

TOWN OF BASSENDEAN



1

2023

# WELCOME

## *welcome*

Tell us what you would like; what you enjoy and how we can provide the program you want to participate in by contacting the team via **[events@bassendean.wa.gov.au](mailto:events@bassendean.wa.gov.au)**

Swing Dancing is back for 2023 and a new Circuit Training course is on offer with **TRAIN 50**

The Town of Bassendean is an official partner of Act-Belong-Commit; A community-based campaign that encourages people to take action to improve their mental health and well-being.

# ACTIVE *living*

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 9 February | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$99.00**

**(9 weeks)**

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.**

## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

**Mon 6 February | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$88.00**

**(8 weeks)**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training. An hour of dancing clears the mind of negative thoughts and brings happiness and positivity to our wellbeing. Come join us for fun!



## TRAIN 50 CIRCUIT

**Instructor - Pat Fletcher**

**Thurs 9 February | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$99.00**

**(9 weeks)**

Circuit training is a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full body workout. Circuits will change up each week to add variety and weights will be incorporated into each circuit along with cardio and some fun elements to keep you motivated.



## ZUMBA GOLD TONING

**Instructor - Pat Fletcher**

**Wed 8 February 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$65.00**

**(9 weeks)**

Perfect for active older adults and beginners who want to focus on muscle conditioning and light weight activity.

Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered! Participants should bring their own dumbbells, max 2kg.

## METAFIT

**Instructor - Pat Fletcher**

**Mon 6 or Thurs 9 February**

**6:30<sup>pm</sup> - 7:00<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$88.00 Mon**

**(8 weeks)**

**\$99.00 Thurs**

**(9 weeks)**

**or \$140.00 for both**

Metafit is the original 30 minute, bodyweight only, high intensity, interval training workout. The Metafit group workout is an effective and simple program for time-poor individuals looking for the workout that gets big results in minimal time. Metafit burns fat by changing the resting metabolism, working big muscle groups with simple un-choreographed, high intensity intervals using only bodyweight.

**Please note that people with health concerns will require a doctor's approval to participate.**



## SWING DANCE

**Instructor - Bron Veale**

**Fri 10 February | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>**

**[ALF FAULKNER HALL - 097]**

**\$90.00**

**(6 weeks)**

Come and learn the Lindy Hop, a vintage swing dance style that originated in Harlem, New York in the 1930s. The dance has African American jazz roots and is now danced all over the world! Over the course of 6 weeks, you will learn the basic steps & some stylish patterns to get you out dancing in no time! Come and develop a love for swinging jazz music and meet fun-loving people- You can come with a partner or friend, or by yourself- all are welcome! No prior dance experience is required.

## HATHA YOGA

**Instructor - Helen Dobbie**

**Mon 6 February | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

**[SENIORS & COMMUNITY  
CENTRE - 096]**

**\$88.00**

**(8 weeks)**

Learn how the practices of Hatha Yoga can improve your health and well-being. Whether you are looking to improve your flexibility or gently strengthen your body or you are in need of learning how to relax to manage every day stresses in your life **Yoga can help you**. Classes are non-competitive and structured to accommodate varying levels of ability.

Hatha Yoga classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees.

**Check with a medical practitioner if you have health concerns.**



# LIFE *style*

## Wu Tao

the dancing way

### WU TAO THE DANCING WAY

**Instructor - Kim Veale**  
**Fri 9 February | 6:30pm - 7:30pm**  
**[ALF FAULKNER HALL - 097]**

**\$120.00** (8 weeks)

Work alongside the elements of air, water, wood, fire and earth in this restorative dance sequence.

Wu Tao is a powerful yet gentle way to release stuck energy through these gentle dance movements to experience more flow, joy and harmony in your life. Effective for reducing anxiety, calming the mind and improving energy flow.

A unique dance as therapy modality, grounded in the proven system of Traditional Chinese Medicine.

This course is for people looking to bring more equilibrium and serenity into their life.

### SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**  
**Tues 7 February 7:15pm - 8:15pm**  
**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$70.00** (9 weeks)

Calling all percussion enthusiasts! Do you feel the pulse, the beat, the rhythm, and soul of music? Would you like to learn how to play a percussive instrument from Brazil? All you need is a little bit of energy, a little bit of fun and the ability to dance and groove to the rhythm of the beat! Our Musical Director will teach you our very own funky percussive compilations, as well as some traditional Samba rhythms from Brazil, in a fun, safe and relaxed environment! Classes are suitable from Teens to adults and all Brazilian instruments will be supplied.

**Those with any health concerns, are required to obtain a medical clearance from their doctor.**





## TAI CHI FOR HEALTH

**Instructor - Teresa Stokes**

**Wed 8 February | 6:00<sup>pm</sup> - 7:00<sup>pm</sup>**

**Thurs 9 February | 11:45<sup>pm</sup> - 12:45<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$99.00 each**

**(9 weeks)**

**\$140.00 for both**

Both enjoyable and relaxing, Tai Chi presents a set of gentle exercises for harmonising body, mind and spirit that you can continue to develop at any age. The slow flowing movements of tai chi are intended to increase internal strength, life energy and improve general wellbeing. This tai chi program introduces an accessible and modernised form of tai chi, incorporating both ancient principles and contemporary medical science aimed at delivering health benefits quickly and promoting inner tranquility.

## AFRICAN DRUMMING

**Instructor - Maria Daniels**

**Tues 7 February | 5:30<sup>pm</sup> - 6:45<sup>pm</sup>**

**[BASSENDEAN COMMUNITY  
HALL- MAIN HALL]**

**\$90.00**

**(9 week)**

Considered as a variation and extension of cultural percussion, the Bassonovas, are very excited to offer a brand new and exhilarating experience of African drumming! These classes will offer a brief insight into the basic history and culture of the music, and you learn the techniques of how to play the Djembe, Dunduns, Agogo bells and Shekeres, inclusive of some African vocals! A collaboration of songs is chosen to mean only one thing and that is 'celebration!' So, you are guaranteed go home feeling happy, relaxed, and energised! Classes are suitable from late Teens to Adults and all African instruments and chairs will be provided. So, get in quick as places are limited! Looking forward to seeing you there! Those with any health concerns, are required to obtain a medical clearance from their doctor.

# HOW to book

## 1.

Head to **trybooking.com/CFMJM** to select your courses and make payment.

## OR

## 1.

Download a copy of the application form from **bassendean.wa.gov.au/community/relax-program.aspx**

## 2.

Fill out all fields on the application form

## 3.

Read the Code of Conduct and Terms and Conditions. Once the application form is signed, you agree to these documents

## 4.

Send in your completed form

In person:

**35 Old Perth Rd  
Bassendean,  
WA, 6054**

By post:

**PO Box 87  
Bassendean,  
WA, 6934**

or email to

**mail@bassendean.wa.gov.au**

Once payment has been approved, you are enrolled. No class confirmation is required.



# COURSE *enrolment form*

## 1. Participants Details: [Please write clearly in block letters]

Name:			
Address:			
Suburb:		Postcode:	
Telephone:			
Email:			
Emergency Contact:			
Telephone:			
Medical Conditions:			

## 2. RELax Program Details:

RElax Program Title	Code:	Day and Time:	Cost:
1.			
2.			
3.			

I have read and accept the Terms and Conditions found on **bassendean.wa.gov.au** or at **35 Old Perth Rd, Bassendean.**

Signature:	Total Cost:
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## 3. Payment Details:

**[In Person]** pay by cash, cheque or credit card on Monday to Friday between 8.45am and 4.45pm at: **Town of Bassendean, 35 Old Perth Road, Bassendean.**

**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### Credit Card Details:

Cardholders Name:																						
Please Indicate:	Mastercard:											Visa:										
Card Number:																						
Expiry Date:											CSV:											
Amount:											Signature:											



# MAP OF *Bassendean*



<b>A</b>	Alf Faulkner Hall
<b>LIB</b>	Bassendean Memorial Library
<b>BCH</b>	Bassendean Community Hall
<b>SNR</b>	Seniors + Community Hall
<b>CJ</b>	Cyril Jackson Arts House



**35 Old Perth Road, Bassendean  
Western Australia 6054**

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**[www.bassendean.wa.gov.au](http://www.bassendean.wa.gov.au)**

**[facebook.com/bassendeancouncil](https://facebook.com/bassendeancouncil)**