00 D

## Enrolment Information

Enrol at anytime during the term. Full payment is required at the time of booking. All bookings must be made at the host centre at least 24 hours prior to the course commencing. Spaces may be available after course commencement date, please contact the centre for details.

Courses are subject to change. Additional materials and equipment may be required. Please refer to your Course Information Sheet for further details. Payment methods. credit card, EFTPOS, cash or cheque. Enrolments can be made in person, or by phone on **9400 4600**.

For further information, visit [www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au) or email [leisure@joondalup.wa.gov.au](mailto:leisure@joondalup.wa.gov.au)

### 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<br>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<br>and 3.30pm - 8.30pm |
| Friday            | 8.30am - 12.30pm                        |
| Public Holidays   | CLOSED                                  |



## Netball Camp with appearances by the Central West Lions

**Dates: 13-15 July**

**Time: 10.00am - 1.00pm**

A specialised coaching camp is the perfect opportunity for all children to improve their skills. Two age groups: 7 - 10 and 11 - 14 years.

- Each child receives a gift bag, value \$50.00
- Cost \$125 including lunch
- Credit card bookings **9400 4600**

Enrol **today!**

## Holiday Program

**Dates: Monday 6 July – Friday 17 July**

**Cost: \$43.00/day less Child Care Benefit discount (where applicable)**

Join in the fun and excitement at our licensed vacation care service for children aged 5 to 12 years. Just look what's on offer during the July school holidays.

|                   |                          |
|-------------------|--------------------------|
| Monday 6 July     | Kids Wet 'n Wild Day     |
| Tuesday 7 July    | NAIDOC Week Activities   |
| Wednesday 8 July  | African Day              |
| Thursday 9 July   | Scitech Fun Day          |
| Friday 10 July    | Christmas in July        |
| Monday 13 July    | Wild Kids                |
| Tuesday 14 July   | Circus Craigie           |
| Wednesday 15 July | Life of Leisure          |
| Thursday 16 July  | Laser, Library and Lunch |
| Friday 17 July    | Disco Fever              |

## 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 experience 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     |
|---------------------------------------------|----------|
| Parent & baby/toddler                       | \$98.80  |
| Pre-school, school age, teen fit and adults | \$119.60 |

**Enrolments for new participants open Monday 29 June**

For further information on any courses, classes, lessons or programs contact **9400 4600** or email [leisure@joondalup.wa.gov.au](mailto:leisure@joondalup.wa.gov.au) or download information on our website at [www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au)

## Intensive Swimming Lessons

**Date: 6-10 July**

**Cost: \$52/week**

During the July school holidays we will be offering five-day intensive swimming lessons for tots through to school age children. Enrolments can be taken from 29 June, to secure your place contact **9400 4600**.

### CITY OF JOONDALUP LEISURE CENTRE - CRAIGIE

### FREE PASS INTRODUCTION TO MEDITATION

**FREE PASS INTRODUCTION TO MEDITATION**

**DATE: SATURDAY 4 JULY 2009**

**TIME: 11.30am - 12.30pm**

**VENUE: CITY OF JOONDALUP LEISURE CENTRE - CRAIGIE  
WHITFORDS AVENUE, CRAIGIE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**PRE-REGISTRATION is essential. Please hand this pass into reception or register by phone 9400 4600 by Wednesday 1 July**

Yes, I would like to receive your e-newsletter **Joondalup Leisure On-line**