

# Town of Bassendean



**P R O G R A M**

Recreation + Engagement

**4**

2019

# CALENDAR OF EVENTS 2019

*town of Bassendean*

EVENT:	DATE:	LOCATION:
Bassendean Visual Art Awards	<b>Friday 20 Sept - Wednesday 25 Sept</b>	Bassendean Community Hall
Children's Week	<b>Friday 18 Oct - Sunday 27 Oct</b>	Various
Senior's Week	<b>Monday 11 Nov - Friday 15 Nov</b>	Various
Remembrance Day Ceremony	<b>Monday 11 Nov</b>	BIC Reserve

For event and course updates and further information, follow Town of Bassendean on Facebook 

## SKATEBOARDING WA CLINIC

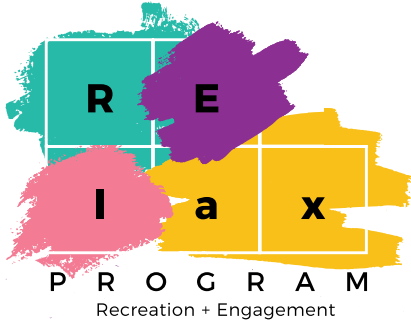
Sunday October 27<sup>th</sup>

Skateboarding WA are coming to Bassendean! On **Sunday October 27th** between 9am-11am, the Bassendean Skate park on the corner of West Rd and Guildford Rd will be pumping!

This **FREE** event is suitable for all ages and all skill levels, including beginners, intermediate or above. The SWA coaches create a welcoming and supportive environment to learn how to skateboard in a safe and structured program with a huge focus on FUN! For the beginners, we start on the grass to build up self-confidence and skills before heading to the concrete. So anyone can join in and by the end of the session be cruising around letting the good times roll!

Register at [www.skateboardingwa.com.au](http://www.skateboardingwa.com.au)





**It's hard to believe but 2019 is nearly at its end already! This is your last chance to fine tune those summer bodies or if you are so inclined, do some pre-festive season indulging with our sweet treats courses. Either way, we would love to have you on board, so tell your friends and get involved.**

**New courses in Term 2 include:**

- Stand Up Paddle Boarding at Sandy Beach
- The return of UKE123
- Fondant Cookie Decorating
- The new Bassendean Run Club

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.



# ACTIVE *Living*



## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

**Mon 14 Oct | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

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

**\$90 for Mon or Thurs (9 weeks)**

**\$135 for both Mon and Thurs**

**\$190 for all 3 Zumba classes**

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 17 Oct | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

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

**\$90.00 (9 weeks)**

**\$135.00 for both Mon & Thurs**

**\$190.00 for all 3 classes**

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

**Instructor - Pat Fletcher**

**Wed 16 Oct | 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$72.00**

**(9 weeks)**

Zumba Gold is perfect for Beginners, Groups, and Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, plus if you sign up a friend for the term, they will only pay half price!

## METAFIT

**Instructor - Pat Fletcher**

**Mon 14 or Thurs 17 Oct**

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

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

**\$90.00 Mon or Thurs**

**(9 weeks)**

**\$135.00 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.**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 17 Oct | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

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

**\$90.00**

**(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.**

## PILATES

**Instructor - Kavan London**

**Tues 15 Oct**

**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]**

**\$90.00**

**(9 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*

## HATHA YOGA

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**Instructor - Helen Dobbie**  
**Mon 14 Oct | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**  
**[SENIORS & COMMUNITY  
CENTRE - 096]**

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**\$90.00**

**(9 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.**



## BEGINNERS OUTDOOR EXERCISE

**Instructor - Daniel Amato**  
Tues 15 Oct | 9:15<sup>am</sup> - 10:15<sup>am</sup>  
[ASHFIELD RESERVE - 098]

**\$90.00** (9 week)

Do you feel nervous about the thought of exercise? Are you looking to be fitter and healthier but starting seems intimidating? This course is for a beginner starting off into the exercise & health world. Feeling great and accomplished at the end of a workout are a few benefits but getting outdoors, interacting with other likeminded people & still growing in confidence through exercise are all to be gained.

Take your first step and come along to "Beginners Outdoor Exercise".

## BASSENDAN RUN CLUB

**Instructor - Daniel Amato**  
Tues 15 Oct | 6:00<sup>pm</sup> - 7:00<sup>pm</sup>  
[VARIOUS - 098]

NEW

**\$10.00 P/W** (10 week)

**Learn how to run!** Bassendean Run Club is about having you building on your running ability with local people. Through Group Running, you can discover more of your area, more of your fitness & more friends to enjoy running! A new meeting location every 2 weeks:

**15<sup>th</sup> & 21<sup>st</sup> Oct** - BIC Res.

**29<sup>th</sup> & 5<sup>th</sup> Oct/Nov** - Ashfield Res.

**12<sup>th</sup> & 19<sup>th</sup> Nov** - Jubilee Res.

**26<sup>th</sup> & 3<sup>rd</sup> Nov/Dec** - Success Hill Res.

**10<sup>th</sup> & 17<sup>th</sup> Dec** - Sandy Beach Res.





**LIFE**

*style*

## SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 15 Oct | 7:15pm - 8:15pm**

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

**\$70.00**

**(9 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 - BEGINNERS

**Instructor - Shaun Chandran**

**Sat 16 Nov | 9:30am - 11:30am**

**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 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).**



## FONDANT COOKIE DECORATING

**Instructor - Sylvia Tokic**

**Sun 27 Oct | 2:00pm - 3:30pm**

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

**\$60.00**

**(1 week)**

Learn how to make and decorate fondant, insta-worthy cookies with moulding, stamping, marbling and stenciling. Supply the cookies and decorating equipment. Students will decorate and take home four cookies and a pamphlet on how to bake and decorate in the future as well as a box, recipes plus tips & tricks. Tea/coffee & snacks provided.

**NEW**

## STAND UP PADDLE BOARDING

**Instructor - Maree Martin**

**Sat 9 Nov | 11:00am - 12:30pm**

**[SANDY BEACH RESERVE - 098]**

**\$100.00**

**(4 weeks)**

**LEARN TO STAND UP PADDLE!!**

Introducing stand up paddle boarding (SUP) sessions for beginners and seniors!!

This low impact recreational activity assists to improve core strength, balance, fitness and can be a fabulous addition to your lifestyle and wellbeing.

You don't have to be an athlete to stand up paddle! In fact, stand up paddle boarding is suitable for most levels of fitness at any age. Our program will take you through the absolute basics including water safety, low impact fitness and technique while having a heap of fun! We'll also show you how we contribute to improving the health of our precious river from a Stand Up Paddle Board!

SUP Tonic is an internationally accredited SUP School and you will be in the safe hands of qualified, professional Instructors.

Stand Up Paddle Boarding is for **EVERYONE!!**

**All equipment is provided but please bring sunsmart clothing plus a water bottle.**

# COMMUNITY

## FREE GUIDED WALKS

**Instructor - Local Guides**  
**[VARIOUS LOCATIONS]**

**FREE**

### **River Walk**

Stroll along the Swan River in Bassendean from Point Reserve to Success Hill and return to Point Reserve with an experienced volunteer guide. Learn about local history including interesting people, architecture and natural features. Meet at Point Reserve 9.45am for 10am start. Duration 2 hours.

**Thurs 7 Nov**

### **Historic Homes in Bassendean Walk**

Walk around Bassendean with an experienced volunteer guide and learn about some amazing places and architecture including Daylesford House and Holme House. Start and finish at Bassendean Primary School. 9.45am for 10am start. Duration 2 hours.

Parking available at Harcourt Street  
Meet at Bassendean Primary School at the administration centre (West Road).

**Tues 3 Dec**

Walks will take place rain, hail or shine. Bring comfortable shoes and a water bottle.

[www.library.bassendean.wa.gov.au/  
services/local-studies.aspx](http://www.library.bassendean.wa.gov.au/services/local-studies.aspx)

[www.facebook.com/  
BassendeanLibrary/](https://www.facebook.com/BassendeanLibrary/)



# BASSENDEAN

## Memorial library

### LEGO\*

Last Monday of every month  
3:30pm - 4:30pm

Booking required via the booking link provided on the Library Facebook, website and advertising material.

### LIBRARY CRAFT GROUP

Friday 9:00am - 12:00pm each week

### SCHOOL HOLIDAY ACTIVITIES / CRAFT

Keep an eye out on the Bassendean Memorial Library website for details  
[www.bassendean.wa.gov.au/library](http://www.bassendean.wa.gov.au/library).

### LUNCH TIME INTERLUDES

Follow us on **Facebook** and check our library website for these lunch time events.

### LITERARY SALON

Follow us on **Facebook** and check our library website for these quarterly Wednesday evening meet the author events.

### CYBER CITIZENS



Bookings and training sessions available at Bassendean Library.  
Enquiries and bookings: **9279 2966**

[www.bassendean.wa.gov.au/library](http://www.bassendean.wa.gov.au/library)  
All activities are free just come along!

# HOW to book

## 1.

For application forms, pick up a booklet from one of our many locations, or download a copy from [bassendean.wa.gov.au/community/relax-program.aspx](http://bassendean.wa.gov.au/community/relax-program.aspx)

## 2.

Fill out all fields on the application form - by hand, or download an editable PDF from [bassendean.wa.gov.au/community/relax-program.aspx](http://bassendean.wa.gov.au/community/relax-program.aspx)

## 3.

Read through the Code of Conduct and Terms and Conditions - available through [bassendean.wa.gov.au/community/relax-program.aspx](http://bassendean.wa.gov.au/community/relax-program.aspx) or pick up a copy from customer service.

## 4.

Send in your completed form

In person:

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

By post:

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

New Online Form:

Submit your form online at

[bassendean.wa.gov.au/community/relax-program.aspx](http://bassendean.wa.gov.au/community/relax-program.aspx)

## 5.

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

## 6.

Course must reach a minimum number of participants, so if a course fails to reach this number, participants will be informed and issued a credit.

# 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](http://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.**

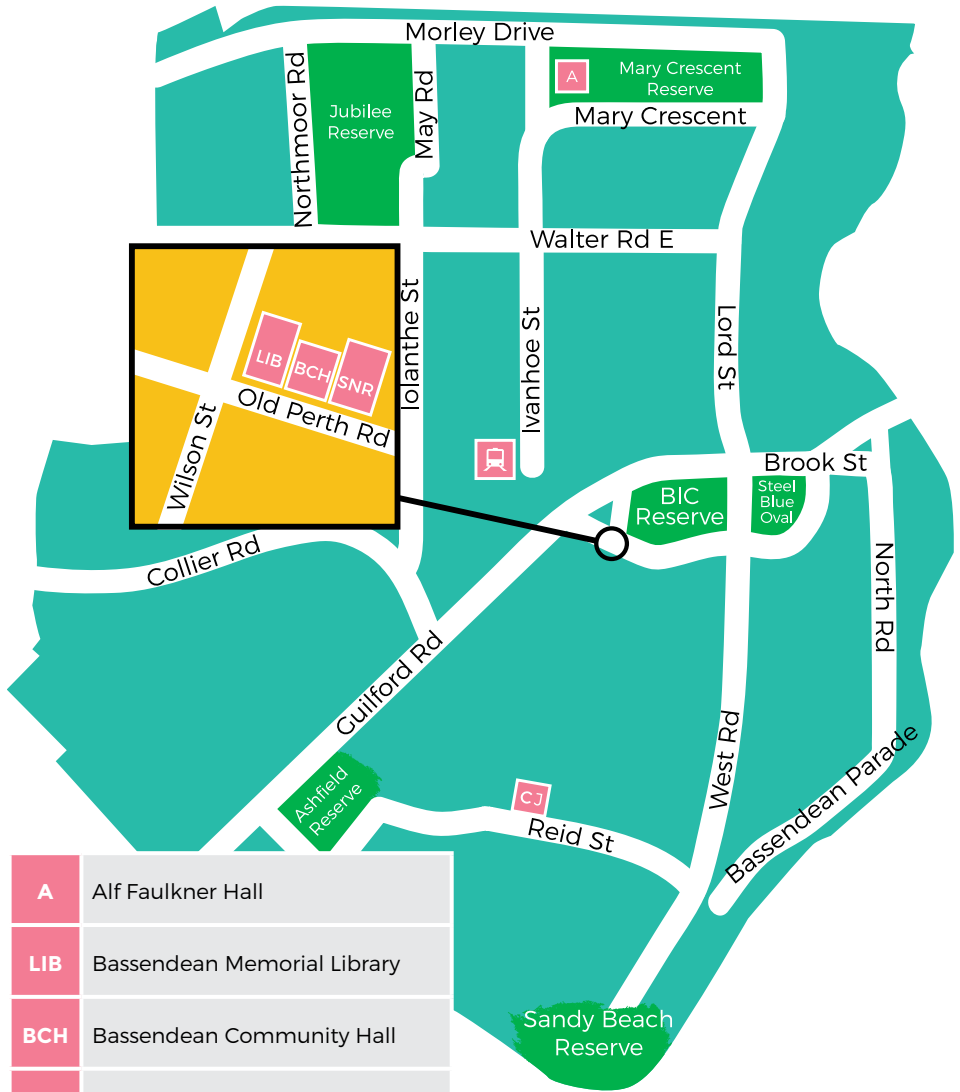
**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### 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**

PO Box 87, Bassendean, WA 6934

**T** | (08) 9377 8000

**E** | [mail@bassendean.wa.gov.au](mailto:mail@bassendean.wa.gov.au)

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

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