

ARMADALE ARENA

PROGRAMS AND ACTIVITIES

TERM 4 2017

Programs and activities for children, youth, adults and seniors.

NEW

JUNIOR BASKETBALL COMPETITION

**Commencing
Friday 27 October**

Brought to you by Seville
Dragons Basketball Club Inc
supported by Armadale Arena

REGISTER NOW

SPORTS COMPETITIONS

- Junior Basketball
- Ladies Netball
- Net Set Go
- Indoor Rebound Soccer

OPENING HOURS

Monday to Friday 6am to 8.30pm
Saturday 8am to 1pm
Sunday 8 to 11am

ARMADALE
ARENA

CITY OF  **Armadale**

PROGRAMS AND ACTIVITIES

TERM 4 2017

ARENA SPORTS PROGRAMS		
	Monday	Friday
Day		Ladies Indoor Netball
Night	Mens Indoor Soccer	Junior Basketball
	Ladies Indoor Netball	

Nomination fee: \$58 | Game fee: \$58 | Team and individual nominations welcome.

ARENA FITNESS PROGRAMS				
	Information	Day	Time	Cost
Fitness for Teens	Group training sessions open to teens 13 – 17 years. Participants supervised by qualified gym staff.	Mondays and Wednesdays	Gym open 4 – 5.30pm Group training 4.30 – 5pm	\$38 initial consultation \$7 per session
Living Longer Living Stronger	An evidence based progressive strength training and exercise program designed specifically for the over 50's operating in Western Australia since 2004.	Mondays, Wednesdays and Fridays	10.30am – 12.30pm	\$38 initial consultation \$7 per session
STAR Fitness – Seniors That Actively Retire Group Fitness	STAR members can attend our group fitness classes such as Power or Yogalates.	Refer to our group fitness timetable	Various	\$7 per session
Group Fitness	A range of group fitness sessions suitable for 16 years+ of all abilities.	Monday – Sunday	Various	\$16 per session or included in Health Club Membership

ARMADALE ARENA COMMUNITY USER GROUPS	
Armada Redbacks Roller Skating Club Inc.	Suzette 0412 422 268 or boxingnoddie@yahoo.com
Armada Gymnastics Club Inc.	Leesa 0408 881 580 or armgym@outlook.com
Seville Dragons Basketball Club Inc.	batista82@bigpond.com www.facebook.com/sevilledragonsB
Pilates	Joann 0412 906 538
Fit Right Physiotherapy	hello@fitright.net.au www.fitright.net.au
Community Physiotherapy	Referral from your GP
Ignite Basketball	www.ignitebasketball.com.au
NetSetGo	Netball WA www.netsetgo.asn.au netsetgo@netballwa.com.au Carolyn 9380 3732
Prime Movers	Treasurer Sandra Oram 9452 8047 treasurer.primemovers@outlook.com www.primemovers-exercise.com.au
Dread Pirate Rollers – Roller Derby	president@dreadpiraterollers.com.au www.dreadpiraterollers.com.au
Ready Steady Go Kids	1300 766 892 info@readysteadygokids.com.au www.readysteadygokids.com.au

STEP INTO SPRING!

ARMADALE
ARENA

Step into Spring at one of Armadale Arena's dynamic group fitness sessions.

NEW Group Fitness Timetable commencing in October.

JOIN US AT THE LAUNCH EVENTS:

Tuesday 24 October 9.30am or Saturday 28 October 9am

Creche available. Standard fees apply.

WAR



WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.
Group Rx™

You can download a copy of our timetable and find out the details of all our group fitness classes on our website www.armadale.wa.gov.au/armadale-arena or visit the centre for a copy.

FUSION MIX

NEW



Get a taste of two sessions in one with our exciting FUSION MIX CLASSES. A whole hour incorporating tracks from some of our most popular formats. These classes are going to keep your body guessing from warm up to cool down.

COUCH TO PARK RUNNING PROGRAM

SUNDAY'S 8-9AM



A five week running program that will take you from the couch to running in the 5km Champion Lakes parkrun.

- ▶ Discover your running style
- ▶ Learn correct running mechanics and technique
- ▶ Participate in running drills and exercises

INCLUDES

- ▶ 1 month health club membership
- ▶ Nutritional recommendations

COST: \$80 (savings of \$115)