



Leisure Courses Enrolment Form

Term 4 2009



For enquiries about Leisure Courses,
call the Town of Bassendean
on 9377 8000 or fax 9279 4257

PARTICIPANT'S DETAILS — ONE PERSON PER FORM

Name:

Address: Suburb: Postcode:

Telephone (Home): Telephone (Work):

Mobile: Email:

Alternative Emergency Contact: Telephone:

Name of Doctor: Telephone:

Address of Doctor:

Are there any medical or physical conditions that need to be brought to the attention of the instructor? (e.g. asthma, allergies etc) YES / NO

Condition:

Please complete this section if the participant is under 18 years of age.

Age: Parent/Guardian's Name: Telephone:

LEISURE COURSE DETAILS (ALL PRICES INCLUDE GST)

Course Title	Date, Day and Time	Course Code (if applicable)	Cost
1.			
2.			
3.			
4.			
Total:			


Please complete the Booking Confirmation section below.


BOOKING CONFIRMATION AND EMERGENCY AUTHORISATION

I confirm that the above enrolment details are correct. In the event of an emergency, I hereby give permission for me (or my child) to be transported to the doctor nominated above, or if after hours, to the nearest hospital at my expense. I agree to hold the Town of Bassendean, employees and instructors of the courses harmless for any liability or loss through my (or my child's) participation in the enrolled leisure course.

Participant's Signature (Note: Parent or Guardian to sign for participant under 18 years): Date:

PAYMENT DETAILS

IN PERSON:
 Pay by cash, cheque, debit card or credit card at the Town of Bassendean, 35 Old Perth Road, Bassendean, between 8.45 am and 4.45 pm, Monday to Friday, excluding public holidays.

BY MAIL:
 Complete the credit card details on the enrolment form or send a cheque or money order made payable to "Town of Bassendean" to: Town of Bassendean, PO Box 87, Bassendean WA 6934

CREDIT CARD DETAILS

Mastercard Visa Card Number: Expiry Date:






Card holder name: Card holder signature:

ENROLMENT CONDITIONS

- Enrolments close on Thursday, 15 October 2009.
- All participants must pay for the leisure courses at the time of enrolling.
- Enrolments will be accepted in the order in which they are received, so participants are encouraged to enrol early to avoid any disappointments.
- Refunds will only be made if the course is cancelled by the Town of Bassendean, or if the participant is unable to attend due to work reasons (letter on company letterhead required), or medical reasons (doctor's certificate required).
- Enrolments will not be accepted over the telephone.
- An enrolment form must be completed by each participant.
- Confirmation of enrolment is not provided. Please assume that your enrolment has been accepted unless you are advised otherwise by the Town of Bassendean.
- Crèche will only be provided if the Town considers there is sufficient enrolment.
- All cancelled courses will be refunded via EFT.



creative zone

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Creative Music and Movement for Babies Course code: 094 	This class for babies from 4 months to 18 months will provide them with the opportunity to experience the joys of music and rhythm in a fun and safe environment. Musical instruments, props, songs, and dancing will be incorporated into the class. Class size is limited, so please book early. Please note: this class requires a parent to actively participate with their child.	Bassendean Memorial Library (Meeting Room 1)	Wed	21 Oct	11.30 am to 12 noon	8	\$50.00
Creative Music and Movement for Toddlers Course code: 094 	This is a class for children 18 months to 3 years , where they are given the opportunity to explore their imagination, sense of rhythm, and the joy of making music in a fun and safe environment! Musical instruments, props, songs and dancing are integrated into the class activities. Class size is limited, so please book early. Please note: this class requires a parent to actively participate with their child.	Bassendean Memorial Library (Meeting Room 1)	Wed	21 Oct	10.45 am to 11.30 am	8	\$50.00
Junior Art Course code: 096 	A great introduction to art for young people aged 3 yrs to 7 yrs . Fun is the focus of this course. Materials fee payable to instructor each week.	Bassendean Community Hall (Main Hall)	Sat	24 Oct	9.00 am to 10.00 am	6	\$47.00 (plus \$2.00 materials fee)
Paint a Favourite Course code: 094	Do you have a favourite pet or flower? Through this painting class participants will be able to take a memorable photo and turn it into an original art work masterpiece. Using water colours and the photo as a reference a qualified and experienced instructor will guide you through different techniques and advise you on artistic materials before the completion of your painting. Additional equipment needed (brushes, paint paper...) will be discussed during first class (cost approx \$20).	Bassendean Memorial Library (Meeting Room 2)	Tue	20 Oct	6:00 pm to 7:00 pm	6	\$50.00 (plus approx \$20 materials)
Textile Design —Part of the AshfieldCAN project Course code: 093 	Ever wanted to design patterns on cloth or dye patterns into your own clothes? This workshop is a great opportunity to be creative. Lucy Bromell, an extensively experienced instructor, will guide participants through the process of making patterns on cloth using a variety of dye resist techniques. These resists techniques will include stitching, folding, clamping, wrapping, pleating and tying designs into cloth before dyeing the cloth samples in a selection of natural dyes. Participants must bring scissors, washing up gloves, a bucket, quick unpick, note pad, pen and a selection of fabrics that are made from natural fibres—(silk, cotton, linen, rayon, wool). These can be old T-shirts, recycled clothing or just pieces of cloth (white or light in colour). A range of fabrics will be available for purchase at the workshop and a light morning tea provided.	Ashfield Soccer and Sports Club	Sat	24 Oct	9.00 am to 1.00 pm	2	\$70.00
Creativity Class —Part of the AshfieldCAN project Course code: 095 	Are you prepared to unlock the creativity within? This course is designed to unlock the creativity within, and further your already creative expression through various keys and tools. Topics including music, acting, visualisation, colours, shapes and creative expression will all be explored during the 6 week course. Through this course participants will complete a piece of art work and access a number of pathways that will challenge your creative side. Participants will need to bring A3 artist sketchbook, soft pencil, eraser, 3 paint brushes (small, medium large), water based oils or acrylic paint (black, white, red, yellow & blue), a stretched canvas (20cmx15cm approx), jar, plastic/paper plate, 2 cloths, newspaper & old shirt/apron.	Cyril Jackson Recreation Centre (Games Dance Room)	Thur	22 Oct	7:30 pm to 9:00 pm	6	\$50.00 (plus \$20 approx materials)

lifestyle

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
French for Beginners Course code: 094	In a hurry to learn French? Want a friendly introduction to the grammar? Cut out frills and boredom and concentrate on the essentials. In just 8 weeks, you'll communicate with the locals, or negotiate business deals. Learn French and you will get the most of your next trip.	Bassendean Memorial Library (Meeting Room 1)	Tue	20 Oct	6:00 pm to 7:00 pm	8	\$45.00
French intermediate Course code: 094	This course intends to improve various aspect of your ability to express yourself in French with an enthusiastic native speaker.	Bassendean Memorial Library (Meeting Room 1)	Mon	19 Oct	6:00 pm to 7:00 pm	8	\$45.00
Italian for Beginners Course code: 094	Looking to learn the basics of Italian in a hurry? This course will provide you with the essentials for you to communicate in Italian. Impress your friends and order in Italian at your next visit to an Italian Restaurant.	Bassendean Memorial Library (Meeting Room 1)	Wed	21 Oct	6:00 pm to 7:00 pm	8	\$45.00
Japanese for Beginners Course code: 094	Did you know that Japanese is one of the easiest languages to speak? During this course you will learn basic Japanese that will enable you to speak to the locals while travelling in Japan.	Bassendean Memorial Library (Meeting Room 2)	Thur	22 Oct	6:00 pm to 7:00 pm	8	\$45.00

lifestyle

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Italian for Children Course code: 094	Planning to take your children to Italy? This Italian for children class provides a great opportunity for children age 6 to 10 to learn a new language. At such a young age the children will learn with ease, making the next Italian meatball night a great experience. This class will benefit all participants now and well into the future. Class size is limited so please book early.	Bassendean Memorial Library (Meeting Room 1)	Mon	19 Oct	4:00 pm to 4:30 pm	8	\$25.00
Reading 4 Fun	Want to have the opportunity to have a chat about a good book which you have read? Reading 4 fun provides participants with the opportunity to meet like minded people, exchange books/ideas, all whilst enjoying a hot cup of tea/coffee. For further information or to enrol please contact Rebekah on 9279 3959.	Bassendean Book Exchange	Week-nights	On-going	7:30 pm to 8:30 pm	On-going	\$20.00 per month
Bassonova's – Samba Group Course code: 096	Want to learn Brazilian Samba Percussion? Come and play the infectious rhythmic beats of Rio! It's as easy as 1-2-3! All participants can have the opportunity to perform at various gigs and experience the colour and flair of carnival style costumes and parades. We are open to ages 8 to 75 and no experience is necessary! Don't miss out on the fun!	Bassendean Community Hall (Main Hall)	Thurs	22 Oct	7.15 pm to 9.00 pm	9	\$45.00

healthy living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Achieving our Goals—Instructor Leona Lenyk Course code: 094	How many times have you set a goal and failed to achieve the outcome you desired? At the start of the year many of us set forth with a strong resolve to make important changes in our lives; but why is it that we do not achieve our goals? What are the Blocks to Goal Setting? Do you want to exercise more, reduce stress, and lose weight? Are you wanting to communicate more openly to family and friends? Maybe you have now decided it is time to progress in your work or your career or your creative pursuits? If so, this course could be the one for you.						
Course code: 094	Session 1: Goal Setting What can enable us or disable us when we seek to make positive changes in our lives? Our starting point is setting a realistic goal. This session will remind you of the key principles of goal setting and the steps we need to take to achieve success. <ul style="list-style-type: none"> • What does it mean to set a goal? • Types of goals. • What are goal-setting skills? • What are the steps? 	Bassendean Memorial Library (Meeting Room 1)	Thurs	19 Nov	5:45 pm to 7:30 pm	1	\$11.00 per session or \$40.00 for all 4 sessions
Course code: 094	Session 2: Strategise In this session, using a workbook provided, you will choose a goal that you wish to achieve, and will step by step, identify the potential obstacles you may encounter when working with your goal. <ul style="list-style-type: none"> • What are the roadblocks? • Why do they occur? • How do we approach these roadblocks and move beyond them? • What strategies can we adopt in advance as preparation? 	Bassendean Memorial Library (Meeting Room 1)	Thurs	26 Nov	5:45 pm to 7:30 pm	1	\$11.00 per session or \$40.00 for all 4 sessions
Course code: 094	Session 3: Outcome Maintaining a higher perspective and being clear about our outcomes is critical to enable us to make the changes. <ul style="list-style-type: none"> • Does our mind set impact on success? • Does our behaviour impact on success? • Does our environment impact on success? • The way we approach our challenges or roadblocks can be the most significant factor in achieving success. • Finding options. 	Bassendean Memorial Library (Meeting Room 1)	Thurs	3 Dec	5:45 pm to 7:30 pm	1	\$11.00 per session or \$40.00 for all 4 sessions
Course code: 094	Session 4: Focus The power of focus—Staying with the big picture and learning not to get trapped by small peripheral details. <ul style="list-style-type: none"> • Understanding the Cycle of change. • Identifying key triggers. • How do we monitor and assess our progress? • Commitments, Motivation, Intention—What role do this play in our ability to achieve our goals? 	Bassendean Memorial Library (Meeting Room 1)	Thurs	10 Dec	5:45 pm to 7:30 pm	1	\$11.00 per session or \$40.00 for all 4 sessions

healthy living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Monday Night 'Yang Style' Tai Chi Course code: 096	The 'Yang Style' of Tai Chi, is considered to be the most popular form of Tai Chi performed throughout the world today. Come and try this gentle exercise for good health. Beginners are welcome to participate in this class.	Bassendean Community Hall (Main Hall)	Mon	19 Oct	7.00 pm to 8.30 pm	8	\$62.00
Tuesday Morning 'Sun Style' Tai Chi Course code: 098	Beginners are encouraged to participate in this gentle exercise class for good health. The 'Sun Style' of Tai Chi is considered to be an easier Tai Chi style to learn and perform.	Stan Moses Pavilion	Tues	20 Oct	9.30 am to 11.00 am	8	\$62.00
Monday Night Yoga Course code: 095	Learn exercises to stretch and strengthen muscles. The class focuses on breathing and relaxation, bringing about a state of balance and calm, to assist relation of body and mind. Very popular so enrol early! Participants to wear comfortable clothing, bring a pillow/cushion, recovery blanket and a yoga mat. Yoga mats are available for purchase through the course instructor at wholesale price. Course is suitable for teenagers through to adults.	Cyril Jackson Recreation Centre (Games Dance Room)	Mon	19 Oct	7.30 pm to 9.00 pm	8	\$70.00
Thursday Morning Yoga (Crèche available) Course code: 096	Enjoy the benefits of yoga in a relaxed atmosphere. Learn techniques to strengthen muscles and improve general aspects of mental, physical and spiritual well-being. Course is suitable for teenagers through to adults. Participants to wear comfortable clothing and bring a yoga mat. (Crèche will be available if enough numbers are requested, call Recreation and Cultural Services before the start of the yoga course to enrol in the crèche, \$2.00 per child. Max of 10 children, first in places only)	Bassendean Community Hall (Main Hall)	Thurs	22 Oct	9.00 am to 10.30 am (Crèche) OR 10.30 am to 12 noon	8	\$70.00
Basic Resuscitation – Heart Beat Club Course code: 094	Join the Heartbeat Club by participating in a workshop designed to instruct all carers of children in a home environment the correct method of performing Resuscitation on baby's and toddlers. The 3-hour workshop will also provide vital drowning prevention techniques and First Aid information on Croup, Choking and Burns. It will be conducted in a friendly and relaxed manner and led by a qualified instructor from the Royal Life Saving Society, using baby and child training manikins.	Bassendean Community Hall (Lesser Hall)	Sat	31 Oct	9.30 am – 12.30 pm	1	\$20.00
Royal Life Saving— Basic Resuscitation Course code: 094	The Resuscitation training course conducted by Royal Life Saving provides theoretical and practical experience in the lifesaving techniques of Cardio-pulmonary Resuscitation (CPR) and Expired Air Resuscitation (EAR). A Resuscitation certificate from Royal Life Saving is recognised as a pre-requisite for employment as a swimming instructor and is a desirable qualification for many employers. The RLSSA Resuscitation award is valid for one (1) year.	Bassendean Memorial Library (Meeting Room 1)	Fri	30 Oct	9.00am to 12.30pm	1	\$55.00
Holistic Healing – Mind/Body/Medicine Course code: 096	This course will focus on how to manage stress and pain and rejuvenate energy levels, using Western Australian wildflower essence. You will have the opportunity to learn what flower essences are, how they work with the mind and how people can use them to gain maximum benefit for their wellbeing.	Bassendean Community Hall (Lesser Hall)	Mon	26 Oct	6.00pm to 7.30pm	3	\$30.00

active living


COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Kayaking— 'Be Active Paddle Academy' Course code: 098	Would you like to have some fun on the beautiful Swan River? The Be Active Paddle Academy is run by a Canoeing WA instructor who will teach participants a range of skills. These include water safety, craft launch and paddle technique. All equipment will be supplied by Canoeing WA. Enrol early as numbers are limited. Participants are recommended to bring bathers, rash-vest, board shorts, shoes (suitable for water), wetsuit, hat, sunscreen and sunglasses (with cord in case of capsized). Participants should not bring any non-waterproof items such as phones, cameras and iPods.	Sandy Beach Reserve	Sat	24 Oct	9:00 am to 10:00 am	3	\$75.00
Belly dancing Course code: 095	Belly dancing is a fun and enjoyable way to exercise. It is a great way to tone your body and build your self confidence. No matter what your age, skill level, shape or size belly dancing is the class for you.	Cyril Jackson Recreation Centre (Games Dance Room)	Wed	21 Oct	7.30 pm to 8.30 pm	8	\$65.00
Lawn Bowls Course code: 098	Lawn Bowls is a fun and enjoyable sport that is suitable for all ages and abilities. In this course you will learn the basic skills and techniques that will allow you to have the run of the green. (Participants must wear flat-soled shoes).	Bassendean Bowling Club	Sat	31 Oct	10.30 am to 12 noon	6	\$40.00

location guide

Sandy Beach Reserve – End of West Road, Bassendean
 Bassendean Community Hall – 48 Old Perth Road, Bassendean
 Cyril Jackson Recreation Centre – Fisher Street, Ashfield
 Bassendean Memorial Library – 46 Old Perth Road, Bassendean
 Bassendean Tennis Courts – BIC Reserve, James Street, Bassendean

Bassendean Book Exchange – 40 Old Perth Road Bassendean
 Bassendean Bowling Club – Guildford Road, Bassendean
 Stan Moses Pavilion – Robinson Road, Eden Hill
 Ashfield Soccer and Sports Club – Colstoun Rd, Ashfield

active living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Pilates Course code: 096	This course is designed for mobility and stamina. A muscle retraining program focusing on abdominal core strength, it is a mat-work class that engages the mind and challenges the body. Get your back into action. Participants should bring a mat, towel and socks. This course is not suitable for women who are pregnant. (Please note: people with injuries require Doctor's approval to participate.)	Bassendean Community Hall (Main Hall)	Tues	20 Oct	7.30 pm to 8.30 pm	8	\$70.00
Groove Fitness Club Dance Class Course code: 096	Do you think you can dance? Are you just looking for a fun alternate workout? This class is a fun way for beginners to learn the basics of nightclub stage dancing whilst giving you a great fitness workout. An experienced instructor will teach you an array of moves as well as develop a routine that you can use for future dance experiences.	Bassendean Community Hall (Main Hall)	Wed	28 Oct	8:00 pm to 9:00 pm	8	\$60.00
Short Circuit to Health and Friendship	Receive expert advice and get maximum benefit from your exercise using treadmills, bikes, steppers and more. The aim of these classes is to provide exercise programmes that promote health, fitness under the guidance of a trained instructor. These classes are also a great way to improve physical health and make friends. All abilities welcome. Course is suitable for teenagers through to adults for experienced and inexperienced exercisers alike. Contact Bob Herriman at the Cyril Jackson Senior Campus on 0418 904 696 to enrol for this course.	Cyril Jackson Recreation Centre (Gymnasium)	Mon	19 Oct	9.00 am to 10.00 am	8	\$2.00 per session paid directly to instructor
			OR Wed	21 Oct	9.00 am to 10.00 am		
			OR Fri	23 Oct	9.00 am to 10.00 am		
Fitness Boot Camp Course code: 098	Want to look your absolute best in time for summer? Whether you want to slim down, tone up, get fit for that special occasion, or just kick your fitness into high gear, this motivating circuit style outdoor group fitness training course will help you achieve your fitness goals—fast! Prepare to have fun and challenge yourself in a social, engaging environment with a range of energizing exercises and group activities over 8 training sessions, held in the parks of Bassendean. Participants should wear appropriate exercise attire, training sneakers, and also bring a towel and water bottle. (Please note: people with injuries or medical conditions require Doctor's approval to participate.)	Sandy Beach Reserve	Mon	19 Oct	6:00 pm to 7:00 pm	8	\$60.00
Tennis Coaching Course code: 098	Everyone can play, just have a go! Learn new skills and correct techniques from a nationally accredited coach. Our tennis coaching classes are a great way to keep fit in a fun and safe environment. No matter what your skill level or ability, enrol in our tennis coaching courses today. Course is suitable for adults only. If you do not own a tennis racquet don't rush out and buy one just yet. You will receive expert advice about buying a racquet from our coach. (Please note: participants will be graded on the first week to be grouped with players of similar ability, so some variations to the enrolled times may occur)	Bassendean Tennis Club (Hard Courts)	Mon	19 Oct	6.00 pm to 7.00 pm OR 7.00 pm to 8.00 pm	8	\$60.00
			OR Wed	21 Oct	5.30 pm to 6.30 pm OR 6.30 pm to 7.30 pm OR 7.30 pm to 8.30 pm		
Walking Group 	Walking is an excellent way to keep fit. Walking in a group is a fun, social and motivational way of exercising. Everyone is very welcome to the walks that last around 45 minutes. Course is suitable for people of all ages. Please call Recreation and Cultural Services at the Town of Bassendean for a walking schedule.	Various	Every day	On-going	Various times	On-going	FREE

Upcoming Events

by the Town of Bassendean

MULTICULTURAL FESTIVAL 2009

Date: Saturday 24 October 2009

Time: 4.30pm to 8.30pm

Location: Jubilee Reserve, Iolanthe Street, Eden Hill

Cost: Free (parking \$2 donation)

Discover and experience the diverse cultures at this year's Multicultural Food Festival. An exciting celebration for the whole family to enjoy including: a vibrant mix of delicious foods, traditional and contemporary performances, a huge dance floor and interactive art workshops. Don't miss it!

More info from Recreation and Culture Services, 9377 8000.



SENIORS' WEEK 2009

Date: Sunday 25 October to Sunday 1 November

Cost: Free Entry

The Town of Bassendean is pleased to offer a range of fun and exciting events for the community during Seniors' Week. This year the events will include: Opening Ceremony, Dance-a-thon, Pensioner Guard Cottage, Community Walk, Senior Citizens' event, Shopping Centre Displays, Multicultural & Indigenous Seniors' Event, Gala Day and Closing Ceremony.

Seniors' Week 2009 is supported by Lotterywest and Council on the Ageing.

Please contact the Town of Bassendean on 9377 8000 for further information on events.

Leisure Courses

Paint a Favourite
– see inside for details



Enrolments for Term 4 close on
Thursday, 15 October 2009
Use the enrolment form inside to **enrol now.**