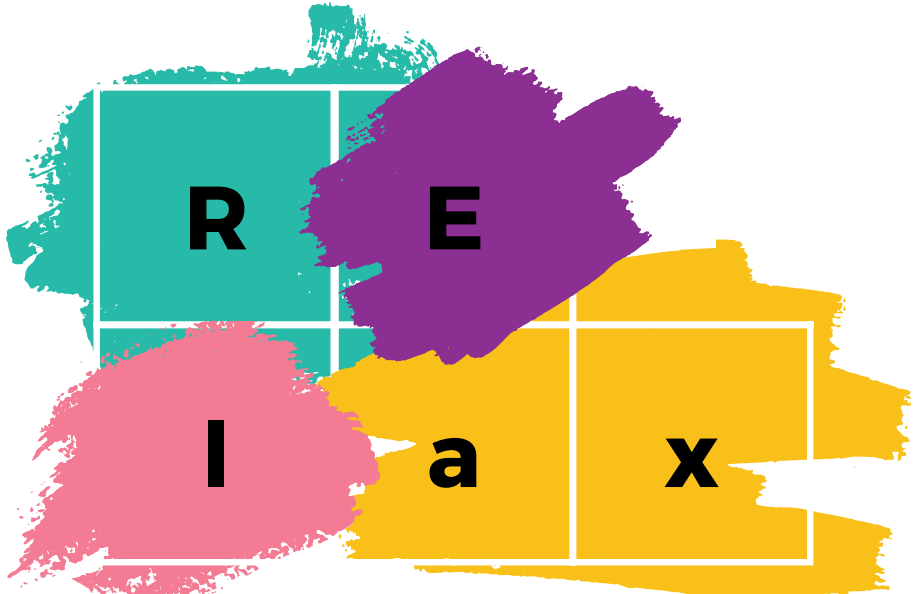


# Town of Bassendean



P R O G R A M

Recreation + Engagement

2

2021



Djeran season at last sees a break in the really hot weather. A key indicator of the change of season is the cool nights that once again bring a dewy presence for us to discover in the early mornings.

The winds have also changed, especially in their intensity, with light breezes being the go and generally swinging from southerly directions (i.e. southeast to southwest). Many flying ants can be seen cruising around in the light winds.

Djeran is a time of red flowers especially from the Red flowering gum (*Corimbia ficifolia*), as well as the smaller and more petite flowers of the Summer Flame (*Beaufortia aestiva*). As you travel around the Perth area, you may also notice the red 'rust' and seed cones forming on the male and female Sheoaks (*Allocasuarina fraseriana*). Banksias start to display their flowers, ensuring that there are nectar food sources for the many small mammals and birds that rely upon them.

As the season progresses, the nights will become cooler and damper along with some cool and rainy days which also means that traditionally mias (houses or shelters) were now repaired and updated to make sure they were waterproofed and facing in the right direction in readiness for the deep wintery months to come.

# COVID-19

## *Safety tips*



### 1.

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

### 2.

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Maintain good hygiene -  
sanitise your hands when  
entering the building

### 3.

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Cough or sneeze into your  
elbow if the need arises

### 4.

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If you are feeling unwell, stay  
home



Town of Bassendean



P R O G R A M

Recreation + Engagement

## As the weather begins to cool down, don't let your fitness goals hibernate!

We have the programs to help you fight off the Easter chocolate wave. From relaxing and creative to high intensity, you will find the course to keep you motivated.

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 19 April | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>  
[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]

**\$99.00** (9 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 April 26 or June 7**

## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**  
Thurs 22 April | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>  
[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]

**\$120.00** (11 weeks)  
**\$165.00** for 2 classes  
**\$225.00** 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 21 April 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$85.00**

**(11 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 19 or Wed 22 April**

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

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

**\$99.00 Mon**

**(9 weeks)**

**\$120.00 Thurs**

**(11 weeks)**

**or \$165 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. No Class April 26 or June 7**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 22 April | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

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

**\$120.00**

**(11 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 20 April**

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

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

**[ALF FAULKNER HALL - 097]**

**\$120.00**

**(11 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 19 April | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

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

**\$99.00**

**(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.**

**No Class April 26 or June 7**



## Wu Tao

the dancing way

### WU TAO THE DANCING WAY

**Instructor - Kim Veale**  
Fri 7 May | 9:30<sup>am</sup> - 10:30<sup>am</sup>  
[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 20 April | 7:15<sup>pm</sup> - 8:15<sup>pm</sup>  
[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]

**\$70.00** (11 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**

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**Instructor - Liz Gibbons**

**Wed 28 April | 6:30<sup>pm</sup> - 7:30<sup>pm</sup>**

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

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**\$110.00**

**(10 weeks)**

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.



## IMAGINATION LIBERATION SERIES

**Instructor - Kim Veale**

**Sat 22 May | 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

**Sat May 22**

Make natural body products from your pantry

**Sat May 29**

Basket Weaving with Laura

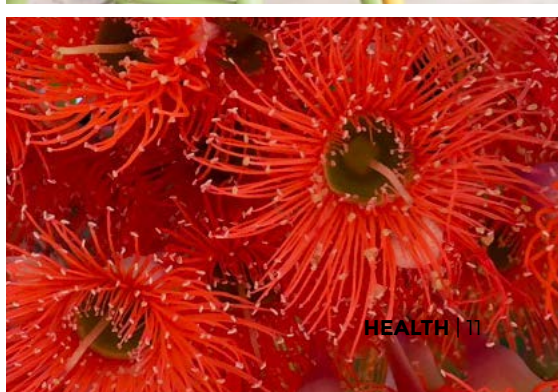
**Sat June 5**

BYO Furniture Painting with Sally

**Sat June 12**

Upcycled Homewares with Ngaire

**Materials are provided along with refreshments.**



# HOW

# to book

## 1.

Head to **trybooking.com/BQBGI** 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](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.**

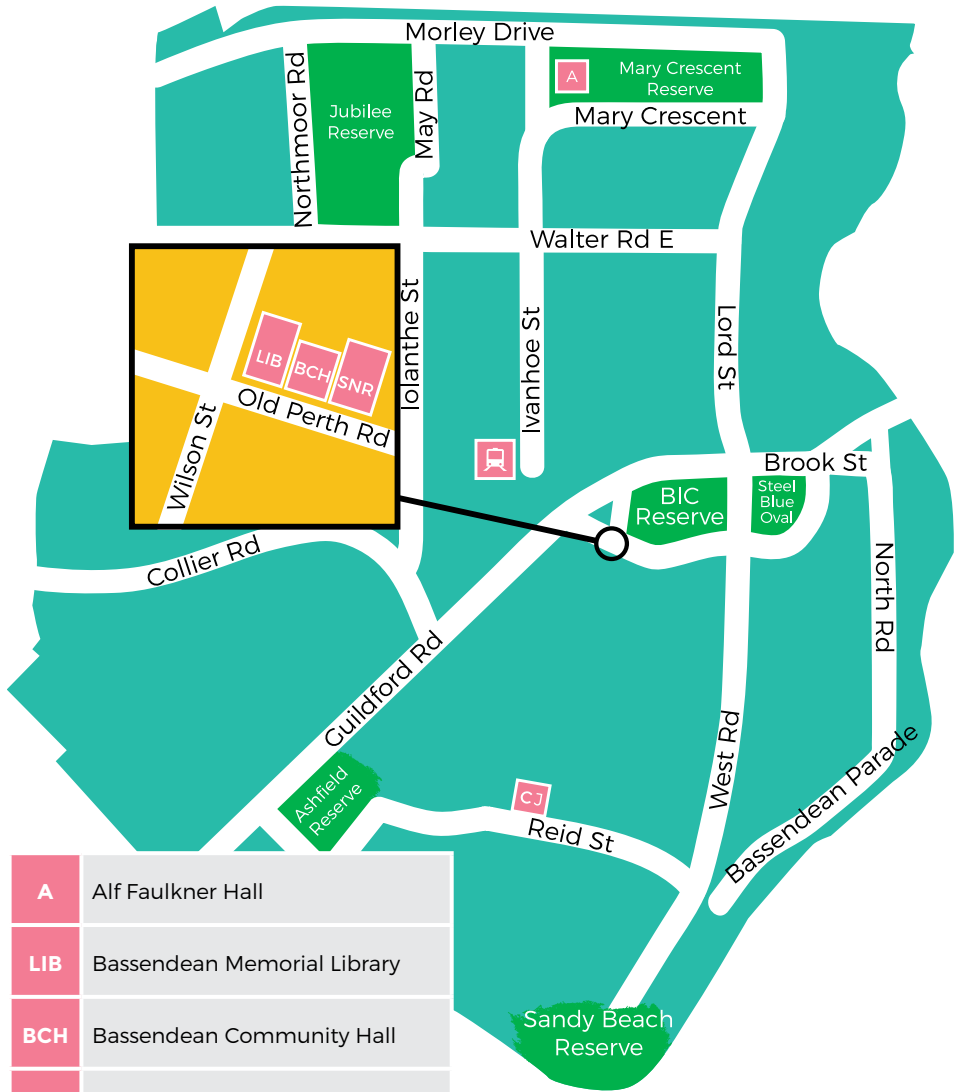
**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### 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



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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)**