



Membership Options

If you're not a member join today from only \$16.00 a week. The multi-access membership includes:

50m outdoor pool	✓
25m indoor pool	✓
Water playground	✓
Spa, sauna and steam room	✓
500sqm gym	✓
30 electronic cardio machines	✓
Group Fitness (65 weekly classes)	✓
Indoor Cycle (18 weekly classes)	✓
Aqua (17 weekly classes)	✓
3 free personal training sessions	✓

To find out more about our membership offers call 9400 4600.

Swimming Lessons

At the City of Joondalup Leisure Centre – Craigie we offer quality swimming lessons in warm water seven days a week for all ages – from six month old babies to adults.

We pride ourselves on:

- Small classes
- Qualified and experienced instructors
- Complimentary swimming assessments

How to enrol:

- Book a complimentary swimming assessment with one of our friendly staff.
- The assessment will determine the most appropriate swimming level and most suitable class.
- Book and pay for the class at reception stating your preferred day and time.

Cost:

- AquaBabes and Parent and Child classes - \$134.50 for a 12 week term.
- Toddler, pre-school, school age, teenagers and adults - \$156.00 for a 12 week term.

Enrolments now open.

Focus on Courses and Classes

Pilates – Foam Roller

If you are needing to exercise from head to toe this course is for you. Run by a pilates trained physiotherapist, pilates mat exercises are performed with the use of the foam roller. Mobility, stability, stretch, strengthening and massage are all goals of this form of exercise. All ages, male and female are welcome.

Acrylic Painting

Learn various painting techniques and develop your own creativity with acrylic paints by enrolling in this Leisure Short Course. Held at Heathridge Leisure Centre this course will enable you to experiment and discover a variety of painting processes as well as refine your current skills.



AQUAFIT – TWO FOR ONE VOUCHER

Validate your pass by completing the following information and paying the fee for ONE PERSON.

1. Name:	2. Name:
Address:	Address:
Phone:	Phone:
Email:	Email:
<input type="checkbox"/> Yes, I would like to receive your e-newsletter Joondalup Leisure On-line	<input type="checkbox"/> Yes, I would like to receive your e-newsletter Joondalup Leisure On-line

Valid from 1 February - 31 March 2011. Only ONE VOUCHER per person. Terms and conditions apply – see website.

www.joondalup.wa.gov.au

Boot Camp

Toughen up and get results!

Tuesday 8 February – Thursday 10 March

2 sessions/week (Tuesday and Thursday)

Platoon 1: 0600hrs

Platoon 2: 1000hrs

Platoon 3: 1800hrs

Join the Craigie Army – take your body to its limits. All exercises conducted outdoors.

\$120 Members

\$140 Non-members

City of Joondalup Leisure Centre – Craigie
leisure@joondalup.wa.gov.au
www.joondalup.wa.gov.au

9400 4600



Term 1 - 2011

What's New

If your new year's resolution was to improve your health and fitness and you're struggling to stick to it, help is at hand...

New equipment has been delivered to Craigie Leisure Centre including a new set of indoor cycle bikes and Hammer Strength and Life Fitness weight training equipment in the gym. Come and give it a go!

Personal training is the quickest way to get results and three PT sessions are included with all membership packages. Book an appointment with one of our friendly staff and you will be on track in no time.

Swimming is a great all-over body exercise, there are two heated pools to choose from at the Craigie Leisure Centre - a 50m heated outdoor pool and a 25m heated indoor pool.

Court sports are a great way to keep you in shape and have some fun with some friends. Register a team in our basketball, netball or soccer competitions and be the first to play on our newly refurbished sports courts!

To find out more ways to improve your health and fitness visit the City's website or call our customer service staff.



leisure@joondalup.wa.gov.au
www.joondalup.wa.gov.au
 9400 4600

Courses and Classes – commencing Monday 7 February

Toddlers

Parental participation and supervision is required.

Kindy Gym Gym is a fantastic class to develop flexibility, coordination, motor and social skills while expending some energy at the same time. Runs: **10 weeks** Cost: **\$85.50**

1 - 2yrs	Mon, Tue, Thur, Fri	9.15am - 10.00am	C
2 - 4 yrs	Mon, Tue, Thur, Fri	10.15am - 11.00am	C
3 - 5yrs	Mon, Tue, Thur, Fri	11.15am - 12.00noon	C

Mummy and Me Yoga Enjoy the playful stories and adventures whilst yoga postures are introduced. The class finishes with quiet time and snuggling up together for a yoga relaxation. Runs: **10 weeks** Cost: **\$85.50**

3-4yrs	Thur	10.00am - 10.45am	C
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Music and Movement includes stretching, balancing, dance movements and incorporates singing with actions and playing musical instruments. Runs: **10 weeks** Cost: **\$85.50**

1-2yrs	Thu	9.45am - 10.30am	D
3+yrs	Thu	10.30am - 11.15am	D

Tiny Tots Ballet This 30-minute class will introduce your toddler to the wonderful world of ballet, while developing coordination through dance and music. Runs: **10 weeks** Cost: **\$50.00**

2-3yrs	Wed	11.00am - 11.30am	H
	Thu	11.15am - 11.45am	D
3+yrs	Wed	11.30am - 12.00noon	H
		12.00noon - 12.30pm	H
	Thu	11.45am - 12.15am	D

Toddler Bop Will help your children to learn simple dance steps. This class gives your toddler the chance to get creative and develop coordination and flexibility. Runs: **10 weeks** Cost: **\$50.00**

1-2yrs	Tue	9.30am - 10.00am	C
	Wed	9.00am - 9.30am	H
	Fri	9.30am - 10.00am	D
2yrs	Tue	10.00am - 10.30am	C
	Wed	9.30am - 10.00am	H
	Fri	10.00am - 10.30am	D
2-3yrs	Tue	10.30am - 11.00am	C
	Wed	10.00am - 10.30am	H
	Fri	10.30am - 11.00am	D
3yrs+	Tue	11.00am - 11.30am	C
	Wed	10.30am - 11.00am	H
	Fri	11.00am - 11.30am	D

Toddler Soccer Our instructor will help develop your toddler's flexibility, social skills and coordination by introducing basic soccer skills. Runs: **10 weeks** Cost: **\$85.50**

2-3yrs	Thu, Fri	9.00am - 9.45 am	C
		9.55am - 10.40am	C
3-4yrs	Thu, Fri	10.50am - 11.35am	C
		11.45am - 12.30pm	C

Children

Art for Kids Introducing kids to a variety of art medium, encouraging them to have fun with the art process. It explores and develops their imagination and creativity with art. Runs: **8 weeks** Cost: **\$85.60**

7-12yrs	Tue	4.00pm - 5.30pm	H
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Hip Hop Dance If you want to make a statement at a disco, dance like the performers on MTV, impress your friends at a party, then Hip Hop dance classes are for you.

Runs: **10 weeks** Cost: **\$92.50**

6-9yrs	Thu	4.00pm - 5.00pm	H
10-13yrs+	Thu	5.00pm - 6.00pm	H

Badminton Coaching Enjoy a game with your friends whilst receiving expert coaching to develop your skills.

Runs: **casual** Cost: **\$5.70**

7-16yrs	Sat	3.00pm - 5.30pm	C
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Sports Coaching Develop your skills with our inspiring coaches and get ready to shoot with confidence. The course will teach you the fundamental rules and techniques of the sport whilst you keep fit and have fun.

Runs: **10 weeks** Cost: **\$92.50**

Basketball

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Netball

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Soccer

5-7yrs	Thu	4.00pm - 5.00pm	C
8-11yrs	Thu	5.00pm - 6.00pm	C

Teen Training is an introduction to weight and fitness training for teenagers. Bring your friends along and enjoy the introduction to a healthy lifestyle. Course does **not** operate in school holidays. Runs: **casual** Cost: **\$8.20**

12yrs+	Tue, Thur	4.30pm - 5.30pm	D
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Adults

Arts and Crafts

Acrylic Painting You will develop painting skills with acrylic paints. A great opportunity to discover and experiment with this process. Runs: **8 weeks** Cost: **\$163.50**

Tue	6.00pm - 8.30pm	H
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Mixed Media A beautiful adventure in painting with pastels, watercolours, oils, acrylics or other media of your choice.

Runs: **10 weeks** Cost: **\$163.50**

Fri	10.00am - 12.00noon	D
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Mosaics This course allows participants to develop their imagination and creativity, plus explore the basic skills of mosaics in a friendly and relaxed atmosphere.

Runs: **10 weeks** Cost: **\$163.50**

Wed	6.30pm - 8.30pm	D
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Creative Clay Learn the basics of band building, throwing and decorating techniques whilst making friends along the way.

Runs: **8 weeks** Cost: **\$163.50**

Wed	6.30pm - 8.30pm	H
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Oil Painting This course will teach you all the aspects of this amazing, versatile medium. Runs: **10 weeks** Cost: **\$163.50**

Tue	10.00am - 12.00noon	H
Thu	6.30pm - 8.30pm	H

Water Colour Painting This class will teach you the various techniques and be encouraged to develop your own style at your own pace. Runs: **8 weeks** Cost: **\$163.50**

Wed	7.00pm - 9.30pm	D
Thu	10.00am - 12.30pm	D

Paper Craft Learn the fundamentals of paper craft projects and learn the art of preserving your photos in scrapbook style albums. Runs: **8 weeks** Cost: **\$130.80**

Mon	9.30am - 11.30am	H
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Badminton Coaching Enjoy a game with your friends whilst receiving expert coaching to develop your skills.

Runs: **casual** Cost: **\$8.20**

Mon	7.45pm - 9.45pm	D
Tue	7.30pm - 9.30pm	H
	10.00am - 12.00noon	D
Thu	7.30pm - 9.30pm	D

Health and Wellness

Belly Dance Bliss This course takes you through exciting dance workouts to global rhythms using stunning belly dance, trendy club dance and dynamic bollywood techniques.

Runs: **10 weeks** Cost: **\$135.00** *Course operates for 9 weeks.

*Mon	7.00pm - 8.30pm	D
Tue	7.15pm - 8.45pm	C

Core Strength This course aims to improve functional strength and core stability by using stability balls, medicine balls, free weights and own body weight exercises.

Runs: **10 weeks** Cost: **\$121.00**

Thu	6.30pm - 7.30pm	C
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Pilates Beginners This method of Pilates works by toning muscles, as well as balancing muscular force at joint level.

Runs: **10 weeks** Cost: **\$121.00** *Course operates for 9 weeks.

*Mon	7.00pm - 8.00pm	D
Tue	10.00am - 11.00am	D
	11.00am - 12.00noon	D
Thu	6.15pm - 7.15pm	D

Pilates Beginners/Intermediate This course is for the more advanced Pilates participant. Runs: **10 weeks** Cost: **\$121.00**

Tue	9.00am - 10.00am	D
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Pilates on the Ball This is a low impact workout suitable for all ages and fitness levels, improving posture and core strength. Runs: **10 weeks** Cost: **\$121.00**

Wed	7.00pm - 8.00pm	D
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Pilates on the Roller This innovative course incorporates props such as a foam roller. Reinvent your mat workout, try some new exercises and put more bounce into your life.

Runs: **10 weeks** Costs: **\$121.00**

Wed	9.00am - 10.00am	D
	10.00am - 11.00am	D

Tai Chi Level Beginner This course will advance your mind and body by helping you to create peace and harmony within yourself. Runs: **10 weeks** Cost: **\$121.00** *Course operates for 9 weeks.

*Mon	6.30pm - 7.30pm	H
Fri	9.00am - 10.00am	D

Tai Chi Level Intermediate Further your skills obtained from Level 1 Tai Chi and develop more muscles and greater flexibility in your joints to make more connections between various parts of the body. Runs: **10 weeks** Cost: **\$121.00** *Course operates for 9 weeks.

*Mon	7.30pm - 8.30pm	H
Fri	10.00am - 11.00am	D

Tai Chi Level Advanced Further your skills obtained from Level 2 Tai Chi and develop more muscles and greater flexibility in your joints to make more connections between various parts of the body. Runs: **10 weeks** Cost: **\$121.00**

Fri	11.00am - 12.00noon	D
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Satyandanda Yoga and Meditation This course will provide students with increased flexibility, vitality, strength and calmness of emotion and re-connection to the inner spirit and self. Runs: **9 weeks** Costs: **\$121.50**

Mon	7.00pm - 8.30pm	H
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Yoga – Hatha This course is gentle, but physical. It can include posture work, breathing techniques, cleansing exercises, relaxation and meditation.

Runs: **10 weeks** Cost: **\$135.00** *Course operates for 9 weeks.

*Mon	9.30am - 11.00am	D
	7.00pm - 8.30pm	D
Tue	7.00pm - 8.30pm	C
Wed	9.30am - 10.30am	D
Thu	11.00am - 12.30pm	C

City of Joondalup
LEISURE CENTRES

Course Information

Detailed course and enrolment information is available on the City's website. Simply visit

www.joondalup.wa.gov.au

Enrolment Information

All course enrolments must be made at the host Centre (Craigie, Duncraig or Heathridge) at least 24 hours prior to the course commencing. Enrolments can be made in person or by phone on 9400 4600. Cash, credit card, EFTPOS and cheque payments are accepted. Spaces may be available after course commencement date – please contact the relevant Centre for details.

Please note – courses are subject to change or cancellation. If this occurs, participants will be given prior notice and will be offered a refund, credit of transfer to another course. Some courses may require participations to purchase additional materials – please refer to your course information sheet.

KEY

C - Craigie Whitfords Avenue, Craigie

D - Duncraig Warwick Road, Duncraig

H - Heathridge Sail Terrace, Heathridge

OPENING HOURS	
CRAIGIE	
Monday – Friday	5.30am - 9.00pm
Weekends/Public Holidays	7.00am - 6.00pm
DUNCRAIG	
Monday – Thursday	8.30am - 12.30pm and 2.30pm - 8.30pm
Friday	8.30am - 12.30pm
Saturday	8.30am - 1.00pm
Public Holidays	CLOSED
HEATHRIDGE	
Monday – Thursday	8.30am - 12.30pm and 3.30pm - 8.30pm
Friday	8.30am - 12.30pm
Public Holidays	CLOSED