

OUTSIDE SCHOOL HOURS CARE

- Before School Care
- After School Care
- Vacation Care during school holidays

KINDY TO YEAR 7



SJCRC INDOOR SPORTS

Social and Fun!



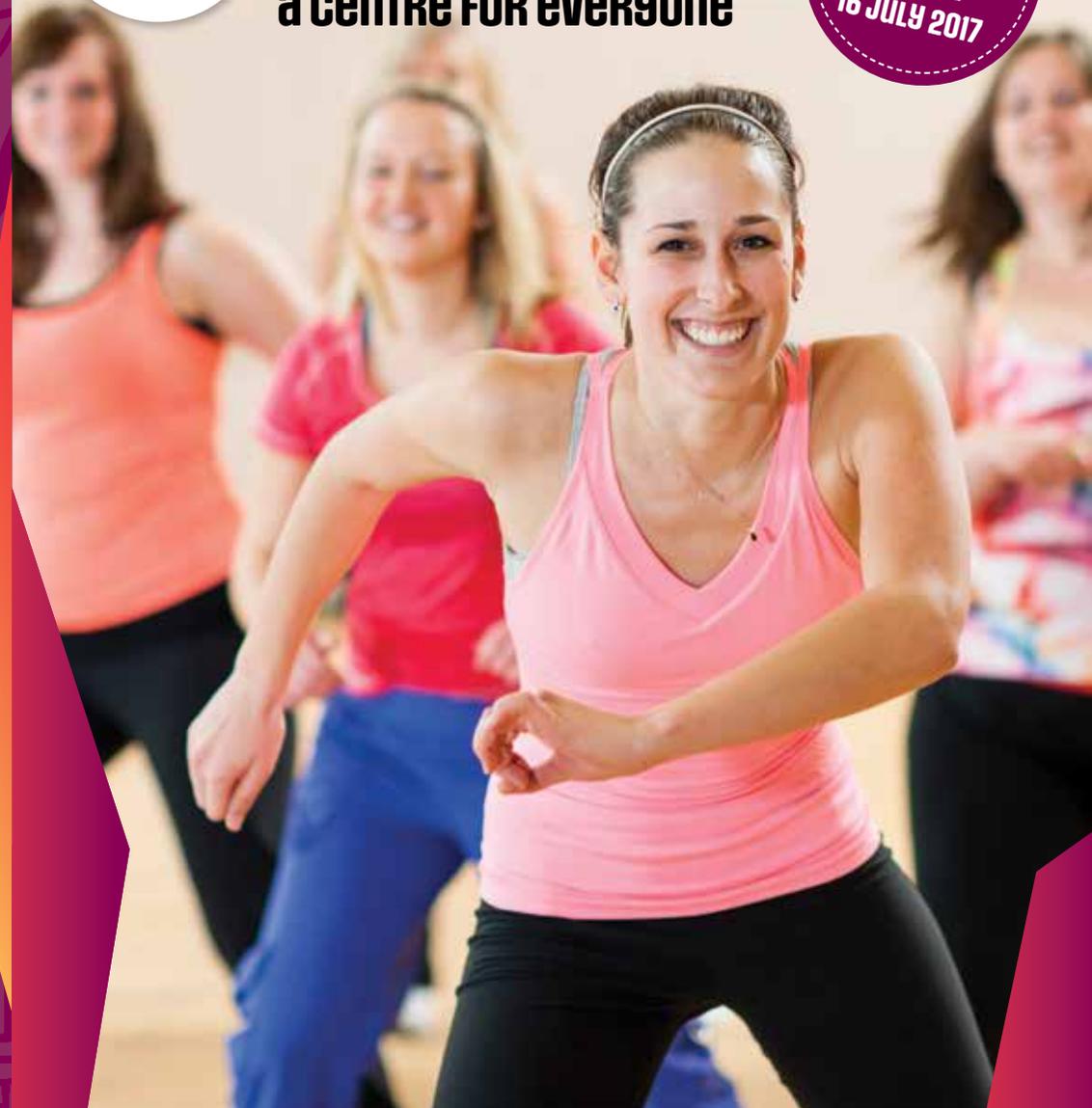
BASKETBALL • FLOORBALL
INDOOR MIXED NETBALL
LADIES INDOOR NETBALL
INDOOR BEACH VOLLEYBALL
 (2, 3 + 4 a side)



PROGRAM INFORMATION

a centre for everyone

TERM 2
 24 APRIL -
 16 JULY 2017



BIRTHDAY PARTIES!

ASK US TODAY
 9550 6777



Enquire today about our many party options!

- Mini Mayhem** age 0-5
- Multi Sport** age 5-12
- Rock Climbing** age 7+
- Disco** - All ages

KINGIA VENUE HIRE



From corporate events and birthdays through to sun downers and cocktail parties, whether you're entertaining 20 guests or organising an event for 300 employees, we can easily accommodate your needs.

We pride ourselves on friendly, efficient service and we're committed to assisting you in every way possible to ensure your function is memorable for all the right reasons. We have a full stage and dance floor for your entertainment such as a string quartet, DJ or live band and you will have complimentary use of our lectern and microphone.

With over 10 years of experience we offer a great function alternative to the traditional city based function centre. Nestled in the heart of Byford and only 35 minutes from the airports and the city, Serpentine Jarrahdale Community Recreation Centre is surrounded by Australian bush and wildlife, perfect for your next function.

access your HEALTH CLUB 24/7

Our trained staff are available at the centre to help you:
 Mon-Thu 8.30am-9pm, Fri 8.30am-8pm & Sat 7.45am-2pm

Serpentine Jarrahdale Community Recreation Centre
 Mead St, Byford WA P 9550 6777 sjcrc.ymcawa.org.au



YMCA dance inspire

YMCA DANCE INSPIRE PROGRAMS

Note: No parent participation allowed in our dance classes

f /ymcadanceinspire

Starts week commencing 24 April 2017

Program	Day	Time	Ages	Description
HIP HOP	Mon	Beginners 4.30-5.15pm	5+ yrs	Hip Hop is a broad category that includes a variety of urban dance styles primarily performed to hip hop music. Constantly evolving hip hop is a free, funky, soulful expression of dance and a high energy style that allows you to express more of your own style.
	Mon	Intermediate 5.15-6.00pm	8+ yrs	
TWIRLING TUTUS	Tue	9.15am – 10.00am & 10.00am – 10.45am	2-4yrs	Does your child love to twirl around like a ballerina, then why not expand on that interest and enrol them into a much loved, fun, creative and structured ballet class. Not only will your child be learning to dance in this class but also they will grow in confidence and co-ordination as well as professional dance training in a friendly atmosphere.
ACRO-KIDS	Tue	Beginners 4.30-5.15pm	5+ yrs	Fun class incorporating a massive range of fun acrobatic moves designed to stimulate and enthrall, build confidence, co-ordination, strength and fitness. Children will learn everything from Russian splits, back walkovers, roundoffs and handstands to cartwheels, forward rolls and much more. It is both athletic and creative, working on children's flexibility, strength, acro and techniques.
	Tue	Intermediate 5.15-6.00pm		
	Tue	Advanced 6.00-6.45pm		
BALLET	Wed	4.30-5.15pm	10+ yrs	Classical ballet is characterised by a standard vocabulary of steps, poses and graceful movements including pointed feet, rising, jumping, stretching and spinning. It is strengthening, disciplined and stylised. The class starts with exercises at the barre followed by work in the centre of the floor.
CONTEMPORARY	Wed	5.30-6.15pm	8+ yrs	Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.
LEAPS & TURNS	Wed	6.15-7.00pm	8+ yrs	Leaps and Turns is a technique class designed to assist students in focusing on the leaps, jumps and turns that dancers perform in ballet, jazz and contemporary. This class is a must for dancers to be able to perform well in ballet, jazz and contemporary.
GROOVING KIDS	Thu	4.30-5.15pm	4-8yrs	Fun filled class incorporating a variety of dance styles such as jazz, basic hip hop moves (to get you ready to progress to the Hip Hop classes), kicks, stretching and dance skills.
JAZZ/TAP	Fri	4.00-4.45pm	5+ yrs	Jazz ballet is a fun, energetic style that teaches students technique including posture, flexibility, balance, strength and much more. In Jazz class they will learn choreography to different pieces of music ranging from today's recent hits to Broadway musicals. This class will be mixed with Tap which will give students a variety of styles from Latin beats to waltz, to the hard hitting street tap. It is a great way to get fit as you'll be having so much fun it won't even feel like exercise!
LYRICAL	Fri	4.45-5.30pm	8+ yrs	A slow expressive type of jazz dance that incorporates ballet technique with the creativity of modern dance. Lyrical dancing is a relatively recent form of dance coming from a fusion of jazz dance and ballet. Aside from having a beautiful and expressive choreographic vocabulary, it's also one of the most pleasurable forms to dance.
THE ELITE TROUPE	Fri	5.30-6.30pm	10+ yrs	Dance Inspire offers selected students the opportunity to perform as soloists or in a group at various competitions and dance festivals. Our Dance Inspire competition teams are for students who demonstrate talent and are performing at a high standard in class. Competition teams are a fantastic way for students who are seeking more performance opportunities. To attend this class students must be enrolled in Ballet and one other dance class.



- GROOVING KIDS
- LYRICAL • HIP HOP
- TWIRLING TUTUS
- JAZZ/TAP • ACRO-KIDS
- CONTEMPORARY • BALLET
- LEAPS & TURNS

ADULT & YOUTH 10 WEEK TERM PROGRAMS

Starts week commencing 24 April 2017

Program	Day	Time	Ages	Description
YOGA	Tue	5.00-6.00pm	16+ yrs	Our Yoga instructor, Kathy, has over 25 years experience and is highly regarded in her field. Join her for Iyengar Yoga - a sequenced class combining a variety of poses. Through consistent practice, yoga will bring harmony and unity to the body and mind.
	Tue	6.30-7.30pm		

GROUP FITNESS TIMETABLE

*Note: Not a full 1 hour class - range between 30-45mins. ▲Teens allowed

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8.00am						LES MILLS BODYCOMBAT ▲	
9.00am	LES MILLS RPM ▲*	LES MILLS Sprint *					
	LES MILLS BODYATTACK *	metafit *	GRIT STRENGTH *	LES MILLS BODYATTACK	GRIT STRENGTH *	LES MILLS BODYPUMP	GRIT STRENGTH *
9.30am	LES MILLS BODYPUMP	WHIP	LES MILLS RPM		LES MILLS BODYCOMBAT		
10.00am			LES MILLS CXWORX *	LES MILLS BODYPUMP			
10.30am	LES MILLS BODYBALANCE	LES MILLS CXWORX *	TEEN GYM			LES MILLS BODYBALANCE	
			SYNERGY & WELLBEING				
3-5.30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5.30pm		LES MILLS BODYPUMP ▲*		LES MILLS BODYPUMP			
6.00pm	GRIT STRENGTH *	LES MILLS BODYBALANCE ▲*	LES MILLS Sprint *	LES MILLS RPM ▲*	LES MILLS Sprint *		
6.30pm	LES MILLS BODYCOMBAT ▲	LES MILLS RPM ▲	GRIT STRENGTH *	LES MILLS BODYBALANCE ▲			

GOLDEN PRYME TIMETABLE

Time	Mon	Tue	Wed	Thu	Fri	Sat
9.30am	LES MILLS BODYPUMP					
10.00am				LES MILLS BODYPUMP		
10.30am	LES MILLS BODYBALANCE	Strengthen n Lengthen	SYNERGY & WELLBEING		LES MILLS BODYBALANCE	
6.00pm		LES MILLS BODYBALANCE ▲*				
6.30pm				LES MILLS BODYBALANCE		