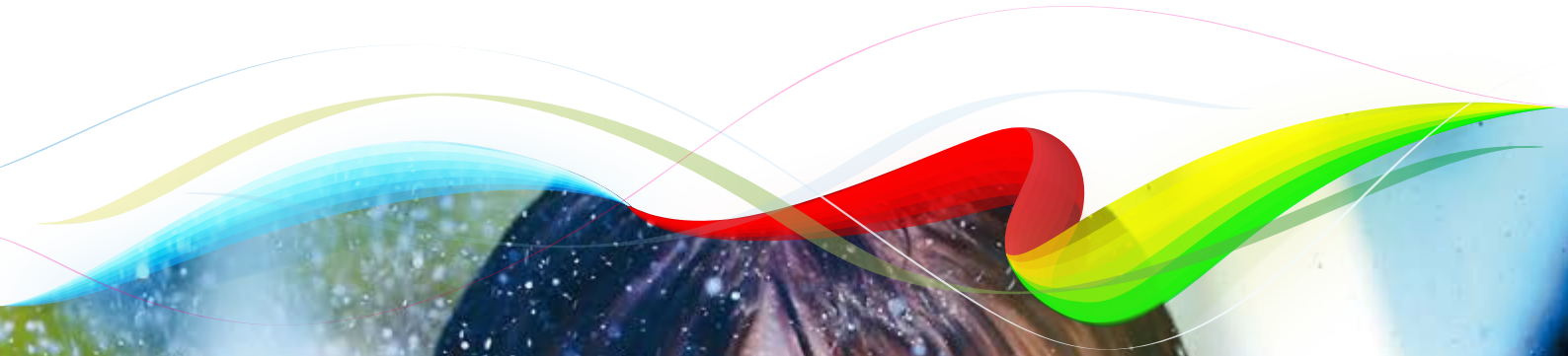


Active in Armadale

Summer 2014 – 2015



LEARN TO SWIM
PAGE 2

IRON TEENS
PAGE 3

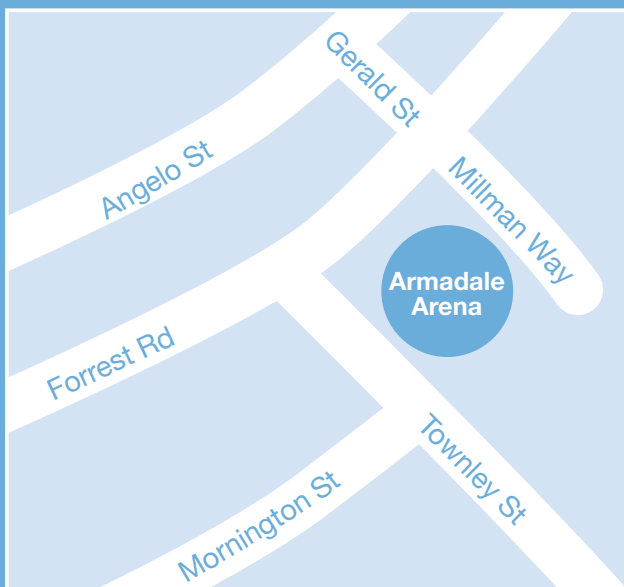
LIKE US ON
FACEBOOK

FREE VOUCHERS
VALUE OVER \$140

New double issue! Turn over to find the November City Views

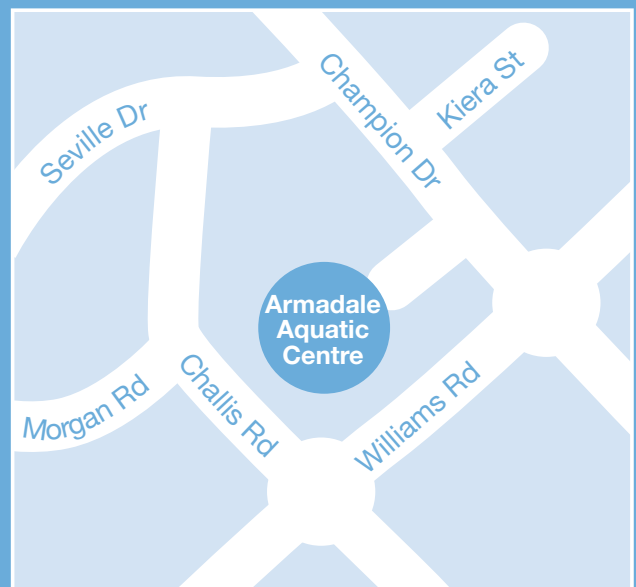
Contents

| | |
|-----------------------------|-----|
| Armadale Aquatic Centre | 2 |
| Learn to Swim | 2 |
| Childrens and Teen Programs | 3 |
| Health & Fitness | 4-5 |
| Summer Indoor Sports | 6 |
| Outdoor Fitness | 7 |
| STAR Fitness | 8 |
| Complimentary Passes | 9 |
| Facilities | 10 |
| Summer Activities | 11 |



Armadale Arena

Corner Townley Street & Forrest Road
 Armadale WA 6112
 Call 9399 0840



Armadale Aquatic Centre

Champion Drive
 Armadale WA 6112
 Call 9399 0850

For more information visit www.armadale.wa.gov.au or call **9399 0111**
 Programs and activities subject to change



Armadale Aquatic Centre

The Armadale Aquatic Centre is open for the summer season October – April each year. The perfect place for summer fun for the young and the young at heart!

| | |
|--|--|
| Splash Town zero depth water playground | Outdoor 50m and 25m pools |
| Learn to Swim classes | Aqua Aerobics |
| Children's wading pool | Easy access pool hoist |
| Multi-use basketball and soccer court | Picnic areas with BBQ's heaps of shade and playgrounds |
| Kiosk serving a range of food and drinks | |

Learn to Swim

Endorsed by the Royal Life Saving Society of WA, the Armadale Aquatic Centre Learn to Swim program is conducted from October – April each year. We offer levels 1 – 14 with smaller class sizes providing a fantastic development opportunity for children. Private lessons, Parent & Baby, Adult and Special Needs classes are also available.

| | |
|----------|--|
| Who: | 6 months – adult |
| Starts: | Runs October - April |
| Cost: | Child: \$120 per 10 week term |
| Contact: | Armadale Aquatic Centre, 9399 0850 or swimschool@armadale.wa.gov.au |





Aqua Turtles all access swimming lesson program available.

Bronze medallion course available.



IronTeens

Gym sessions for youths aged 13 - 17, supervised by qualified gym staff.

New!

| | |
|--------|--|
| Days: | Mondays and Wednesdays |
| Times: | 4pm – 5.30pm |
| Cost: | \$37 initial consultation then \$6 per session |

*Memberships are also available with student discounts.



Crèche

Take time for you in our group fitness classes or gym while your young children enjoy a fun and safe environment in the Crèche.

RadKidz

Designed in response to the growing concern about child obesity, RadKidz is suitable for kids aged 4 - 12 of all abilities. RadKidz delivers fitness and flexibility in a fun environment.

| | |
|-------|---|
| Who: | 4 – 12 yrs |
| When: | Tuesdays and Thursdays during school term |
| Time: | 4 – 5pm |
| Cost: | \$7 per session |

| | |
|-------|--|
| Who: | Zero – 12 yrs |
| When: | Monday to Friday |
| Time: | 9am – noon |
| Cost: | \$4.20 for the first child, \$3.10 for additional children – up to two hours |
| | Additional hour \$2 per child |

Crèche multi entry books available at reduced cost.

| | |
|---------|---------------------------|
| Contact | Armadale Arena, 9399 0840 |
|---------|---------------------------|



Getting fit the fast way

Personal Training

Achieve your goals with one on one sessions.

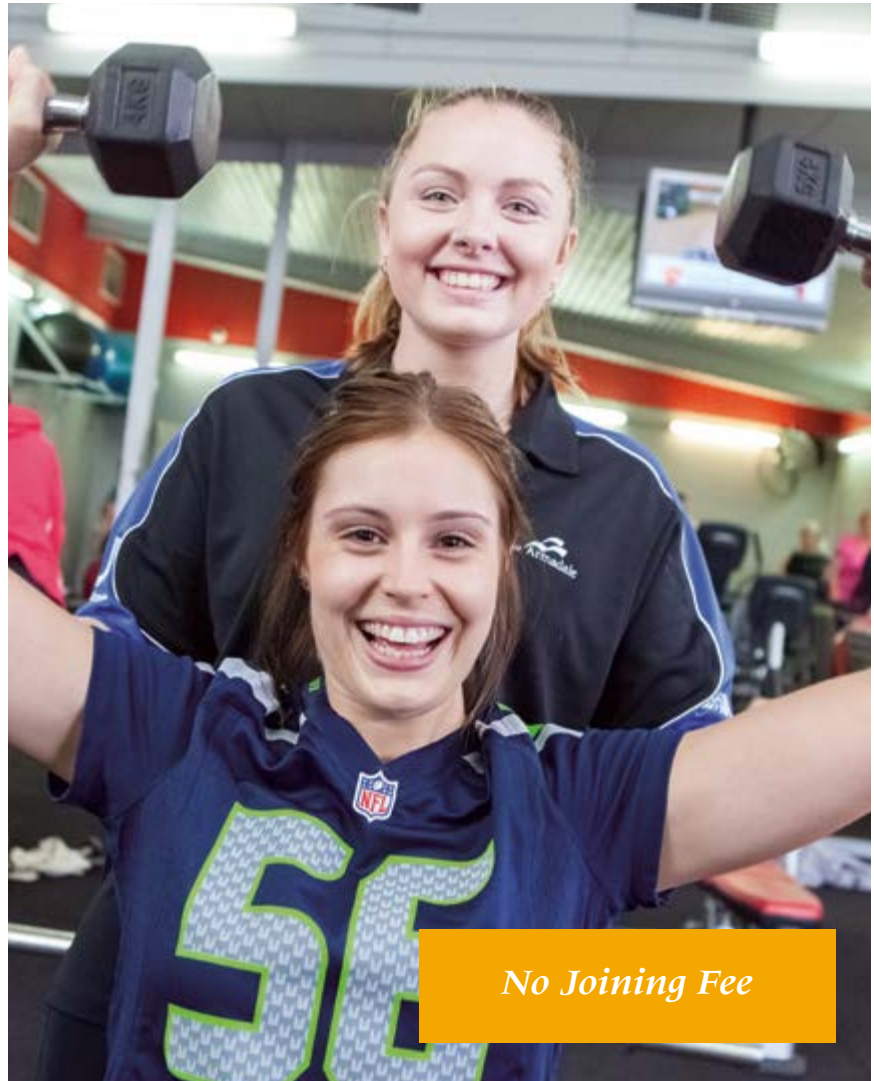
Suitable for everyone from children, beginners or elite athletes, through to seniors. This specialised service is provided by our qualified and professional Personal Trainers. There are 30 or 60 minute, one-on-one or group sessions available on a casual or regular basis. XLR8 your goals today.

Special offers available until 31 December 2014

Buy 10 X 30 min PT sessions and receive 1 x 3 month membership or

Buy 40 x 30 min PT sessions and receive 1 x 12 month membership

*Direct debit 20 and 40 PT packs now available.**



No Joining Fee

Health Club at the Arena

The gym for real people

Membership is from \$11.50 per week.*

Membership includes:

- Group fitness classes
- Gym
- Boxing studio (when available)
- Basketball courts (when available)

| | | |
|-----------------------|--------------------|------------------|
| Cost: | *1 month | \$120 |
| | *3 months | \$295 |
| | *12 months | \$600 |
| | *12 months D/Debit | \$54 p/month |
| | *12 months D/Debit | \$26 p/fortnight |
| Membership suspension | \$20 p/month | |

Memberships are available for people working FIFO.

*Discounts available for pension card holders and full-time students.

*Off peak Memberships from \$5.85 a week.

Contact: Armadale Arena, 9399 0840

*Conditions apply



Group Fitness Classes

The Armadale Arena offers a great range of group fitness classes to suit your needs, with motivating instructors for each class. Uplifting music helps you move to the beat in friendly group exercises.

Try these great programs to improve your fitness.

Factor F

Factor F ® offers real and fast results in terms of physical conditioning, fat burning and muscle toning.

With two formats offered – Factor F suspension using suspension straps and Factor F circuit utilising a variety of equipment and body weight exercises.

X55

Butt toning, leg shaping, calorie busting and torso trimming.

Power

Power is the ultimate barbell program designed to strengthen, build and tone your body.

Yogalates

Improve balance, coordination and movement while strengthening and stretching muscles.

Fitball

Perfect low impact class working core stability, muscle strengthening and fat burning.

S.T.A.R. Power (55+)

A barbell program designed to strengthen, build and tone your body.

Fight Do

Combining the best of boxing and martial arts in a simple, dynamic and INTENSE workout!

Circuit Express

This high intensity gym circuit targets fat loss, muscle building and fitness.

Oxigeno

An exercise program based on Pilates, Yoga and Functional Training for improved flexibility, strength and mobility.

RadKids

RADKIDZ offers recreation, physical activity and sport through games, choreography, circuits and dance, all to fun music!

Thump**

Thump is a dynamic 30 minute boxing for fitness class with an emphasis on cardio vascular fitness, coordination and technique.



Aqua Aerobics

Enjoy a full-body, low impact work-out without the aches and pains. Aqua fitness is a fun and safe way to keep fit and comes highly recommended by medical professionals.

| | |
|--|---|
| Who: | 14yrs+ *POWER classes 16yrs+ |
| Cost: | \$15 per session or included with your Health Club Membership |
| Current class times refer to www.armadale.wa.gov.au or call 9399 0840. | |

**Cotton inner gloves are compulsory for this class unless using your own boxing gloves.

| | |
|-------------|------------------------------------|
| Who: | 14yrs+ |
| Cost: | \$12 or \$7 seniors, per session |
| Commencing: | October |
| Contact: | Armadale Aquatic Centre, 9399 0850 |



Indoor Sports

Great atmosphere, qualified umpires, and all equipment supplied.

Basketball Scrimmage

| | |
|---|--|
| Casual basketball teams randomly selected and self umpired by players on the night. | |
| Who: | 10yrs+ (under 16's must be supervised by a parent) |
| When: | Friday |
| Time: | 6 – 8.30pm |
| Cost: | \$4 per person |
| Contact: | Armadale Arena, 9399 0840 |

Indoor Soccer

| | |
|----------|------------------------------------|
| Who: | Men, 16yrs+ |
| When: | Mondays |
| Starts: | Summer competition October – April |
| Time: | from 6.30pm |
| Cost: | \$55 per team per game |
| Contact: | Armadale Arena, 9399 0840 |

Day Time Ladies Netball

| | |
|----------|-----------------------------|
| Who: | Ladies, 16yrs+ |
| When: | Fridays during school terms |
| Time: | 9.30am |
| Cost: | \$55 per team per game |
| Contact: | Armadale Arena, 9399 0840 |

Indoor Netball

| | |
|----------|------------------------------------|
| Who: | Ladies, 16yrs+ |
| When: | Mondays and Wednesdays |
| Starts: | Summer competition October – April |
| Time: | from 6.30pm |
| Cost: | \$55 per team per game |
| Contact: | Armadale Arena, 9399 0840 |



Crèche available



Boot Camp @ the Armadale Aquatic Centre

Get in shape for summer by enrolling in Boot Camp at the Armadale Aquatic Centre.

Series 1

| | |
|--------------|------------------|
| Start date: | 14 October 2014 |
| Finish date: | 13 November 2014 |

Series 2

| | |
|--------------|-----------------|
| Start date: | 3 February 2015 |
| Finish date: | 5 March 2015 |

| | |
|-------------------------|--|
| Days: | Tuesdays and Thursdays |
| Time: | 5.30 – 6.30pm |
| Location: | Armadale Aquatic Centre Champion Drive, Kelmscott |
| Term: | 5 weeks / 10 sessions |
| Cost: | \$150 p/person |
| Registration deadlines: | Series 1: 10 October 2014 Series 2: 30 January 2015 |

Register at Armadale Arena or Armadale Aquatic Centre



FREE Yoga in the Park

This popular FREE early morning yoga class continues in 2015!

| | |
|----------|--------------------------------------|
| Who: | 16yrs+ |
| When: | Mondays |
| Dates: | 16 and 23 February 9 and 16 March |
| Where: | Minnawarra Park |
| Time: | 6.30 – 7.30am |
| Cost: | Free |
| Contact: | 9399 0840 |

FREE Fitness in the Park sessions

The City of Armadale and a variety of land developers offer free fitness sessions throughout the year at a range of picturesque locations in the City of Armadale.

Run by fully qualified fitness instructors, these sessions allow you to try a group fitness class or participate in a fitness session for FREE.

Keep your eye on the City's website www.armadale.wa.gov.au or contact the Armadale Arena on 9399 0840 for detailed information.



New day and times

STAR fitness program

Keep healthy and fit so you can enjoy your travel adventures and get the most out of every day.

If you're 55 and over we offer a friendly and supportive environment to get fit and improve your health. We offer a personalised gym program finely tuned for your fitness level all set in a comfortable and social environment.

Individual workouts

| | |
|-------|--|
| Who: | Seniors That Actively Retire (STAR) |
| When: | Mondays, Wednesdays and Fridays |
| Time: | Attend between 11am – 1pm |
| Cost: | \$37 initial consultation then \$6 per session |

STAR Group fitness classes

| | |
|-------|-------------------------------------|
| Who: | Seniors That Actively Retire (STAR) |
| When: | See our website or call for details |
| Cost: | \$6 per session |

| | |
|---|---------------------------|
| Contact: | Armadale Arena, 9399 0840 |
| *Memberships are also available with senior's discounts | |



FREE Vouchers – value over \$140

Complimentary Pass



ARMADALE ARENA

Bring this voucher in for
1 x FREE 7 Day Pass.

Not transferable for cash.
Valid until 28 February 2015.
Limit 1 voucher per person
redeemed per calendar year.



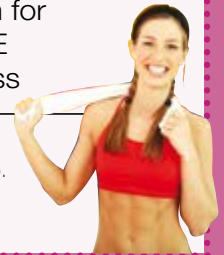
Complimentary Pass



ARMADALE ARENA

Bring this voucher in for
Buy 1 get 1 FREE
Group Fitness class

Not transferable for cash.
Valid until 28 February 2015.



Complimentary Pass



ARMADALE AQUATIC CENTRE

Bring this voucher in for
Buy 1 get 1 FREE
Aqua Aerobics class

Not transferable for cash.
Valid until 28 February 2015.



Complimentary Pass



ARMADALE AQUATIC CENTRE

Bring this voucher in for
Buy 1 get 1 FREE child or adult entry
to the Armadale Aquatic Centre

Free entry equal to or lesser value than
purchased entry. Not transferable for cash.
Valid until 21 December 2014.



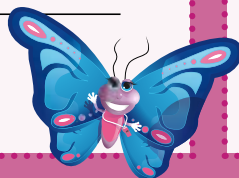
Complimentary Pass



ARMADALE ARENA

Bring this voucher in for
Buy 1 get 1 FREE
Gym entry

Not transferable for cash.
Valid until 28 February 2015.



Complimentary Pass



ARMADALE ARENA

Bring this voucher in for
Buy 1 get 1 FREE
RadKidz class

*Not transferable for cash.
Valid until 18 December 2014.





Armadale Arena – facility hire

The Armadale Arena has rooms and courts available for hire for schools, community groups, businesses and the general public.

Suitable for school sports, displays and expos, martial arts, committee meetings, wellness programs and workshops

- Catering size kitchen facilities
- Accommodating events for 15 to 400 people
- Sporting equipment available for hire
- Tables and chairs

Contact: Armadale Arena on 9399 0840



Facilities for Hire

The City of Armadale hires a range of facilities for big and small gatherings.

There's the newly opened Piara Waters Pavilion, Bakers House Community Centre, the Bedforddale Hall, Minnowarra Chapel grounds and the Harold King Community Centre. Many more are available; see our website for more details and the full list.

Contact the City's Facilities Booking Office on 9399 0111 or visit www.armadale.wa.gov.au

Arena Centre Hirers

The Armadale Arena is home to a variety of clubs and organisations – from gymnastics to roller skating, pilates and a church there is something for everyone.

| | |
|---------------------------------------|-------------------------------|
| Armadale PCYC | Phone: 9399 1091 |
| Armadale Redbacks Roller Skating Club | Phone: Suzette - 0412 422 268 |
| Pilates | Phone: Jo - 0412 906 538 |
| City of Armadale Ignite Basketball | Phone: 9399 0462 |
| Dread Pirate Rollers – Roller Derby | Phone: Jo - 0438 251 098 |
| Sheltering Tree Church | Phone: Ben - 9497 5698 |

Active Clubs

Active Clubs is the City of Armadale's Club Development Program.

A full-time Club Development Officer is available to support your club with advice on club management issues and processes.

The Club Development Officer's role is to service local clubs in the City of Armadale in the form of providing information, contacts and resources which can assist clubs in management issues. The ultimate goal of the Active Clubs program is to have clubs become self-sufficient and thriving in the City of Armadale.

The range of initiatives and activities that the Active Clubs program provides includes access to fact sheets, templates, policies and practices which may help your club develop.

The Club Development Officer is available to assist with your club's management in an advisory and hands on capacity. Please call 9399 0111 for more information or visit our website to access fact sheets, templates and further information www.armadale.wa.gov.au.

Arena Summer Activities



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|----------------|---------|----------------|----------|----------------------|
| 9am – noon | Crèche | Crèche | Crèche | Crèche | Crèche |
| from 9.30am | | | | | Daytime Netball |
| 11am – 1pm | STAR Fitness | | STAR Fitness | | STAR Fitness |
| 4 - 5pm | | RadKidz | | RadKidz | |
| 4 - 5.30pm | IronTeens | | IronTeens | | |
| 6pm – 8.30pm | | | | | Basketball Scrimmage |
| From 6.30pm | Indoor Netball | | Indoor Netball | | |
| | Indoor Soccer | | | | |