

FITNESS CLASSES NB: All Fitness classes are for one hour.

DAY	CLASS	START TIME	CRECHE	COST	DATES
Monday	FITBALL FITNESS	8.45am		\$135 9 wks	17 Oct-12 Dec
Monday	CIRCUIT	10am		\$135 9 wks	17 Oct-12 Dec
Tuesday	ADVANCED COMBO	8.35am		\$150 10 wks	11 Oct-13 Dec
Tuesday	CIRCUIT 1	9.45am		\$150 10 wks	11 Oct-13 Dec
Tuesday	CIRCUIT 2	1.15pm		\$150 10 wks	11 Oct-13 Dec
Thursday	ADVANCED COMBO	8.30am		\$150 10 wks	13 Oct-15 Dec
Thursday	CIRCUIT 1	9.30am	Yes	\$150 10 wks	13 Oct-15 Dec
Thursday	CIRCUIT 2	1.15pm		\$150 10 wks	13 Oct-15 Dec
Saturday	TABATA	8.00am		\$90 6 wks	22 Oct-26 Nov

Classes are fun and interactive. All you need to do is come dressed in comfortable fitness clothing, wear gym shoes, bring water and a towel. All equipment (including cross-trainer and fluid rowing machine) is provided in our private, air-conditioned fitness studio. Class sizes are small - only 4 to 6 people - and finish with relaxing stretches.

FITBALL FITNESS

This class is designed to specifically improve flexibility and strengthen muscles. It will involve some cardiovascular exercises, a number of exercises using the Fitball and whole body stretches. It is the ideal class for participants wanting to build core strength and tone. You will receive personal training in a small group environment as the trainer will adapt exercises to individual needs and classes are designed to meet everyone's level of fitness.

CIRCUIT

All circuit classes involve multiple circuit stations that include a mixture of free weights, balance board, BOSU, Fitball, body weight and resistance band exercises. Circuit classes improve muscle strength and endurance, balance, joint stability and meet the needs of all ages. In circuit classes you will receive personal training in a small group environment as the trainer will adapt exercises to individual needs and classes are designed to meet everyone's level of fitness. The class focus is on general strength training and improving core strength with a small component of cardio, balance and flexibility.

ADVANCED COMBO

This class will predominantly be a CIRCUIT class (see explanation above), with the occasional week when a TABATA, FITBALL or CARDIO FITNESS class will be provided to mix it up! This high intensity class is recommended for participants who are experienced in strength training.

TABATA

Tabata is an early form of high-intensity interval training (HIIT), started in the 1990's by Japanese professor, Izumi Tabata. (He used it to get speed skaters in shape for the Olympics.) It involves short, 4-minute bouts of explosive interval moves done for 20 seconds each, for 8 rounds, with a 10 second break between each round. It's super tough but burns fat like a furnace.

Instructor: Leanne Rigby, Qualified Group Fitness Instructor 0413 108 307

For more information, please contact Leanne. Enrol through office—9271 4461 or mlnlc@inet.net.au

COMMITTEE MEETINGS: Tuesday 18 Oct 11.15am Tuesday 22 Nov 11.15am

COURSE OUTLINE TERM 4 2016

Note: Enrolment Day is MONDAY 10th October 10.30AM-1.30PM



WATERCOLOUR PAINTING Monday 9.30-11.30am 8 weeks

Discover the many different techniques and effects unique to watercolour painting. Beginners welcome. Please bring own art materials, or call Sue on - 93704561 or 0437599771.

Start: 17 Oct End: 5 Dec Cost: \$164 Teacher: Sue

KNITTING AND CROCHET Monday 12.30 - 2.30pm 4 weeks

Why not join our yarn workers group? Make something for yourself or a personalized gift for someone else. Bring along your projects or, alternatively, Zan can show you how to start. Beginners or experienced welcomed. Bring along your yarn, hooks and needles.

Start: 10 Oct End: 31 Oct Cost: \$32 Teacher: Zan

MOSAICS Tuesday 9.30 - 11.30am 10 weeks

This self-help group meets every Tuesday (no teacher) in an effort to complete a multitude of different mosaic projects.

Start: 11 Oct End: 13 Dec Cost: \$80 Facilitator Franca

YOGA WITH KERRI Tuesday 9.45 - 11am 10 weeks

Kerri's yoga classes include asanas (postures), pranayama (breathing techniques), relaxation and meditation with a strong focus on body awareness and giving students yoga tools to use in their everyday life. Please BYO yoga mat and blanket.

Start: 11 Oct End: 13 Dec Cost: \$135 Teacher: Kerri

BOOK CLUB Tuesday 7.30 - 9.30pm 2 sessions

We are a small but enthusiastic group of readers who collectively decide on the books to read. Our discussions centre on the book assigned for the date but often merge into discussions of other books, movies, media or topics of interest.

Date 1: 25 Oct - Book: "Salt Creek" by Lucy Treloar

Date 2: 29 Nov (Christmas Lunch-place TBA) - Book: "Definitely Not Mr Darcy" by Karen Doornebos.

Cost \$16 Facilitator: Sharon

STASHBUSTER QUILTING Wednesday 10am - 12noon 2 sessions

Join our quilting bee where we make quilts for charity. All skills welcome. If you like playing with colours, can sort, iron and cut fabrics, machine sew, hand sew bindings and more, there's a job for you. And we are also practising our free-motion quilting skills on our Handquilter Sweet Sixteen.

Dates: 2 Nov, 16 Nov Cost: Free Facilitator: Pauline

SOMETHING FROM NOTHING Wednesday 10am -12noon 1 session

Come and join us again for a liberating morning of stash busting using your leftover fabric scraps. We will give a modern twist to traditional crazy patchwork, with easy machine piecing (no embroidery). Our fabric scraps and leftover fabrics will piece into amazing fabric that you can then use in your quilts. Sewing machine is essential. This is a continuation from last terms class but new participants are warmly welcomed.

Date: 9 Nov Cost: \$8 Teacher: Melinda

PATCHWORK & QUILTING Wednesday 1.00 - 3.00pm 10 weeks

This is an ongoing group of active patch workers and quilters who work mainly by hand. Share ideas, be inspired, get encouragement and friendly advice if you want it. Chip away at a work in progress or create something new—maybe a future heirloom! Newcomers welcome.

Start: 12 Oct End: 14 Dec Cost: \$80 Teacher: Pauline

FITNESS CLASSES - SEE PAGE 4 (back of brochure)

BEAUFORT'S CHILDCARE AND MORE

DAY	CLASS	TIME	COST	DATES
Monday	PLAY'N'LEARN 1 9 wks	9.30 - 12.30pm	\$297	17 Oct—12 Dec
Monday	PLAY'N'LEARN 2 9 wks	12.30 – 2.30pm	\$198	17Oct –12 Dec
Thursday	STAY'N'PLAY 1 10 wks CLASS CRECHE	9.30am-12.30pm	\$330 \$6/hr/child	13 Oct—15 Dec

Things to bring when leaving your child in the creche: Please bring fruit to share for morning tea, a bottle of water, a change of clothes, spare nappies and a hat for outdoor play. If your child is staying all day, bring a packed lunch and a sleeping bag or equivalent for quiet time. Please label all items with your child's name.

PLAY'N'LEARN NB: NO CLASS 10 OCT ENROLMENT DAY

These are structured, enjoyable, stimulating play-based learning programs for children aged 2 ½ - 3 yrs. It gives your child the opportunity to socialise and partake in a wide range of activities. Parents will be required to help for one session in each program. Children are able to enrol in both classes and stay the whole day.

NB Children must enrol for the whole term to get maximum benefit from the program.

10% discount is offered for children who enrol in both morning & afternoon programs.

Teacher: Liz

CLASS CRECHE (Thursdays only)

These sessions give your child the opportunity to socialise and partake in a wide range of activities, designed to help them learn through play, **while you attend classes at the Centre.** We can accommodate babies (3 months plus) through to 4 year olds. (Places are subject to availability).

STAY 'N' PLAY (Thursdays only)

These sessions give your child the opportunity to socialise and partake in a wide range of activities designed to help them learn through play. We can accommodate babies (3 months plus) through to 4 yrs. Enrol for the whole term or just the odd one (places subject to availability).

IMPORTANT DATES TO REMEMBER:

FRIDAY 28TH OCT GIRLS NIGHT IN SUNDOWNER 4-8PM

SUNDAY 27TH NOV MT LAWLEY CHRISTMAS FAIR OPEN HOUSE 3-6PM

WEDNESDAY 7TH DECEMBER CHRISTMAS HIGH TEA 12.30-2.30PM

HOW TO ENROL AND PAY:

- Through our website www.beaufortstcommunitycentre.org.au (Enrolments only. Payments still need to be made as detailed below.)

- In the office, by cash or cheque (or post cheque to 715 Beaufort St Mt Lawley WA 6050).

- Email and On-line Payment, direct to our bank account:

Name of Account: Mt Lawley Neighbourhood Learning Centre

BSB: 036 045 Account No: 641156 PLEASE QUOTE: "Fees" and your name.

LET'S TALK SERIES Thursdays 10.30am-12.30pm 2 sessions

Are you passionate about issues that affect us all, or interested to learn about different things? Join Barry & Rachel for the first of our Let's Talk series (and if you would like to share your interests in our Term 1 2017 series, please let Lindsay know).

1. Understanding Climate Change 10 NOVEMBER

Learn about the science behind what is happening and what crucial trends we need to watch.

Presenter: Barry Cost: \$8 (bring plate to share for lunch) ©

2. Oral Poetry in Sarawak 17 NOVEMBER

Traditionally, an oral poetry exchange was part of a Sarawak Malay wedding ceremony. Talented performers were much in demand and the occasion provided an opportunity for young singles to meet and impress the opposite sex. Increasing literacy, television and mass media means that this tradition is dying out. (Note: this subject was Rachel's thesis).

Presenter: Rachel Cost: \$8 (bring plate to share for lunch) ©

FACEBOOK FOR BUSINESS Thursday 9.30am-11.30am 2 weeks

Following on from her very successful series "Facebook for Dummies", Raquel Medrano is back and offering 2 exciting workshops. With over 20 years' experience in business, start-ups, social media, coaching and mentoring, Raquel has impacted businesses of all sizes in diverse industries and we are delighted to have her volunteer her time in our centre! Don't miss out! We promise you Fun and Great value. (Each workshop is valued at \$100)

1. 'Create your own Business Facebook page' 24 NOVEMBER

No matter how big or small, every business can (and should!) make a great impact through social media. Are you clueless on how to do it and would like to find out? Raquel will drive you step by step in this friendly, drama free and funny workshop: how to create a Page that does exactly what you want: drive customers to your business!

2. 'How to boost results for your Business by effectively managing your Facebook page' 1 DECEMBER

If you have a business you're very likely to have a Facebook page, BUT IS IT DOING ITS JOB?? Learn how to maintain your page, and create the traffic you want, attracting the right clients and having the page do the work for you.

Presenter: Raquel Medrano Cost/student/workshop: Members \$10, Non-members (BSCC SPECIAL OFFER) \$20 ©

EASY CANDLE MAKING Thursday 12.00-2.00pm 2 weeks

Learn how to melt soy wax, add delightful fragrances and pour into container, be it glass, china, tin or wax-proofed paper. Cost includes kit for 10 candles. Extra materials list will be provided on enrolment

Start: 20 Oct End: 27 Oct Cost: \$120 Teacher: Christina

RELAXING YOGA WITH KERRI Friday 9.45 - 11am 9 weeks

This gentle Yoga class is suitable for beginners and those who would like a good stretch and relaxation at the end of the week. The class will include breathing techniques and guided meditation. Please BYO yoga mat, blanket and a thick cushion or pillow.

Start: 14 Oct End: 9 Dec Cost: \$126 Teacher: Kerri

ESSENTIALS OF DRAWING: PORTRAITS Fri 12.30-2.30pm 8 weeks

These classes will be a continuation of Term 3's work on the basic concepts of line drawing, tone and mass drawing, but with a focus on drawing portraits. Portraits may be of busts, sculptures or models. For more info, call Jeff 0410216074 -remember to enrol through the office. Materials list will be provided on enrolment. (Visit Jeff's website - waxeggcoil.atspace.co.uk)

Start: 14 Oct End: 2 Dec Cost: \$164 Teacher: Jeff