

# Town of Bassendean



P R O G R A M

Recreation + Engagement

3

2020

# COVID-19

## *Safety tips*



1.

Maintain a safe distance.  
1 person per 2sqm or keep  
1.5m from others.

2.

Maintain good hygiene -  
sanitise your hands when  
entering the building

3.

Cough or sneeze into your  
elbow if the need arises

4.

If you are feeling unwell, stay  
home



## Town of Bassendean



**And we are back! After a quick COVID hiatus, courses are now returning to the halls. The Town would like to thank everyone who joined the online classes and showed commitment to try something new during a very weird time. A huge thanks goes out to the instructors, who on relatively short notice, were able to pick up their classes and translate them to an online format. I know that isn't easy.**

This term will feature our regular health and fitness courses but capacity will be capped to meet the Town's COVID Safety Plan. Make sure you sign up early. If restrictions are eased further, the capacity may increase once again. Please read the inside cover for further information on returning to the Town's facilities.

As usual, 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)

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.



A group of people are participating in a fitness class, likely Zumba Toning, in a gym. They are sitting on mats on a wooden floor, holding blue resistance bands with both hands above their heads. The person in the foreground is wearing a yellow tank top and black leggings, with their back to the camera. Other participants are visible in the background, some wearing blue and purple clothing. The room has large windows with blinds and a wooden floor.

# ACTIVE *Living*

## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

**Mon 20 July | 5:30pm - 6:30pm**

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

**\$110.00**

**(10 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!

## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**

**Thurs 23 July | 5:30pm - 6:30pm**

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

**\$110.00**

**(10 weeks)**

Use code: **Zumba20** for multiple class discounts

Zumba Toning is perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using toning sticks or light dumbbells, helps you focus on specific muscle groups, so you (and your muscles) stay engaged!. Participants should bring their own dumbbells, max 2kg.





## ZUMBA GOLD TONING

**Instructor - Pat Fletcher**

**Wed 22 July | 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$72.00**

**(10 weeks)**

Zumba Gold Toning is perfectly tailored for Beginners and Active older adults 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 or light dumbbells 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!

## METAFIT

**Instructor - Pat Fletcher**

**Mon 20 July or Thurs 23 July**

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

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

**\$110.00 Mon**

**(10 weeks)**

**\$110.00 Thurs**

**(10 weeks)**

Use code: **META25** if booking both classes

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.**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 23 July | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

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

**\$110.00**

**(10 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.**

## PILATES

**Instructor - Kavan London**

**Tues 21 July**

**6:30<sup>pm</sup> - 7:30<sup>pm</sup> (Beginners)**

**7:30<sup>pm</sup> - 8:30<sup>pm</sup> (Advanced)**

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

**\$110.00**

**(10 weeks)**

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.

**Also, please note that people with injuries require Doctor's approval to participate.**





# HEALTH & *well-being*

## PREGNANCY YOGA AND CHILDBIRTH EDUCATION

**Instructor - Treana Jones**

**Sat 25 July | 9:00<sup>am</sup> - 12:00<sup>pm</sup>**

**[ALF FAULKNER HALL - 097]**

**FREE**

**(Ongoing)**

Suitable at all stages of pregnancy. Classes focus on fostering trust in your body's ability to carry a baby and give birth. Building strength, enhancing health and connecting with your baby to make pregnancy a time to celebrate. Skills for labour such as breath awareness, visualisations, affirmations and relaxation are included. Informal Education sessions cover topics including hormones of birth, positions and skills, pain coping techniques, caesarean, interventions and support.

## HATHA YOGA

**Instructor - Helen Dobbie**

**Mon 20 July | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

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

**\$110.00**

**(10 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.**



# VIRTUAL ITALIAN COOKING WORKSHOPS

*With Daniele*

**\$50.00 for one class**

**\$80.00 for both classes**

Use code: **ITALY20** if booking  
both classes

## **[VIA ZOOM]**

Take part in an Italian cooking class from the comfort of your own home with these two Virtual Italian Cooking Workshops run by Daniele Foti-Cuzzola. Your ingredients will be provided (available for pick up beforehand), along with some light Italian refreshments for you to enjoy while you take part in this hands on class. Your Italian creations will be ready to go so you can invite your friends and family over that evening or the next day and wow them with your newly found cooking skills.



## **GNOCCHI ALLA SORRENTINO CLASS**

**Instructor - Daniele Foti-Cuzzola**

**Sat 25 July | 2:00pm - 3:00pm**

In this class you will learn how to make a traditional baked gnocchi dish from the coastal city of Sorrento. Daniele will show you how to make your gnocchi dough from scratch, how to roll them out and cook them in a simple sauce which will then be prepared in a baking dish – so when you're ready to cook or host your Italian dinner party all you'll have to do is pop them in the oven for a few minutes.

## **TIRAMISU CLASS**

**Instructor - Daniele Foti-Cuzzola**

**Sat 1 August | 2:00pm - 3:00pm**

Learn how to make a traditional Tiramisu the authentic way in this simple video tutorial. Daniele will guide you through the simple step by step process to make a tiramisu that then just needs to be left in the fridge for a few hours before you can serve it up at your own Italian dinner party.



## Wu Tao

the dancing way

### WU TAO THE DANCING WAY

**Instructor - Kim Veale**

\*Beginners Classes | \*\*Regular Classes

**\*Wed 22 July | 6:00<sup>pm</sup> - 7:00<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL,  
MAIN HALL - 096]**

**\$135.00 (9 weeks)**

**\*\*Fri 24 July | 10:00<sup>am</sup> - 11:00<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$150.00 (10 weeks)**

Based on Traditional Chinese Medicine, Wu Tao is a combination of movement, music and meditation which works to optimise the flow of Qi (energy) in the body. If you love dancing, this is a wonderful way to restore balance and calm to your mind, emotions and physical body.

**Please wear comfortable clothing and bring a yoga mat/ towel and a water bottle.**

### SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 21 July | 7:15<sup>pm</sup> - 8:15<sup>pm</sup>**

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

**\$70.00 (10 weeks)**

Calling all percussion enthusiasts! These classes are fun, funky and easy to learn! Music is based on various Samba rhythms from Brazil, as well as other genres of music. Learn to march, step in time and groove to the beat of your musical instrument. All instruments will be supplied! This course is suitable from teens to adults.

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



## UKE123 - ABSOLUTE BEGINNERS

**Instructor - Shaun Chandran**

**Sat 5 Sept | 9:30<sup>am</sup> - 11:30<sup>am</sup>**

**[BASSENDEAN COMMUNITY HALL  
(COMMITTEE ROOM) - 096]**

**\$90.00 BYO UKELELE**

**\$125.00\***

**(3 weeks)**

Have you ever wished you could play a musical instrument? Well, now you can! Learn to play the ukulele in just 3 weeks in this fun, relaxed and engaging course designed for absolute, adult beginners, no prior musical knowledge required. Learn basic chords, rhythm and strumming patterns, which will have you playing a repertoire of songs spanning the decades. Participants have the option of bringing their own ukulele or having a brand new "uke" included as part of the course.

**\*includes a new soprano ukulele in natural wood finish (with carry bag).**

# HOW to book

1.

Head to **trybooking.com/BJZVK** 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



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

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