

Active in Armadale

Summer 2015-2016



Find your
FREE vouchers
- value over **\$220**

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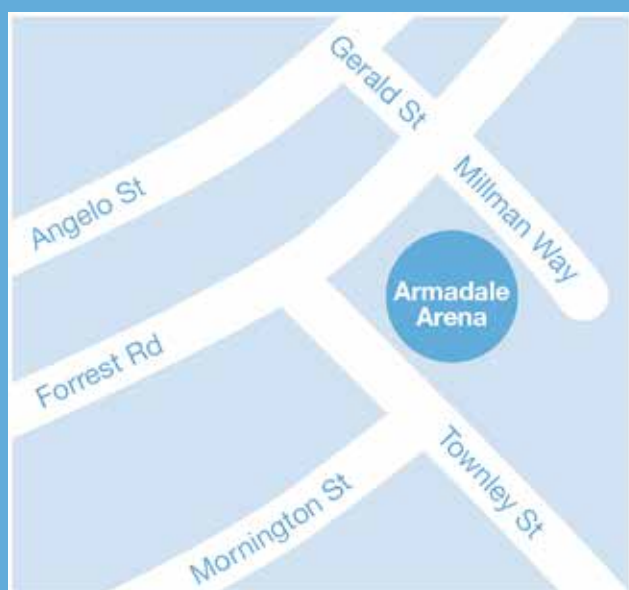
page 5 12 Week Body Transformation Challenge

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CITYOFARMADALE

*Gym Memberships from \$11.95 per week and NO JOINING FEE! *Conditions apply

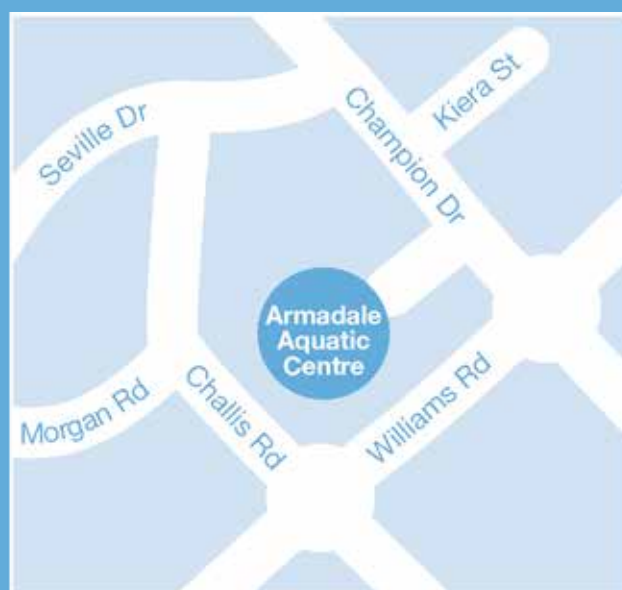
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Armadale Arena

Corner Townley Street & Forrest Road
Armadale WA 6112
9394 5840



Armadale Aquatic Centre

Champion Drive
Armadale WA 6112
9394 5850

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 BBQs, heaps of shade and playgrounds
- Kiosk serving a range of food and drinks

Birthday Parties

- Stress free
- Great fun
- Splash Town
- Grassed area
- Parents join the fun while we organise the food and decorations



Cost:	From \$19 per child – includes pool entry and food.
Note:	Healthy food options available.
Optional extras:	For an additional fee add an icecream cake, an Aqua Inflatable or a 20 minute visit from Fergus the Frog or Lily the Butterfly (subject to availability).



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
Term:	Runs October – April
Cost:	Child – \$130 per 10 week term Adult – \$150 per 10 week term
Contact:	Armadale Aquatic Centre, 9394 5850 or swimschool@armadale.wa.gov.au





Iron Teens

Gym opened to youth aged 13 - 17, participants are supervised by qualified gym staff.

Days:	Monday and Wednesday
Times:	4 - 5.30pm
Cost:	\$38 initial consultation, then \$7 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.

With qualified staff and a range of activities, the crèche is open to parents who are using the centre facilities. We have a fantastic staff-to-child ratio to ensure your kids are in a supportive environment.

During school holidays our *Arena Antics program runs for children in years 1 - 7 (*bookings essential).

Who:	8 weeks – 12yrs
When:	Monday to Saturday
Time:	Monday, Wednesday: 9 - 11.30am; Tuesday, Thursday, Friday: 9am - noon; Saturday: 8.45 - 11.15am
Cost:	\$4.30 for the first child, \$3.20 for additional children for up to two hours. Additional hour \$2.10 per child
Crèche multi-entry books available at reduced cost.	
Contact:	Armada Arena, 9394 5840



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



Health Club at the Arena

The gym for real people

Membership is from \$11.95 per week. Off peak Memberships from \$6.05 a week. Conditions apply.

Membership includes:

- Group fitness classes
- Gym
- Appraisal
- Program consultation

Cost:	STANDARD	12 months	\$620
		12 months D/Debit	\$56/month
		12 months D/Debit	\$27/fortnight
	FLEXI	NEW Flexi D/Debit – No fixed term contract (terms apply)	
		Joining fee	\$50
		D/Debit	\$65/month
	OFF PEAK	12 months	\$315 (no further discounts apply)
Important:	Membership suspension		\$20/month
Memberships are available for people working FIFO.			
Contact:	Armadale Arena, 9394 5840		

Getting fit the fast way

XLR8 Personal Training

- Achieve your goals with one-on-one sessions.
- Great discounts on Group Personal Training sessions – only \$95 for a 1 hour PT for you and 5 friends.

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.

*Direct debit
20 & 40 PT packs*
now available.
Conditions apply.



Save \$338



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.

12 Week Body Transformation Challenge

Qualified Personal Trainers to help you achieve your health and fitness goals. This is no ordinary challenge!

Who:	13 years +
What:	You receive a personalised 12 week program including: <ul style="list-style-type: none"> • 10 x 30 minute personal training sessions • Two x 30 minute program consultation sessions • One hour program consultation • Three month health club membership • Training towel & water bottle.
Where:	Armadale Arena
When:	commencing February 2016
Cost:	\$34 per week for 12 weeks. (Terms apply)

Who:	14 years + POWER classes 16 years +
Cost:	\$15 per session \$7 per session for seniors (STAR membership conditions apply) or included with your Health Club Membership
When:	Current class times refer to www.armadale.wa.gov.au or call 9394 5840.



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:	14 years +
Cost:	\$12 or \$7 seniors, per session
When:	commencing November
Contact:	Armadale Aquatic Centre, 9394 5850



Court renovations complete!

We are taking expressions of interest for Senior Basketball and Junior Soccer

Indoor Sports

Great atmosphere, qualified umpires, equipment supplied

Basketball Scrimmage

Casual basketball teams randomly selected and self umpired by players on the night.

Who:	10 years + (under 16's must be supervised by a parent)
When:	Friday
Time:	6 – 8.30pm
Cost:	\$4 per person

Indoor Soccer

Who:	Men, 16 years +
When:	Monday
Starts:	Summer competition October – April
Time:	from 6.30pm
Cost:	\$55 per team per game

Day Time Ladies Netball

Crèche available

Who:	Ladies, 16 years +
When:	Friday, during school terms
Time:	9.30am
Cost:	\$55 per team per game

Indoor Ladies Netball

Who:	Ladies, 16 years +
When:	Monday and Wednesday
Starts:	Summer competition October – April
Time:	from 6.30pm
Cost:	\$55 per team per game

Nomination forms available on our website www.armadale.wa.gov.au or contact Armadale Arena, 9394 5840



STAR Fitness Program

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

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:	Monday, Wednesday and Friday
Time:	Attend between 11am – 1pm
Cost:	\$38 initial consultation then \$7 per session

*Memberships are also available with senior's discounts

STAR Group fitness classes

Who:	Seniors That Actively Retire (STAR)
When:	see our website for timetables
Cost:	\$7 per session
Contact:	Armadale Arena, 9399 0840



Yoga in the Park – FREE

This popular FREE early morning yoga class continues in 2016!

Who:	16 years +
When:	Monday
Dates:	22 & 29 February and 14 & 21 March
Where:	Minnawarra Park
Time:	6.30 – 7.30am
Cost:	Free
Contact:	9394 5840



Renovation Reveal!

This year the Arena had a significant makeover with several improvements made to the centre. We thank all of our hire groups and customers for their patience during this period of improvements and changes.

Pop down and have a look today!

We have a new reception and foyer, new roof and court flooring on Court 1 & 2 and our Group Fitness room received a new reverse cycle air-conditioning system, new ceiling, improved lighting and artwork.

Community User Groups

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 Redbacks Roller Skating Club	Trudy 0407 986 280 artisticwa@gmail.com	NEW in 2015	
Pilates	Joann 0412 906 538	The Jungle Body with T-Konga dance fitness	Tyare 0433 748 971
City of Armadale Ignite Basketball	Jamie 9394 5462	Fit Right – Pregnancy and post-natal physiotherapy	hello@fitright.net.au or www.fitright.net.au
Armadale Gymnastics (commencing 2016)	Jodie 0422 239 130 armgym@outlook.com	Community Physiotherapy – community based rehabilitation, incorporating physical activity and education programs. For adults with chronic conditions, referrals from your GP or health professional are required.	
Sheltering Tree Church	Ben 9497 5698		



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, 9394 5840



Active Clubs

Active Clubs is the City'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 9394 5111 for more information or visit the City's website to access fact sheets, templates and further information www.armadale.wa.gov.au.



Facilities for Hire

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

They are located in most suburbs and include Frye Park Pavilion, Roleystone Hall, Settlers Common Field Centre, Forrestdale Hall and Springdale Pavilion.

Many more are available, for more details contact the City's Community Facilities Officer on 9394 5111 or visit www.armadale.wa.gov.au.

Summer Activities Calendar



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45am					Roller Hockey		
7am		Pilates with Jo					
8am				Pilates with Jo		Armadale Redbacks Roller Skating	
8.45 - 11.15am						Crèche	
9 - 11.30am	Crèche		Crèche				
9am - noon		Crèche		Crèche	Crèche		
For our Group Fitness timetable visit www.armadale.wa.gov.au							
from 9.30am					Daytime Netball		Sheltering Tree Christian Church
10am					Fit Right		
10.45am					Konga		
11am - 1pm	STAR Fitness		STAR Fitness		STAR Fitness		
Noon	Community Physiotherapy						
from 4pm		Armadale Redbacks Roller Skating		Armadale Redbacks Roller Skating	Roller Hockey		
4 - 5.30pm	Iron Teens		Iron Teens				
6 - 8.30pm					Basketball Scrimmage*		
6.15pm	Fit Right						
from 6.30pm	Indoor Netball		Indoor Netball				
	Indoor Soccer						



Summer season start date – week commencing 12 October

Like our Facebook page to keep up to date with sports and health club information or leave your contact details with Reception staff

FREE vouchers
- value over **\$220**

ARMADALE ARENA Bring this voucher in for ... CITY OF Armadale

FREE 7 Day Pass – STAR Fitness Classes
at Armadale Arena

Not transferable for cash. Limit 1 voucher per person redeemed per calendar year. **Valid until 31 January 2016.** *Subject to Terms & Conditions.

COMPLIMENTARY PASS

ARMADALE AQUATIC CENTRE Bring this voucher in for ... CITY OF Armadale

Buy 1 Get 1 FREE Child or Adult entry
to Armadale Aquatic Centre

Free entry equal to or lesser value than purchased entry. Not transferable for cash. Free entry redeemed on same day. **Valid until 31 December 2015.**

ARMADALE ARENA Bring this voucher in for ... CITY OF Armadale

FREE 7 Day Pass – Gym or Group Fitness visit
at Armadale Arena

Not transferable for cash. Limit 1 voucher per person redeemed per calendar year. **Valid until 31 January 2016.**

COMPLIMENTARY PASS

ARMADALE AQUATIC CENTRE Bring this voucher in for ... CITY OF Armadale

Buy 1 Get 1 FREE Aqua Aerobics Class
at Armadale Aquatic Centre

Free entry equal to or lesser value than purchased entry. Not transferable for cash. Free entry redeemed on same day. **Valid until 31 December 2015.**

ARMADALE ARENA Bring this voucher in for ... CITY OF Armadale

FREE 7 Day Pass – Iron Teens visit
at Armadale Arena

Not transferable for cash. Limit 1 voucher per person redeemed per calendar year. **Valid until 31 January 2016.** *Subject to Terms & Conditions.

COMPLIMENTARY PASS