

## HEALTH and FITNESS

Requym	\$8.00/session
Group Fitness/Les Mills	\$8.00/class
Concession	\$6.00 class/session
Painless Pump	\$5.00/class
10 Class Pass	\$60.00
Concession	\$45.00
Gym Appraisal	\$35.00

## MEMBERSHIPS

Membership includes all Rec. Centre Health and Fitness Classes and Requym LAYBY WELCOME FOR 3, 6, 12 MONTHS

FREE GYM APPRAISAL WITH EVERY 6 OR 12 MONTH MEMBERSHIP PURCHASED

1 MONTH	\$ 45.00
Concession	\$ 40.00
3 MONTHS	\$ 120.00
Concession	\$ 110.00
6 MONTHS	\$ 220.00
Concession	\$ 185.00
12 MONTHS	\$ 330.00
Concession	\$ 290.00

## CRECHE

24 CLASS PASS (INC 4 FREE)	\$40 OR \$2.00 PER CHILD
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## CENTRE OPENING HOURS

Monday	8.30am - 8.30pm
Tuesday	8.30am - 8.30pm
Wednesday	8.30am - 8.30pm
Thursday	8.30am - 8.30pm
Friday	8.30am - 5.00pm
Saturday	CLOSED
Sunday	CLOSED

# creche hours

MONDAY - FRIDAY  
9.15am - 12.00noon

\$2 per child per day!  
or \$40.00 for a block  
of 24 Creche Passes

Call in and meet our friendly,  
fully qualified creche staff.

**EFTPOS NOW  
AVAILABLE**



## need a hall?

For Functions, Sporting  
Activities or Meetings

WE HAVE 3 SPORTS COURTS  
TO CHOOSE FROM

MEETING ROOM AND KITCHEN  
ALSO AVAILABLE FOR HIRE

# party!

For your child's next BIRTHDAY PARTY  
let us look after everything.

Catering for 0 - 12 year olds  
the choice of the party is up to you.

ENQUIRE AT THE RECREATION CENTRE TODAY

bridgetown-greenbushes  
**RECREATION CENTRE**

# TERM 3 Leisure program



## CIRCUIT CLASS

NO FANCY FOOT WORK

Total Body Workout  
at YOUR OWN PACE

## WHERE TO FIND US

CNR GIFFORD RD & STEERE ST  
BRIDGETOWN WA 6255

Phone 9761 2966 Fax 9761 2977

Email recreation@bridgetown.wa.gov.au

# SOCIAL SPORT COMPETITIONS

**SUGGEST A SOCIAL COMPETITION YOU WOULD LIKE TO PARTICIPATE IN**

We constantly strive to make your choices at the centre fun and exciting so why not

**SUGGEST YOUR PREFERRED SPORT**

## ASSOCIATION NETBALL

*Brush up on your Netball Skills this season*

GROUP	DAY	TIME	STARTS
Sub Juniors	Tuesday	4.15pm-5.30pm	21/07/09
Juniors	Tuesday	5.30pm-6.45pm	21/07/09
Seniors	Tuesday	7.00pm-8.15pm	21/07/09
Netta	Thursday	4.00pm-5.30pm	23/07/09

**FOR NETBALL ENQUIRIES PLEASE CONTACT JENNY INGRAM 9764 3555**

## HOCKEY - *Shoot into the New Hockey Season* MIXED SOCIAL COMPETITION

GROUP	DAY	TIME	STARTS
Juniors	Wednesday	5.30pm-6.30pm	22/07/09
Seniors	Wednesday	6.30pm-8.30pm	22/07/09

**Pat Scallan 9764 3508 or [gwalia1@iinet.net.au](mailto:gwalia1@iinet.net.au)**

## vacation care

## SCHOOL HOLIDAY PROGRAM

**SCHOOL HOLIDAYS**  
Those two words can cause panic in even the most organised of families!! Did you know we provide an 'AWESOME' Vacation Care Program for 5-12 year olds?

Our aim is to provide challenging, fun, child initiated activities that are designed to increase skills, develop friendships, and allow children to gain greater independence. Stay tuned for the next school holiday program.

Walk in and  
**Shoot Hoops**  
for only \$2.00  
for individuals  
or small groups.

Subject to court availability.

GET PAID TO STAY FIT! If you love Multi-Sports . . . enquire about becoming a REC CENTRE UMPIRE - NETBALL, BASKETBALL, SOCCER & VOLLEYBALL

## LIVING LONGER LIVING STRONGER

Personalised programs with professional full supervision on gym floor, this strength training initiative is aimed at over 50's who simply want MORE out of life . . .

**SO WHAT ARE YOU WAITING FOR?**

**MONDAY & WEDNESDAY**

11.45am-12.45pm and 1.00pm - 2.00pm

**TUESDAY & FRIDAY**

11.45am - 12.45pm

## bridgetown martial arts

**DAY - Monday**

7-9 YEARS

10-15 YEARS

15 YEARS +

**TIME**

4PM

5PM

6PM



Enquiries contact John Tonai-Moore 9761 4458

## BLACKWOOD FAMILY CHURCH

All Welcome to our Services - SUNDAY 9AM

Phone Mark or Lisa Holdsworth  
0421 857 740

# TERM PROGRAMS

ACTIVITY	AGE	DAY	TIME	STARTS	COST
<b>KINDY KAPERS</b> Find 30+, <b>WIGGLE &amp; GIGGLE</b> your bodies to the Rec for Kindy Fitness. For children with boundless energy where they can roll, climb, swing, crawl and balance their way around the specially designed soft mats course. Great way to meet parents just like you and build friendships for your child too! - <i>Parent participation essential.</i>	1yr+	Mon	9.30 to 10.30am	27th July	10 Class Pass \$40.00 or \$5.00 (Per Session)



For all those Teenage Gym Junkies.

## Supervised Gym for High School Students

With Kathleen Holdsworth - Monday afternoons 4.30pm-5.30pm

Please bring - Drink of Water and Towel - Starts 27th July 2009

YOGA

Suitable for all ages and levels!

Yoga is a great compliment to every sports/fitness program - from footy to surfing to ballet. Yoga helps athletes keep in peak, injury free condition.

**RELAX, TONE UP AND TRIM DOWN**

Wednesday 7am - 8.30am

& Thursday 5.30pm - 6.30pm - \$10.00/class

Enquiries call Emilie 9761 7030

gym4kids

4 years+

Enrolments for Term 3 are now being taken.

A recreational GYMNASTIC program based on Balance, Swing, Locomotion, Rhythm and most of all FUN!

PLEASE CALL SASHA ON

9764 3990 OR 0439 343 080

# kindergym

AGE: 3-5 years

DAY: Monday TIME: 10.40am

STARTS: 27th July 2009

COST: \$72 per term (Bookings Required)

*This is a non parent participation class, which will help build your child's fine motor skills, balance, co-ordination and help them learn to participate in a structured environment before hitting Kindy!*

UP & COMING  
event

STAY ON YOUR FEET WEEK

SEPTEMBER 2009

Everyone is invited to come along and enjoy a fun filled informative afternoon. Stay tuned for further info.

## PAINLESS PUMP

A specially modified BODYPUMP class just for you!! Suitable for beginners, rehab. clients, special population groups (e.g. diabetes) seniors with attitude, new mums AND YOU!! Carers Free.

**STRAINLESS STRENGTH!**

## CARDIO FITBALL

A step up from the Low Impact Class. Challenge the core, increase the cardio and add a splash of choreography, a complete Fitball workout.

## NEW CIRCUIT

The circuit class is the ideal total conditioning program, incorporating stamina, muscle strength and suppleness. Circuit training is an effective means of developing "general fitness" using a variety of equipment for short intervals. A great introduction to the Gym.

## FITBALL

Low Impact class combo with BIG focus on strength, muscular endurance, flexibility, mobility, stretching and relaxation with Angela.

## LES MILLS BODYVIVE

LOW IMPACT workout using the VIVE balls, VIVE tubes and optional hand weights while listening to uplifting and inspiring music from the 60's, 70's and 80's . . . just had a baby? Or want a fun class with serious results?

**FIZZ WITH ENERGY!**

## LES MILLS BODYBALANCE

FOCUS - Ultimate reward for the mind and body using the ancient arts of hatha yoga, feldenkrais, pilates and tai chi.

**UNWIND YOUR MIND!**

## LES MILLS BODYSTEP

STEP UP TO FITNESS - The ultimate step workout and the world's fastest way to tone butts and thighs. Exhilarating pre-choreographed work-out.

**BE THERE!**

## LES MILLS BODYPUMP

POWER UP - Challenges all the major muscle groups of your body using adjustable weight loaded barbells. Fully choreographed, instructed class set to fantastic music to get you motivated.

## LES MILLS BODYCOMBAT













UNLEASH - Combines elements of traditional Martial Arts including tai chi, karate and kickboxing to give you an amazing overall workout. Set to motivating music.

# reqgym hours:

The REQGYM is an unsupervised gymnasium and the minimum age of entry is 16 years unsupervised or 14 when accompanied by an adult. Personal gym programs are available by a gym instructor by appointment only.

shoes essential	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8.30am to 8.30pm	8.30am to 8.30pm	8.30am to 8.30pm	8.30am to 8.30pm	8.30am to 5.00pm	CLOSED
CLOSED LLLS PROGRAM	11.45am to 2pm	11.45am to 12.45pm	11.45am to 2pm		11.45am to 12.45pm	

# HEALTH AND FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am					
9.40am		LOW IMPACT FITBALL			CARDIO FITBALL
10.40am					PAINLESS PUMP
10.40am		NEW!!! CIRCUIT			
4.30pm	STARTS 27TH JULY WORK-IT				
5.30pm					
6.00pm					
6.00pm					

## FOR YOUR SAFETY NO CHEWING GUM

It is the centre's policy that the chewing of gum is NOT permitted whilst participating in Health and Fitness Classes, Sport or while working out in the Gymnasium.

## WE WELCOME YOU FOR A FUN AND SAFE WORKOUT

- Select a class that is appropriate for your level of fitness. Do only what you can manage and choose your own level throughout the class.
- Let the instructor know at the start of the class if you have any injuries or if you are pregnant.
- Always wear the correct footwear that properly supports your feet. SHOES ESSENTIAL.
- No entry will be allowed into any of the classes five minutes after class has started.
- Participate in the warm-up and make sure you stay for the cool-down, these sections are very important.
- Bring a water bottle to ensure you are properly hydrated and please use a sweat towel.