



Leisure Courses Enrolment Form

Term 4 2010



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, 13 October.
- 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.

I do not live in the Town of Bassendean and would like the Leisure Courses brochure delivered in the mail to the above address.



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	20 Oct	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	20 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 (\$2.00) payable to instructor each week.	Bassendean Community Hall (Main Hall)	Sat	30 Oct	9.00 am to 10.00 am	6	\$48.00 (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 \$20 approx).	Bassendean Memorial Library (Meeting Room 2)	Tue	19 Oct	6.00 pm to 7.00 pm	6	\$50.00 (plus \$20 approx materials)

lifestyle


COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
Bassanova'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 10 to 75 and no experience is necessary! Don't miss out on the fun!	Bassendean Community Hall (Main Hall)	Thurs	21 Oct	7.15 pm to 9.00 pm	9	\$50.00
Sign Language Communications Course code: 094	Ever wanted to speak without making a sound? Then join this introductory course encompassing Sign Language Culture and Communications, to broaden your knowledge and awareness of a non-verbal language. Discover signs for names, numbers, colours and other course-specific topics via highly visual and interactive activities. Designed to make learning motivating, enjoyable, challenging and fun this course, presented by a qualified Trainer, is suitable for both personal and professional development. Please bring pen/pencil, highlighter pen, paper or notepad.	Bassendean Memorial Library (Meeting Room 1)	Mon	15 Nov	9:15 am to 11:15 am	4	\$70.00
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

healthy living

COURSE TITLE	DESCRIPTION	VENUE	DAY	DATE	TIME	WEEKS	COST
The Power of a Positive Attitude	This course provides a unique opportunity to gain some insight into the role and impact of our thoughts/ our thinking, in our lives and health and well-being. These highly interactive sessions will allow you to share in the discussion and explore the validity of the notion that by changing our thinking we can influence our lives and health and wellbeing.						
Course code: 094	Session 1 <ul style="list-style-type: none"> Have you thought about your thinking? What happens in life if you are generally more positive? Do negative thoughts lead to negative outcomes? Can positive thoughts lead to positive outcomes? What types of thoughts are there? 	Bassendean Memorial Library (Meeting Room 1)	Thurs	28 Oct	5.45 pm to 7.30 pm	1	\$12.50 per session or \$45.00 for all 4 sessions
Course code: 094	Session 2 <ul style="list-style-type: none"> Can our thinking contribute to illness? What about health? What can you do with a negative feeling? Is negative thinking a habit? What is the difference between negative thinking vs negative noticing? The case against positive thinking. 	Bassendean Memorial Library (Meeting Room 1)	Thurs	4 Nov	5.45 pm to 7.30 pm	1	\$12.50 per session or \$45.00 for all 4 sessions
Course code: 094	Session 3 <ul style="list-style-type: none"> Thoughts and our physiological processes. Learning to reframe our limited and faulty thinking. Optimism and pessimism. Challenging our thoughts. Emotions and thoughts feeling and action cycle. 	Bassendean Memorial Library (Meeting Room 1)	Thurs	11 Nov	5.45 pm to 7.30 pm	1	\$12.50 per session or \$45.00 for all 4 sessions
Course code: 094	Session 4 <ul style="list-style-type: none"> How much choice do we have? Software vs hardware programming. Building positivity. Acceptance. Being aware of the present circumstances/environment. 	Bassendean Memorial Library (Meeting Room 1)	Thurs	18 Nov	5.45 pm to 7.30 pm	1	\$12.50 per session or \$45.00 for all 4 sessions
Monday Night 'Yang Style' Tai Chi and Qi Gong 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.	Bassendean Community Hall (Main Hall)	Mon	18 Oct	7.00 pm to 8.30 pm	8	\$65.00
Tuesday Morning 'Sun Style' Tai Chi and Qi Gong Course code: 097	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.	Alf Faulkner Hall	Tues	19 Oct	9:30 am to 11.00 am	8	\$65.00
Monday Night Yoga Course code: 095	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.	Cyril Jackson Recreation Centre (Games Dance Room)	Mon	18 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)	Thur	21 Oct 4 Nov class to be re-scheduled to 16 Dec	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	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.	Alf Faulkner Hall	Mon	18 Oct	10.00 am to 11.00 am	8	\$70.00

Term 4 enrolments close on Wednesday, 13 October 2010.

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	20 Oct	7.30 pm to 8.30 pm	8	\$65.00
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	19 Oct	6.30 pm to 7.30 pm (Beginners / some experience) OR 7.30 pm to 8.30 pm (Experienced)	8	\$70.00
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	23 Oct	10.30 am to 12 noon	6	\$40.00
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	18 Oct	9.00 am to 10.00 am	8	\$2.00 per session paid directly to instructor
			OR Wed	20 Oct	9.00 am to 10.00 am		
			OR Fri	22 Oct	9.00 am to 10.00 am		
Tennis Coaching with Cameron Fenner Course code: 098	Give tennis a try. You won't be disappointed. Join the new Bassendean Tennis Club coach, Cameron Fenner, for a fresh and vibrant tennis fitness experience. Get expert advice from one of WA's leading players and learn all the skills needed to either start out or take your game to a new level. Courses are suitable for adults only, however please ask Cameron for information on children's classes. Racquets provided free of charge to course participants. In the event of bad weather a decision will be made by the coach 30min prior to the lesson starting to cancel, the class will be rescheduled to the end of the term.	Bassendean Tennis Club (Blue Hard Courts)	Tues	19 Oct	6.30 pm to 7.30 pm	8	\$60.00
			Thur	21 Oct	9.30 am to 10.30 am		
Outdoor 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.)	Jubilee Reserve	Tues	19 Nov	6.00 pm to 7.00 pm	8	\$60.00
Tennis Coaching with Ross Gerrans 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, children wanting to attend can contact the Town for further details. 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 (Green Hard Courts)	Mon	18 Oct	6.00 pm to 7.00 pm OR 7.00 pm to 8.00 pm	8	\$60.00
			Wed	20 Oct	5.30 pm to 6.30 pm OR 6.30 pm to 7.30 pm OR 7.30 pm to 8.30 pm		
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

Upcoming Events

by the Town of Bassendean

BENDIGO BANK SENIORS' WEEK 2010

Date: Sunday 31 October – Sunday 7 November
Time: Various
Venue: Various
Cost: Free Entry

The Town of Bassendean is pleased to offer a wide range of fun and exciting events for the community during Seniors' Week. This year the events include an intergenerational event joining children's and Seniors' weeks, dances, Seniors' events, Melbourne Cup event and other fantastic performances. Keep an eye out for more information about Seniors' Week 2010 in the near future.



CAROLS BY CANDLELIGHT

Date: Saturday 18 December 2010
Time: 7.30 pm to 9.00 pm.
Venue: Success Hill Reserve, Seventh Ave Bassendean.
Cost: FREE Entry & Parking
Food, drinks and ice creams available.

Carols by Candlelight is a great community event that celebrates the festive season rejoiced in song. The Carols are set in the beautiful surroundings of Success Hill Reserve and organised by the Bassendean Church of Christ.

AUSTRALIA DAY CELEBRATION

Date: Wednesday, 26 January 2010
Venue: Ashfield Reserve, Guildford Rd, Ashfield
Cost: Free Entry.
Parking: \$2.00.

Come and celebrate our national day with a family concert, with fireworks, food stalls and entertainment. Enjoy a great family fun evening watching the skies over Ashfield Reserve, which will be filled with an array of spectacular colours to celebrate Australia Day. Everyone is invited to enjoy this free event. The event will also involve a Citizenship ceremony, presentation of the Australia Day Active Citizenship Awards and entertainment. Don't miss this Australian Feast!

Sponsorship Opportunities

In today's highly competitive commercial environment, it is imperative that companies think and act strategically to be able to reach it's 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 9377 8051.

Looking for other leisure activities?

The Town of Bassendean hosts many other leisure programmes within its facilities for people of all ages. If you are interested in joining a sporting club (football, basketball, gymnastics, dance, soccer, badminton, athletics, cricket...) or a social group (dance, playgroups, singing groups, car enthusiasts, gardening...) who meet regularly then call Recreation and Cultural Services on 9377 8000 for more information.

location guide

Jubilee Reserve – May Rd, Eden Hill
Bassendean Community Hall – 48 Old Perth Road, Bassendean
Cyril Jackson Recreation Centre – Fisher Street, Ashfield
Alf Faulkner Hall – Mary Crescent, Eden Hill
Bassendean Memorial Library – 46 Old Perth Road, Bassendean
Bassendean Tennis Courts – BIC Reserve, James Street, Bassendean
Bassendean Bowling Club – James St, Bassendean
Bassendean Book Exchange – 40 Old Perth Road, Bassendean

Leisure Courses

TERM FOUR PROGRAM

OCTOBER – DECEMBER 2010



Lawn Bowls

– see inside for details

Enrolments for Term 4 close on

Wednesday, 13 October 2010

Use the enrolment form inside to **enrol now.**