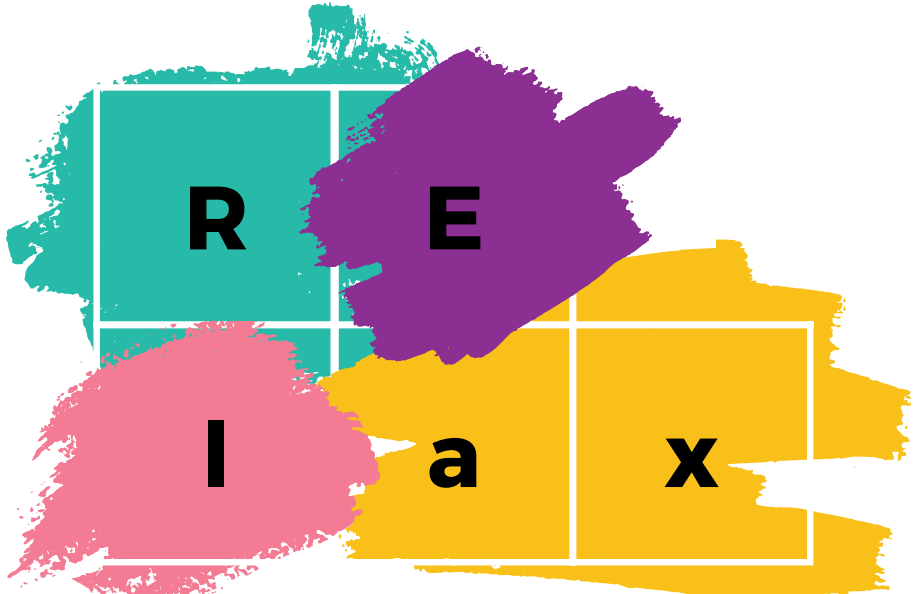


Town of Bassendean



P R O G R A M

Recreation + Engagement

1

2021

CALENDAR OF EVENTS 2020

town of bassendean

EVENT:	DATE:	LOCATION:
ANZAC Day	Sun 25 April	BIC Reserve
Telethon Community Cinemas	Cinema Season through to 10 April	BIC Reserve

For event and course updates and further information, follow Town of Bassendean on [f facebook.com/bassendeancouncil](https://www.facebook.com/bassendeancouncil)

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



PROGRAM

Recreation + Engagement

We are back for RELax 2021!

There is no better time to get involved with one of our health and well-being courses.

Once again, the Town is offering a suite of courses that will help you stay physically fit and allows you to keep in touch with other community members.

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 8 Feb | 5:30^{pm} - 6:30^{pm}
[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$70.00 (7 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! **No Class March 1**

THURSDAY NIGHT ZUMBA TONING

Instructor - Pat Fletcher
Thurs 11 Feb | 5:30^{pm} - 6:30^{pm}
[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$90.00 (9 weeks)
\$125 for 2 classes
\$175 for all 3 classes

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

Instructor - Pat Fletcher

Wed 10 Feb 9:30am - 10:30am

[ALF FAULKNER HALL - 097]

\$65.00

(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 8 or Wed 10 Feb

6:30pm - 7:00pm

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

\$80.00 Mon

(8 weeks)

\$90.00 Wed

(9 weeks)

or \$125 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 4 Feb | 9:15^{am} - 10:45^{am}

**[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.

PILATES

Instructor - Kavan London

Tues 9 Feb

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

7:30^{pm} - 8:30^{pm} (Advanced)

[ALF FAULKNER HALL - 097]

\$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

Instructor - Helen Dobbie

Mon 8 Feb | 7:30^{pm} - 9:00^{pm}

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

\$80.00

(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.

Wu Tao

the dancing way

WU TAO THE DANCING WAY

Instructor - Kim Veale

Fri 19 Feb | 9:30^{am} - 10:30^{am}

[ALF FAULKNER HALL - 097]

\$90.00

(6 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 bring the mind, body and emotions back into harmony and balance. 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 9 Feb | 7:15^{pm} - 8:15^{pm}

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

\$70.00

(7 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.



IMAGINATION LIBERATION SERIES

Instructor - Kim Veale

Sat 27 Feb | 2:00pm - 4:00pm

[ALF FAULKNER HALL - 097]

\$10.00 (4 weeks)

Unlock your imaginations, learn new practical skills and meet other lovely locals at these creative workshop sessions. Spread across four weeks, join our presenters for different topics each week, including

- Feb 27** knitting for beginners.
- March 6** songwriting and tea sipping.
- March 13** delivering a winning workshop
- March 20** craftersnoon tea.

Materials are provided along with refreshments.

HOW

to book

1.

Head to **trybooking.com/BOBFD** 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.**

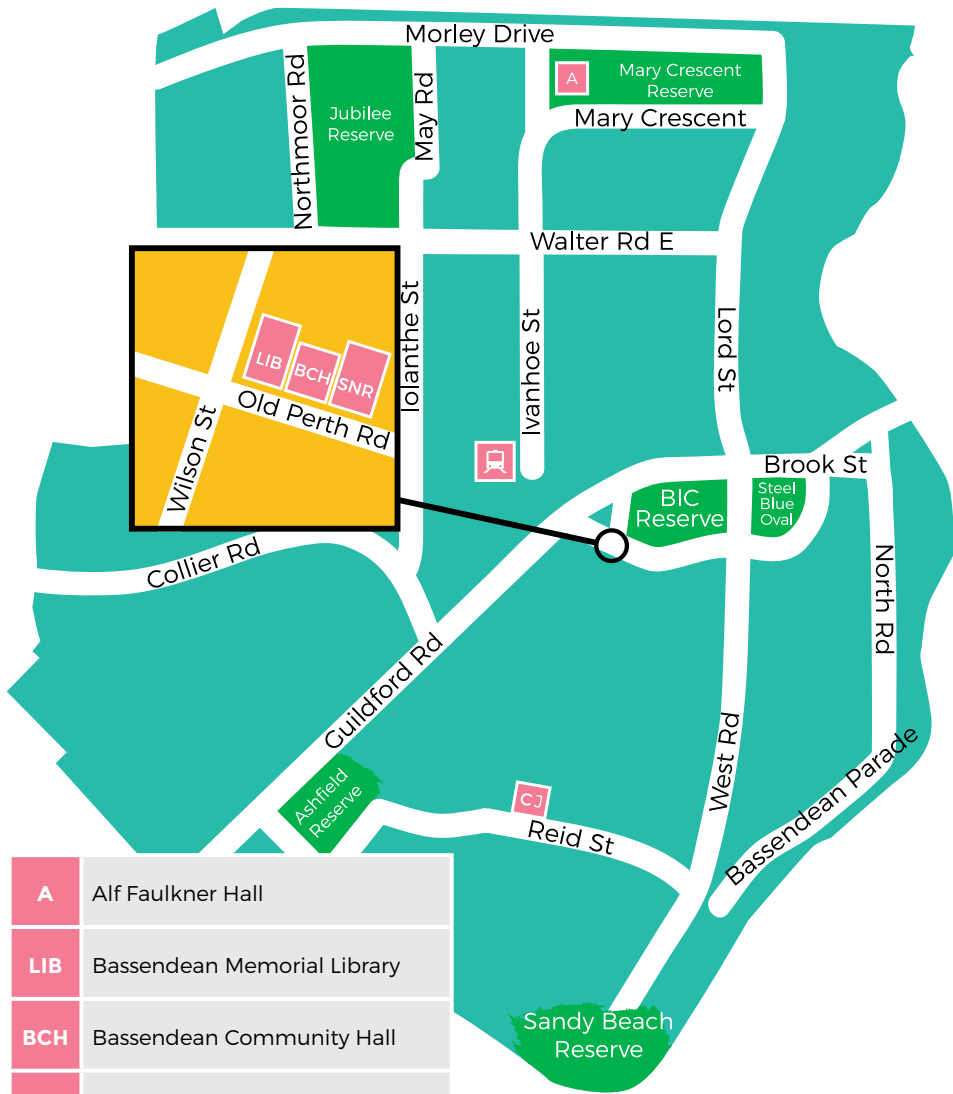
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

Credit Card Details:

Cardholders Name:															
Please Indicate:	Mastercard:					<input type="checkbox"/>	Visa:					<input type="checkbox"/>			
Card Number:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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

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www.bassendean.wa.gov.au

facebook.com/bassendeancouncil