

Leisure Courses

TERM ONE PROGRAM

FEBRUARY – APRIL 2011



Pilates

— see 'Active Living' for details

Enrolments for Term 1 close on
Wednesday, 2 February 2011
Classes commence Thursday 3 February

Town of Bassendean Leisure Course Program is changing!

From Term 1 2011 the Town will no longer deliver a separate brochure for its leisure course program. Information will be provided through the *Bassendean Briefings*. The majority of the information on the courses including start dates, enrolment dates, classes available, description of the classes will be available on the Town's website at www.bassendean.wa.gov.au.

It is envisaged that this will allow an easier transition from term to term with dates for all terms being advertised at once. The Town will then have the ability to conduct the classes for a longer period during each term.

Re-enrolments will still be required each term and the Town is hopeful that eventually we will have the ability to implement online enrolments.

Dates and Leisure Courses available for Terms 2–4 on the website are subject to change and adjustment throughout the year.

Any queries can be directed to Recreation Services at the Town of Bassendean on 9377 8000.




Sponsorship Opportunities

In today's highly competitive commercial environment, it is imperative that companies think and act strategically to be able to reach its customers more effectively. Sponsorship of the Town of Bassendean through its Recreation & Cultural Services Department will provide your business with the opportunity to promote your goods and services directly to a large number of potential local customers.


The Town is keen to establish mutually beneficial partnerships and is receptive to various combinations and options tailored to suit your needs upon consultation.

If you would like to take advantage of this unique opportunity please contact Tim Clark, Recreation Development Officer on 9377 8051.

creative zone

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Creative Music and Movement for Babies Course code: 097 	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.	Alf Faulkner Hall	Wed	9 Feb	11.30 am to 12 noon	8	\$50.00
Creative Music and Movement for Toddlers Course code: 097 	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.	Alf Faulkner Hall	Wed	9 Feb	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	12 Feb	9.00 am to 10.00 am	6	\$47.00 (plus \$2.00 materials fee)

active living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
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	9 Feb	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	12 Feb	10.30 am to 12 noon	6	\$40.00
Pilates Course code: 096	The Pilates Method is a unique training system using concentration, breathing and precise movements to achieve core strength, physical endurance, a balanced muscular tone, flexibility, grace and well being. It is a mat-work class that engages the mind and challenges the body focusing on posture and improved functionality. This class is open for all participants regardless of gender and fitness level however it is not suitable for women who are pregnant. Participants should bring a mat, towel and socks. Please note: people with injuries require Doctor's approval to participate.	Bassendean Community Hall (Main Hall)	Tues	8 Feb	6.30 pm to 7.30 pm (Beginners/ some experience) OR 7.30 pm to 8.30 pm (Experienced)	10	\$85.00
Tennis Coaching with Cameron Fenner	For information on tennis classes please go to the Bassendean Tennis Clubs website www.bassendean.tennisclub.com or contact 0401 127 949 for further information. Classes will be run Tuesday and Wednesday evenings and Thursday mornings for 8 weeks, starting Tuesday 8 February 2011. Enrolment forms are available from the Bassendean Tennis Club's Website or by contacting 0401 127 949.						
Heart Foundation Bassendean 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 or visit www.heartfoundation.com.au/walking	Various	Every day	On-going	Various times	On-going	FREE

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healthy living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Getting in Touch with the Self—Lee Lenyk Course code: 094	<p>This series of four 4 sessions will provide you with the opportunity to explore a powerful yet often ignored aspect of the self: Intuition.</p> <p>Our intuition can propel us towards particular choices and decisions, new ideas, options, different perspectives and alternate views. Our intuition can also provide us with an inner security when we are making key decisions and solving problems or when we are feeling unsure, uncertain, confused or overwhelmed.</p>	Bassendean Memorial Library (Meeting Room 1)	Thur	10 Feb	5.45 pm to 7.30 pm	4	\$11.00 per session or \$40.00 for all 4 sessions
Monday Night 'Yang Style' Tai Chi Qi Gong Course code: 096	<p>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.</p>	Bassendean Community Hall (Main Hall)	Mon	7 Feb	7.00 pm to 8.30 pm	8	\$62.00
Tuesday Morning 'Sun Style' Tai Chi Qi Gong Course code: 097	<p>Beginners are encouraged to participate in this gentle exercise class for good health.</p> <p>The 'Sun Style' of Tai Chi is considered to be an easier Tai Chi style to learn and perform.</p>	Alf Faulkner Hall	Tue	8 Feb	9.30 am to 11.00 am	8	\$62.00
Monday Night Yoga Course code: 095	<p>Stretch, strengthen and tone your body while learning to de stress. The class focuses on breathing and relaxation, bringing about a state of balance and calm, to assist relaxation of body and mind. Very popular so enrol early! Participants to wear comfortable clothing, bring a pillow/cushion, 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.</p>	Cyril Jackson Recreation Centre (Games Dance Room)	Mon	7 Feb	7.30 pm to 9.00 pm	8	\$70.00
Thursday Morning Yoga (Crèche Available) Course code: 096	<p>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)</p>	Bassendean Community Hall (Main Hall)	Thur	10 Feb	9.00 am to 10.30 am (Crèche) OR 10.30 am to 12 noon	8	\$70.00
Mother and Bubs Yoga Course code: 097	<p>This course is suitable for Mums (and Dads) with babies aged 6 weeks to 10 months. It provides a place for you to bring your baby whilst you practice Yoga. In this class you will experience strengthening, toning and stretching of your body. Your baby will also be actively involved though massage and movement.</p>	Alf Faulkner Hall	Mon	7 Feb	10.00 am to 11.00 am	8	\$70.00
Bassanova's—Samba Group Course code: 096	<p>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 10 to 75 and no experience is necessary! Don't miss out on the FUN!</p>	Bassendean Community Hall (Main Hall)	Thur	3 Feb	7.15 pm to 9.00 pm	10	\$55.00



location guide

Sandy Beach Reserve – End of West Road, Bassendean
 Bassendean Community Hall – 48 Old Perth Road, Bassendean
 Cyril Jackson Recreation Centre – Fisher Street, Bassendean
 Alf Faulkner Hall – Mary Crescent, Eden Hill
 Bassendean Memorial Library – 46 Old Perth Road, Bassendean
 Bassendean Bowling Club – Guildford Road, Bassendean

Term 1 enrolments close on Wednesday, 2 February 2011



Leisure Courses Enrolment Form

Term 1 2011

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 Wednesday, 2 February.
- 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.

