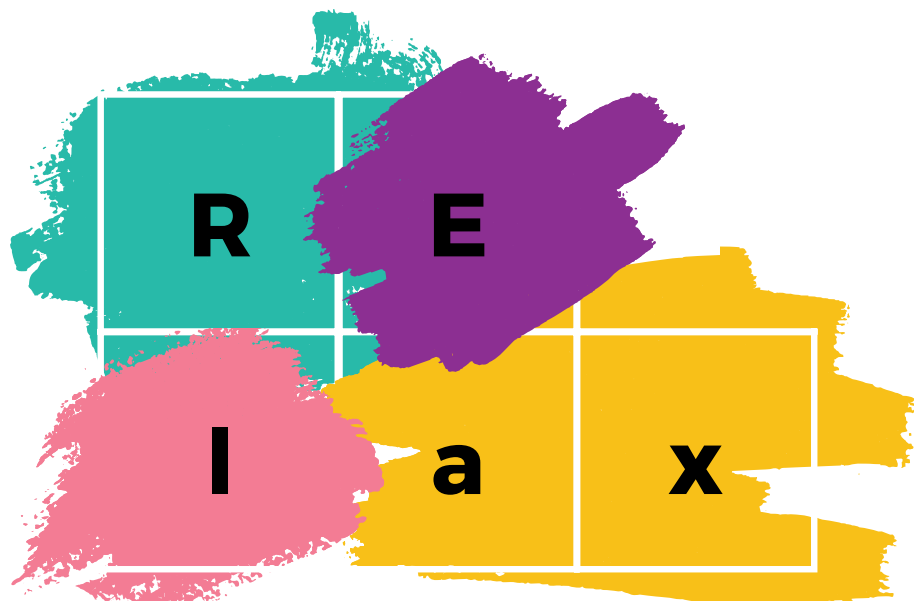


Town of Bassendean



P R O G R A M

Recreation + Engagement

4

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



Welcome to the Term 4 RElax program!

This term will feature our regular health and fitness courses with capacity still capped to meet the Town's COVID Safety Plan, so don't wait too long to book!

Do you have great ideas for classes? 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

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*

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher
Mon 12 October | 5:30^{pm} - 6:30^{pm}
**[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 15 October | 5:30^{pm} - 6:30^{pm}
**[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 14 October 9:30^{am} - 10:30^{am}

[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 12 or Thurs 15 October

6:30^{pm} - 7:00^{pm}

**[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 15 October | 9:15^{am} - 10:45^{am}

**[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 13 October

6:30^{pm} - 7:30^{pm} (Beginners)

7:30^{pm} - 8:30^{pm} (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 17 October | 9:00^{am} - 12:00^{pm}

[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 12 October | 7:30^{pm} - 9:00^{pm}

**[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.

Wu Tao

the dancing way

WU TAO THE DANCING WAY

Instructor - Kim Veale

*Level 1 | **Level 2

***Wed 14 October | 6:00pm - 7:00pm**

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

\$90.00 (6 weeks)

****Wed 14 October | 7:15pm - 8:15pm**

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

\$90.00 (6 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 13 October | 7:15pm - 8:15pm

**[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.

HOW to book

1.

Head to **trybooking.com/BLFIK** 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.**

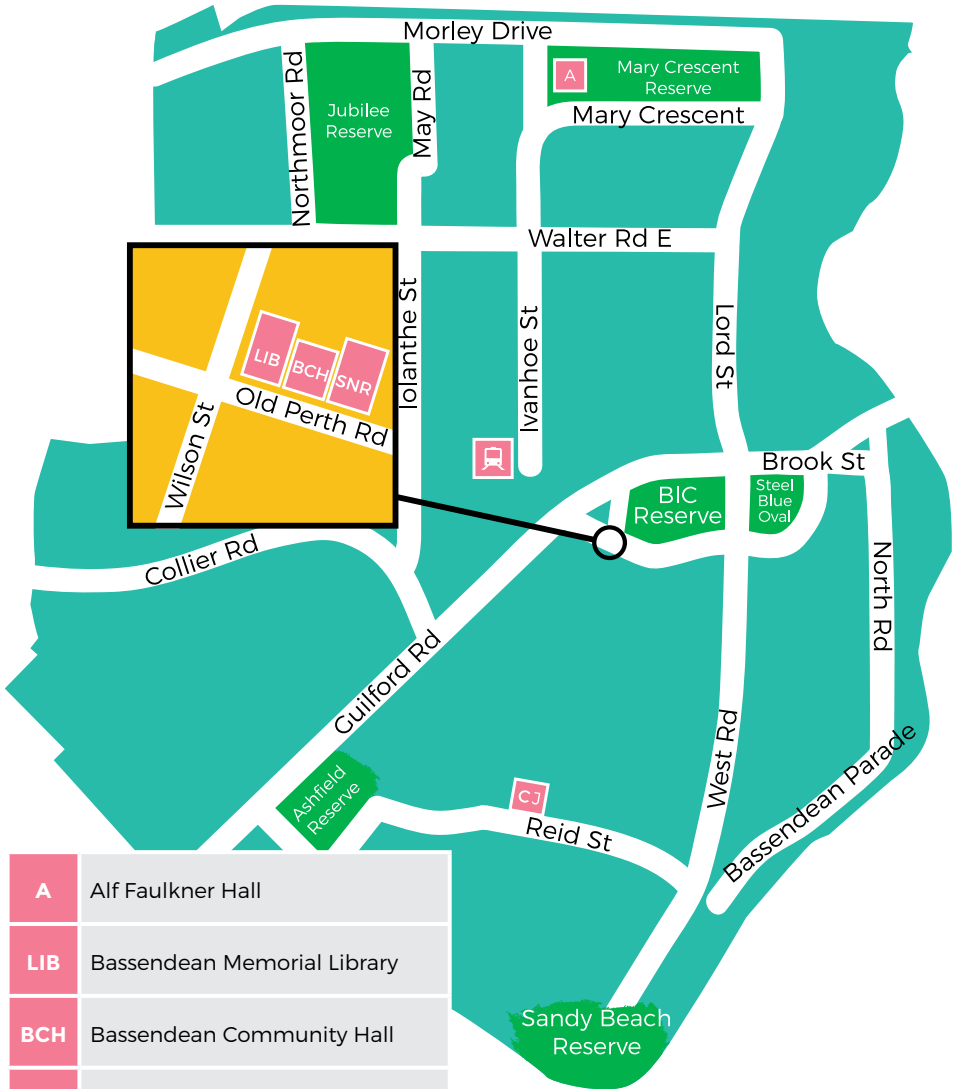
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

Credit Card Details:

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



MAP OF *Bassendean*



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



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

PO Box 87, Bassendean, WA 6934

T | (08) 9377 8000

E | mail@bassendean.wa.gov.au

www.bassendean.wa.gov.au

facebook.com/bassendeancouncil