

Energise your lifestyle today at WA's Fitness Business of the Year

Term 1

Leisure Facilities

2012

Program Guide

Melville Aquatic Fitness Centre (MAFC), Marmion Street, Booragoon
Melville Recreation Centre (MRC), corner Stock Road and Canning Highway, Melville

SPORTS COACHING				
BASKETBALL - JUNIOR HOOPS	Want to have a ball? Our Junior Hoops program is a fun and sociable way to get involved with this popular sport. Moves on how to sink that shot, drive to the basket and pull off that cross over dribble is what can be learnt in this awesome class. Specialised basketball rings utilised to suit the children.			
5-12 yrs	9 weeks (Term 1)	Wed 4.00-6.00pm	\$79.20	MRC
MULTISPORTS - FITNESS & COACHING	The best way to find what you are good at is to try them all. Multisports allows you to do just that! With a new sport every 2 weeks, you can try out every team sport in just one term. From all kinds of sports we have it all. Come down and see what we have to offer and find the Super Star in you.			
5-8 yrs	9 weeks (Term 1)	Mon 4.00-5.00pm	\$79.20	MRC
NETBALL - NOTHING BUT NETBALL	Our ever popular netball clinics is the best way to get into this fantastic sport. Whether you are new to the sport or playing already these clinics are a great way to learn or keep up with new and improved skills.			
5-12 yrs	9 weeks (Term 1)	Tue & Wed 4.00-6.00pm	\$79.20	MRC
SOCCER - KICK OFF	The world's most popular game is one of our most loved coaching programs here at Lifestyle Services. With the leagues around the world at the business end of their campaigns what better way to kick start your child's soccer career. Kids will learn all the best moves, the right skills and shoot their way to soccer stardom.			
5-12yrs	9 weeks (Term 1)	Tue 4.00-6.00pm	\$79.20	MRC
ACE! BADMINTON COACHING	Learn all the skills and have fun with our fully qualified coach. Ace! Badminton Coaching will teach you how to play this great sport, including teaching you all the fitness and techniques to get the most out of your game.			
All ages	9 weeks (Term 1)	Sun 9.30-10.30am	\$79.20	MRC
SOCIAL BADMINTON	A fun and social environment for players to come down to join in with others that love this sport too. Specialised coach on hand to provide tips for duration of session.			
All ages	Ongoing	Sun 9.30-11.30am	\$10.00	MRC
LIFEBALL	Lifeball is a non-competitive, social game that incorporates walking, passing and throwing to encourage physical movement and team work. It is played at a walking pace and is targeted at people 50+. The game is designed for skill, fun and fitness.			
All ages	Ongoing	Tue & Thur: 9.00-10.00am	\$4.50	MRC
SPORTS COMPETITION				
JUNIOR "NOTHING BUT NETBALL" COMPETITION	Why not get some friends together and join the Sports Management Team's Junior Netball competition. Only played in the summer school terms a great way to keep your skills up to speed and have fun with your friends. Fill out a nomination form and don't miss out on a spot!			
9-14yrs	During Term 1 2012	Mon 3.45-6.00pm	Registration/team: \$88.00 Game Fee/team: \$48.00	MRC
JUNIOR SOCCER COMPETITION	Why not get some friends together and join the Sports Management Team's Junior Soccer competition. Played to International Futsal rules, our 5 a side competition is what you will be talking about all week with your mates. Fill out a nomination form and don't miss out on a spot!			
8-12yrs	School terms	Fri 4.00-6.00pm	Price on request	MRC
FITNESS & WELLNESS				
TEEN FIT CLUB	This program allows teenagers to have fun and enjoy fitness in a healthy & happy environment. Meet new friends, get fitter, stronger & healthier as a Qualified Personal Trainer takes you through a variety of fun programs.			
12-16yrs	9 weeks (Term 1)	Mon & Wed 4.30-5.30pm	\$148.32 for 18 sessions	MRC
BEACH BODY TRANSFORMATION	This 10 week program targets your core and metabolism by using calorie burning circuits. You will burn fat and increase your fitness, without losing muscle.			
16yrs+	10 weeks. 30 sessions. Starts Mon 30 Jan.	Mon & Wed 6.00-7.15pm Sun 9.00-10.15am	\$370.80 non-member \$283.50 premier club member	MAFC
BOOT CAMP	A fun 6 week group training program that will get you into shape quick.			
16yrs+	6 weeks. 18 sessions Starts Tue 17 Jan.	Tue & Thu 6.00-7.00pm Sat 9.00-10.00am	\$247.15 non-member \$185.35 premier club member	MRC
REFORMER INTRODUCTION	These 9 week introductory classes are ideal for those who have never participated in Pilates Reformer. It thoroughly covers the fundamental principles of Pilates, guiding you to achieve mind/body awareness.			
16yrs+	9 weeks (Term 1)	Phone for days & times	\$217.80 non-member \$185.40 premier club member	MRC

PILATES REFORMER	Using the Pilates Reformer machine, this class covers the postural and technical aspects of Pilates Reformer whilst offering a workout that forms an excellent base for progressive stabilisation work. Participants must have completed the Pilates Reformer Intro class before enrolling in Pilates Reformer Classes			
16yrs+	9 weeks (Term 1)	Phone for days & times	\$217.80 non-member \$185.40 premier club member	MRC
YOGA	Stretch and relax all parts of the body. Improves posture, breathing, balance and coordination while strengthening and improving flexibility. Yoga aims to bring the whole body and mind into balance whilst promoting inner harmony.			
16yrs+	9 weeks (Term 1)	Phone for days & times	\$134.46 non-member \$114.30 premier club member	MRC
PERTH INTEGRATED HEALTH CLINIC	Perth Integrated Health Clinic. Lucy 9364 8626 or 9240 5266, lucy@pihc.com.au, www.pihc.com.au. Clinical services and treatment including Neuromuscular Occupational Therapy, Exercise Physiology, Podiatry, Sports Massage and General Practitioner.			
	Ongoing	Mon-Sat	Price on request	MAFC
GYMBAKIDS				
GYMBAKIDS	This unique term program is designed for parents and carers working with their children to develop in a number of areas including: spatial and body awareness, locomotion, listening skills and coordination. Your child/ren will love the indoor, purpose designed Gymbakids playground. 1:1 parent child ratio applies.			
6mths-4yrs	9 weeks (Term 1)	Mon-Sat	\$112.50	MRC
GYMBAKIDS FREEPLAY	Our Gymbakids Indoor Playground is open to public for a fun and active time on the weekends! All children must be supervised by their parent during the session. School holiday times also available.			
6mths-7yrs	Jan. school hols and weekends	Sat 1.00-3.00pm Sun 10.00am-12.00pm	\$8.00 per session	MRC
GYMNASTICS	Spirit Gymsports. Debbs 9387 412, www.spiritgymsports.gymnastics.org.au. Come and try general Gymnastics or Rhythmic Gymnastics at the top ranked club in WA. We offer classes with fully accredited Gymnastics Coaches.			
4yrs+	10 weeks	Tue, Thu & Sat	\$109.00-\$138.00	Murdoch, MRC & Brentwood
SWIMMING				
LEARN TO SWIM	The Flippa Swim School Academy provides you and your child with a skill for life, with professionally designed programs to meet the needs of any age group. We offer small class sizes with accredited teachers and pool space ideal for teaching. Assessment for all new participants is free, bookings are essential.			
6mths - adults	9 weeks (Term 1)	Mon-Sun	From \$91.20	MAFC
SQUAD TRAINING FOR SWIMMING	Contact Kareena Preston on 0400 110 704.			
Various ages	Ongoing	Varied	From \$101.40/mth	MAFC
HOLIDAY PROGRAMS	XLR8 program for Swim School participants. January twilight babies sessions. Specialist 'carnival' training sessions. Enquire within.			
MARTIAL ARTS				
KARATE	Yoseikan-Ryu Karate. Branco Bratich 9401 3163 or 9446 4230. Branco Bratich 8th Dan has been teaching karate for over 35 years. Our family club combines fun and discipline in all our classes.			
Ages 5yrs+	Ongoing	Tue & Fri 5.00pm-6.00pm	Price on request	MRC
JU JUTSU	Jan de Jong Marital Arts (teaching since 1952). 9321 8685, admin@jandejong.com.au, www.jandejong.com.au. Traditional Ju Jutsu offering a practical form of self-defence. Dedicated separate classes for children, teenagers and adults. Free trial lesson available through website.			
Children to adults	Ongoing	Tuesdays	Price on request	MRC
DANCE				
BALLET	Classical Dance Studio. Nina 0412 833 428 or Catherine 0411 241 651, info@classicaldancestudio.com.au, www.classicaldancestudio.com.au. Classical Dance Studio provides artistic and technical classical ballet training in an environment that fosters excellence, confidence and self esteem.			
3yrs to young adults	9-10 weeks	See website for days	\$66.00-\$99.00	Leeming, O'Connor & South Lake
"LET'S MOVE" DANCE	"Let's Move Dance". Cherie 0402 363 037 or 9259 5418, cherie13a@hotmail.com. Come and join in the fun in a safe non-competitive environment where the emphasis is on having a good time. Classes combine great up to date songs with dance moves from styles including Jazz, Funk & Hip Hop."			
18mths-teens	9 weeks	Mon & Thur	\$65.00-\$80.00	Willagee, MRC, MGG & LFC
BALLROOM/LATIN DANCING	Learn To Dance Jive, Waltz, Samba, Rumba and other useful dances for social events. A fun, easy and well structured course that is particularly appealing as it caters for everyday social functions. First-class quality instruction. Join with or without a partner. Starts 6th February. Enquire about Advanced levels and Saturday night dances.			
Adults	8 weeks Starts 6th February	Mon 7.30-9.00pm	\$98.00	MRC
DANCE AEROBICS (NEW)	Stans Dancing. Stan 9330 6737 or 0409 306 737, stan@stansdancing.com, www.stansdancing.com. New course & new instructor. A unique low impact aerobic, Latin style dance fitness course, incorporating the latest dance trends.			
Adult - Beginner / Intermediate Starts 6th February	8 weeks Starts 6th February	Mon 6.30-7.30pm	\$96.00	MRC
BIRTHDAY PARTIES				
PARTY OPTIONS	Enjoy your (child's) next birthday party at MRC or MAFC. Pool parties with inflatables or sports parties and gymbakids parties available.			
up to 15yrs	2 hour sessions	Weekend afternoons	From \$77.00 a session	MRC & MAFC