



Term 1 CHILDRENS Activities at the Serpentine Jarrahdale Community Recreation Centre



Activity	Description	Day/s	Time	Weeks	Cost
gYm joey's 6 months — 5 years	This structured program will give your little ones the opportunity to participate in a series of fun and exciting activities. Through assisted play they will learn new skills, co-ordination and rhythm as well as developing their social skills. <i>Please note that direct parent participation is required, and that all children in the area must be enrolled in this course.</i> <u>INSTRUCTOR: Louise</u>	Tuesday (Starting 5th February 2008)	9.30am—11.00am	10 weeks	\$70.00 Or 2 x \$35.00 deductions *
gYm roo's 5—8 years	This program will offer your kids the opportunity to develop their co-ordination, movement and balancing skills. By participating in a soft gym circuit with music they will get to further develop their social skills and become more confident with each week. <u>INSTRUCTOR: May</u>	Tuesday (Starting 5th February 2008)	3.30pm—4.30pm	10 weeks	\$70.00 Or 2 x \$35.00 deductions *
rockY Clinic 6—13 years	This rock climbing course will engage participants, teaching them the art of rock climbing in a fun and totally safe environment. They will learn to conquer height fears, teamwork and co-operation as they participate in a fun and supported activity. <u>INSTRUCTOR: Jane</u>	Monday (Starting 4th February 2008)	4.00pm—5.00pm	8 weeks	\$56.00 Or 2 x \$28.00 deductions *
artY Pants 6—12 years	This fun and exciting ART course is suitable for all experience levels. You will learn drawing and craft techniques in a relaxed and friendly environment. <i>Note: Materials are required, please obtain a list at time of enrolment.</i> <u>INSTRUCTOR: Jane</u>	Monday (Starting 4th February 2008)	5.15pm—6.15pm	8 weeks	\$56.00 Or 2 x \$28.00 deductions *
Y-teen Yoga 12—16 years	This course is excellent for young students to learn ways of relaxation and body harmony. Yoga is a holistic approach to exercise, seeking to bring balance to the body, mind and spirit, perfecting the physical, mental and emotional aspects of health, bringing self-development and self-awareness. <u>INSTRUCTOR: Alexis</u>	Monday (Starting 4th February 2008)	4.00pm—4.45pm	8 weeks	\$56.00 Or 2 x \$28.00 deductions *
Y-teen Step 12—16 years	Teenage step is conducted in a group fitness format using adjustable height steps and is a high energy, athletic cardio blast that provides a range of benefits including muscular toning, calorie burning and lower body definition. Previous experience is not necessary, and the routine can be tailored to suit ALL fitness levels. <u>INSTRUCTOR: Lisa</u>	Wednesday (Starting 6th February 2008)	4.30pm—5.30pm	10 weeks	\$70.00 Or 2 x \$35.00 deductions *
scrapY Kids 5—8 years 9-12 years	This SCRAP BOOKING course will let your kids creative talents shine through! This fun and enjoyable course will help them develop their artistic skills and enable them to create wonderful memories. Whether they are beginners or advanced this class is structured to showcase each participant's creative flair! <i>Note: Materials are required, please obtain a list at time of enrolment.</i> <u>INSTRUCTOR: Jackie</u>	Tuesday (Starting 5th February 2008)	4.00pm—5.00pm (5-8 years) 5.00—6.00pm (9-12 years)	10 weeks	\$70.00 Or 2 x \$35.00 deductions *
multY Sports 5—8 years 9-12 years	Multi Sports is an exciting course that introduces children to a range of different sports over an 8 week period including rock climbing, basketball, soccer and gym sports. This clinic is perfect for children that want to get a taste for a variety of sports and those with heaps of energy! <u>INSTRUCTOR: Paula</u>	Wednesday (Starting 6th February 2008)	4.15pm—5.15pm (5-8 years) 5.15pm—6.15pm (9-12 years)	10 weeks	\$70.00 Or 2 x \$35.00 deductions *

* First deduction processed at time of enrolment, second will be deducted from nominated credit card week commencing 3rd March 2008. This is the only way to utilise this option.



Term 1 ADULTS Activities at the Serpentine Jarrahdale Community Recreation Centre



Activity	Description	Day/s	Time	Weeks	Cost
Yoga	Yoga is a holistic approach to exercise, seeking to bring balance to the body, mind and spirit, perfecting the physical, mental and emotional aspects of health, bringing self-development and self-awareness. <u>INSTRUCTOR: Kathy</u>	Monday (Starting 4th February 2008)	7.00pm—8.00pm	8 weeks	\$85.60 Or 2 x \$42.80 deductions *
Yoga	Yoga is a holistic approach to exercise, seeking to bring balance to the body, mind and spirit, perfecting the physical, mental and emotional aspects of health, bringing self-development and self-awareness. <u>INSTRUCTOR: Kathy</u>	Tuesday (Starting 5th February 2008)	6.00pm—7.00pm	10 weeks	\$107.00 Or 2 x \$53.50 deductions *
Yoga	Yoga is a holistic approach to exercise, seeking to bring balance to the body, mind and spirit, perfecting the physical, mental and emotional aspects of health, bringing self-development and self-awareness. <u>INSTRUCTOR: Alexis</u>	Wednesday (Starting 6th February 2008)	10.30am—11.30am	10 weeks	\$107.00 Or 2 x \$53.50 deductions *
Pilates	Our Pilates classes offer the ideal environment to learn the Pilates Method of exercise under the direction of a qualified instructor. This course is a must for anyone who has never done Pilates before or for those wishing to consolidate their knowledge of Pilates. <u>INSTRUCTOR: Tanya</u>	Tuesday (Starting 5th February 2008)	10.45am—11.45am	10 weeks	\$107.00 Or 2 x \$53.50 deductions *
Pilates	Our Pilates classes offer the ideal environment to learn the Pilates Method of exercise under the direction of a qualified instructor. This course is a must for anyone who has never done Pilates before or for those wishing to consolidate their knowledge of Pilates. <u>INSTRUCTOR: Tanya</u>	Thursday (Starting 7th February 2008)	6.00pm—7.00pm	10 weeks	\$107.00 Or 2 x \$53.50 deductions *
Belly Dancing	Want to shake it like Shakira?! This class will get you familiar with the Middle Eastern beats, strengthen your posture, tone your abs, increase your co-ordination, confidence and, most importantly - you will have FUN. No experience necessary, learn something new each week. <u>INSTRUCTOR: Freya</u>	Monday (Starting 4th February 2008)	7.30pm—8.30pm	8 weeks	\$85.60 Or 2 x \$42.80 deductions *
Introduction to Drawing and Painting	Learn fun approaches to drawing using contour and gesture line. With pencil sketching and charcoal drawing, this course is suitable for all experience levels and will help you to create better drawings and artwork. <i>Note: Materials are required, please obtain a list at time of enrolment.</i> <u>INSTRUCTOR: Helen</u>	Wednesday (Starting 6th February 2008)	6.00pm—8.00pm	10 weeks	\$140.00 Or 2 x \$70.00 deductions *
Boot Camp	The perfect class for those wanting to kick start their fitness campaign! Boot camp is an early morning circuit based class, that will improve all over body tone, muscular endurance and fat burning. The perfect wake me up, that will leave you energized for the rest of the day. <u>INSTRUCTOR: Yaser and Michael</u>	Tuesday and Thursday (Starting 5th February 2008)	6.15am—7.15am	10 weeks	\$140.00 Or 2 x \$70.00 deductions *
Wonder Women	Calling all superwomen! Want to become stronger, fitter and healthier? This program will help you balance a busy lifestyle and educate you on making correct food, nutrition and exercise choices. Through circuit classes, nutritional seminars, weigh-ins, and girly chatter we can help unleash your WONDER WOMAN!!! <u>INSTRUCTOR: Nancy</u>	Tuesday (Starting 5th February 2008)	10.30am—12.00pm	10 weeks	\$140.00 Or 2 x \$70.00 deductions *

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