

LEISURE

Courses start from the 24th July 2010
(unless otherwise indicated)

Phone : 9342 4977,
9247 2266 or email
leisure@warwickleisure.com.au

WORKSHOPS

First Aid Classes

Run by ROYAL LIFE SAVING AUSTRALIA
Heart Beat Club -3 hours Morning Class
Short hands-on course, covers basics of child first aid and resuscitation. Covers drowning, resuscitation, choking, burns etc in a 3 hours class.No assessments. Creche available at \$2.50/hour.
9 Sept Thur 9.30-12.30pm \$35 1wk
Essential First Aid - (Valid for 3 years)
This class will develop first aid knowledge and skills that may be required in an emergency situation.
10 Sept Fri 8.30-5.00pm \$120 1wk

Parenting Classes

EFFECTIVE PARENTING -THE EARLYYEARS 0-6yrs
4x2 hour sessions designed to help parents develop understanding and skills around childhood development and behaviour. The workshops address ways to support children to move from one developmental stage to another.
Dates: Friday 13, 20,27 Aug and Sept 3.
Time: 9.45-11.45am
Cost : FREE
There is creche facilities for young children.
Centrecare Mirrabooka - Bookings: **9440 0400**

XERDANCE™

The latest in Xergaming, Xerdance combines gaming, dance moves, exercise, and is a whole lot of fun. Xerdance is a wireless interactive dance pad system. It has over 165 music tracks, and the ability to cater for 3 levels of difficulty simultaneously.
Classes start from the 29th July. Numbers limited

Kids
6-10yrs Thurs 4.00-4.45pm \$88 10wks
10-16yrs Thurs 5.00-5.45pm \$88 10wks
Adults (16yrs +)
Thurs 7.00-7.45pm \$88 10wks

All ages (Families welcome)
All ages Thurs 6.00-6.45pm \$88 10wks
All ages Fri 4.00-4.45pm \$88 10wks
All ages Fri 5.00-5.45pm \$88 10wks

Golf For Beginners
Taught by the Professional Instructors at the Marangaroo Golf Course, this course is designed for beginners to the game of golf with small personalised classes. Golf clubs supplied.
29 July Thu 10.00-11.00am \$129 6wks

ENROLLING FOR A COURSE

- E-mail / Post -
E-mail your information to: -
info@warwickleisure.com.au
Post your information to: -
WARWICK LEISURE CENTRE
Cnr Warwick Road & Wanneroo Road
WARWICK WA 6024

- In Person -
Drop into the Warwick Leisure Centre
Cnr Warwick & Wanneroo Roads, Warwick
Monday to Friday 9.00 - 1.00pm

- Phone -
9342 4977 or 9247 2266
Have your enrolment information ready.
Monday to Friday 9.00 - 1.00pm

- Methods of Payment -
WE ACCEPT VISA, BANKCARD, MASTERCARD & CASH
Classes must be paid for to confirm your position a maximum of 7 days after enrolling.

Enrolment Form - Term 3, 2010

Name _____ DOB _____
Address _____ Post Code _____
Email Address _____ Phone _____
Parent/Guardian (if U/18) _____ Mobile _____
Course _____ Day _____ Time _____ Fee \$ _____
Senior or Health Care Card? Y / N _____ If Yes, 10% discount \$ _____
Please circle: Cheque Credit Card Total \$ _____
Card No. _____ Exp Date _____ Signature _____

COURSE INFORMATION
*Course fees must be paid when enrolling to confirm placement. Places will only be held for 7 days if no payment is made. *Course Cancellations are sometimes made by the centre as minimum numbers apply to all classes. In this event, you will be contacted and a full refund or credit of fees given. *No Refunds will be given once a class has commenced, except where medical reasons apply (medical certificate is needed.) All requests must be made in writing. An administration fee applies.No refunds or credits will be backdated. Other Credit/Refund conditions may apply.*Please Note, Patrons participate at their own risk.

KIDS CLASSES

Ballet *NEW DAY & TIME*
A great introduction to the basics of ballet for younger children wanting to be precious ballerinas.
3+ Mon 9.30-10.15am \$89 9wks
4+ Mon 10.30-11.15am \$89 9wks
4+ Wed 11.30-12.15pm \$89 9wks
4-6yrs Wed 3.45-4.45pm \$95 9wks
6-8yrs Wed 4.45-5.45pm \$95 9wks

Boppin' Tots
Music & movement class for you and your child to enjoy. Enhance your child's learning experience.
1yrs Tues 9.30-10.15am \$89 9wks
1yrs Wed 9.30-10.15am \$89 9wks
1yrs Thur 9.30-10.15am \$89 9wks
2yrs Tues 10.30-11.15am \$89 9wks
2yrs Wed 10.30-11.15am \$89 9wks
2yrs Thur 10.30-11.15am \$89 9wks

Cartooning for Kids
A class designed to bring out your inner character. Create, name and bring to life your own cartoon. Run by a qualified graphic designer.
7-13yrs Mon 4.30-5.30pm \$110* 9wks

Children's Dance
A fun class developing skills, co-ordination, creativity, rhythm, and self esteem through dance & music.
3+yrs Tues 11.30-12.15pm \$89 9wks
(Tuesday class suitable for boys and girls)

Drama *NEW*
We have created a fun drama class that will boost self-confidence, develop vocal technique and allow your imagination to run wild! Bring out your creativity and unleash your actor within. Age groups - Youth Theatre (6-10yrs) & Junior Youth Theatre (11-14yrs)
6-10yrs Tues 3.45-4.45pm \$95 9wks
11-14yrs Tues 5.00-6.30pm \$117 9wks
15+yrs Tues 6.30-8.00pm \$117 9wks

Drawing *NEW*
An exciting new class for the budding artistic drawer. This class is run by Gary, a qualified talented graphic designer, who also runs our cartooning class. He will have you drawing up a storm in no time.
7-13yrs Mon 5.30-6.30pm \$110* 9wks

Guitar
Learn the basics on how to play the guitar, including chords, rhythms & simple songs. BYO acoustic guitar
Beg Thur 5.45-6.25pm \$81* 9wks
Beg/Ong Thur 5.00-5.40pm \$81* 9wks
Kids J.A.M.
JOIN in, be ACTIVE, through MOVEMENT. Suitable for boys and girls. Starts Fri 14th May.
2+yrs Fri 9.30-10.15am \$89 9wks
3+yrs Fri 10.30-11.15am \$89 9wks

Please note: '*' indicates that the purchase of extra materials is required for the class, please check course outline prior to the commencement of the class.

KIDS CLASSES

Jazz Dance
Learn the basic to advanced Jazz techniques to modern music in a relaxed & fun atmosphere. Starts from 24th July.
6-8yrs Sat 10.30-11.30am \$95 9wks
8-12yrs Sat 11.30-12.30pm \$95 9wks
15+yrs Mon 5.30-6.30pm \$95 9wks
7-11yrs Tues 4.30-5.30pm \$95 9wks
11+yrs Tues 6.00-7.00pm \$95 9wks

Tap Dance
Learn basic to advanced Tap techniques.
6-8yrs Sat 10.00-10.30am \$54 9wks
8-12yrs Sat 12.30-1.00pm \$54 9wks
15+yrs Mon 5.00-5.30pm \$54 9wks
11+yrs Tues 5.30-6.00pm \$54 9wks


Hip Hop Dance
Do you want to dance like the "So You Think You Can Dance" crew? Then this class is for you. An energetic class featuring all the new modern dance moves.
7-11yrs Wed 4.00-4.45pm \$90 9wks
10-13yrs Wed 5.00-5.45pm \$90 9wks

Creche

Monday - Friday mornings.
9.00 am - 12.00pm
\$2.50 p/child, p/hour

Minimum age: 2 months
Maximum age: Primary School Age

There is a qualified Childcare First Aider in the Creche at all times for your child's safety. However Parents/Guardians are required to stay on site at the Warwick Leisure Centre.



Warwick Mothers Group

A fun morning where parents and children can meet new friends, play & have heaps of fun!! Bring a piece of fruit to share.

Friday's 9.30-11.00am

Phone **9342 4977** for more information.
\$2.00 first child, \$1.00 additional child

ADULT CLASSES

Creativity Painting - Any Medium
Discover your creative talents with oils, acrylics, pastels, watercolours, pen / wash & drawing - It's your choice! Beginners to advanced welcome.
19 July Mon 9.30-12.00pm \$180* 10wks
19 July Mon 12.15-2.45pm \$180* 10wks
20 July Tue 9.00-11.30am \$180* 10wks
20 July Tue 12.30-3.00pm \$180* 10wks
21 July Wed 9.30-12.00pm \$180* 10wks

Social Craft
Do you enjoy crafts, great conversation, great company & a cuppa? Then this is just the thing for you. BYO craft & stories to share for a lovely morning out.
Wed 9.30-12.00pm \$3.50 p/week

Book Club
Book Club for Adults
Come and join us for a social monthly catch up. Enjoy a good coffee and meet some new people. Reading and chatting about 1 book per month. Starts 9th Aug. 2nd Monday of each month 10.00-11.00am FREE



Languages

French
Learn the language & experience the culture with our beginner (Lv1) French classes or improve & add to your existing knowledge with our ongoing class .
Beg Tues 9.30-10.30pm \$122 9wks
Ong Tues 10.30-11.30pm \$122 9wks


Music

Adult Guitar
For the absolute beginner as well as the more experienced guitarist. Have fun starting a new hobby or improving an old one. Bring your own acoustic guitar.
Beg Thur 6.30-7.20pm \$90* 9wks
Ong Thur 7.25-8.15pm \$90* 9wks

Warwick Leisure Centre
Managed on behalf of

 City of Joondalup
LEISURE CENTRES

Enrol NOW places are limited!

ADULT CLASSES

Adult Fitness

is here! STARTS 7th July
The Zumba program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Get hooked! Everyone welcome, any age or fitness level.
Starts from Wed the 7th of July.

Mon 10.15-11.15am \$12/class
Wed 10.15-11.15am \$12/class
Wed 7.15-8.15pm \$12/class
Wed 8.30-9.30pm \$12/class
Fri 10.15-11.15am \$12/class
Sat 9.00-10.00am \$12/class
Sat 10.15-11.15am \$12/class

Places are limited so be quick to join the Zumba ride.
Adults Jazz Dance
Develop your current dance techniques along with your flexibility to a variety of great modern music. Previous dance skills required.
Ong Mon 6.30-7.30pm \$110 9wks

Adults Tap
Come along to this great class & have some fun learning basic Tap skills or building on existing ones. Classes are taught by an extremely experience teacher to modern music.
Beg Tue 7.00-7.45pm \$104 9wks
Ong Mon 7.30-8.15pm \$104 9wks

Pilates
A great mat class which is ideal for toning, strengthening & improving your core stability. This class will also help with co-ordination, flexibility & will make you feel great. BYO Mat as classes on hard floors. Check with your health fund as some offer rebates.
Beg Mon 9.00-10.00am \$117 9wks
Beg Mon 6.00-7.00pm \$117 9wks
Beg Tue 11.15-12.15pm \$117 9wks
Beg Wed 6.00-7.00pm \$117 9wks
Beg Thu 12.30-1.30pm \$117 9wks

Belly, Bands & Balls*NEW*
Join Alli for this new class, a great add on to the pilates schedule with specific areas to be worked on. Class involves fitballs, resistance bands and more. Do it in conjunction with Pilates or as a stand alone workout.
Beg Wed 9.00-10.00am \$99 9wks
Beg Fri 9.00-10.00am \$99 9wks

Step ABT
The ultimate calorie burning work-out for all fitness levels that incorporates the step with easy to follow exercises focusing on toning the ab, butt & thigh areas.
Beg Tue 6.30-7.30pm \$8.50 p/class
Yoga
A Yoga class aimed at building stability, strength & teaching you simple relaxation techniques helpful in day to day life. Class is great for all ages & fitness levels. BYO mat as the class is held on a hard floor. Check with your health fund as some offer rebates.
Class starts on the 5th of August
Beg Thur 6.30-8.00pm \$144 8wks