## **Community News**





The fun way
to keep your
3.5 - 7 year
olds active
and
entertained
this school
holidays!



12th - 16th July
Lords Recreation Centre
9am - 12pm \$40 per day
Book online www.junglesports.com.au





## Triple P - Positive Parenting Program®

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

#### Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

#### What is involved?

- Seminar Series 90-minute talks on:
  - children's behaviour
    - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- Discussion Group small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - bedtime routine
  - hassle-free shopping with children.
- Group Triple P 8-week parenting course.



#### **Program details:**

1. Seminar Series - Warwick Tuesday's 9.30-11.30am 17th, 24th and 31st August

2. Seminar Series - Balcatta Tuesday's 9.30-11.30am 31st Aug, 7th and 14th Sept

3. Discussion Group (Managing Fighting and Aggression) - Warwick Wednesday 25th August 9.30-11.30am

#### How do I book?

Ask your child health nurse or visit healthywa.wa.gov.au/parentgroups.



To help us all stay healthy, please remember:

- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking, contact the **Child Health Booking System** on **1300 749 869** (metro only).

#### Please note:

Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session. DO NOT bring hot food and drinks for safety reasons.





Book now at **codecamp.com.au**Give us a call on **1300 263 322** 

DJ Camp • YouTube Creators • Code Camp • Animation Camp

# Winter School Holiday Workshops with LEGO® Bricks



FUN for the Kids 🤪 More TIME for You

\* West Perth \* Claremont \* Karrinyup \* Hillarys \* Ocean Reef \* Aveley \* Southern River

## www.Bricks4Kidz.com.au/Perth-Karrinyup

Select School Holiday Workshops



JUST LIKE READING AND WRITING

KIDS NEED TO LEARN HOW TO MOVE

# Registrations now open KIDDO SCHOOL HOLIDAY PROGRAM

MONDAY 5 JULY - FRIDAY 9 JULY 9.00AM - 12.00PM UWA SPORT SCIENCE HALL KINDY - YEAR 3

DIFFERENT SPORT & SKILL FOCUS EACH DAY
TODDLER MORNING - 6 JULY | 1-3 YRS | 9.00AM - 10.30AM | \$30
ADMIN@KIDDO.EDU.AU

To secure your child's place visit: WWW.KIDDO.EDU.AU/HOLIDAYPROGRAM

## THE BIGGEST MULTI-SPORTS EVENT OF THE YEAR Experience 2 huge days...

- 12 Amazing sports
- 12 individual events
- 6 Olympic Face Offs
- incredible coaching
- non-stop motivation
- unbelievable prizes and possibly an Olympic medal

Since 2001 Motivesports has performed non-sleepover events aimed at PrePrep. Year 6 children.

Since ZUU1 Motivesports has performed non-sleepover events aimed at PrePrep - Year 6 children.

Our multi-sports camps are 2 or 3-day events occurring between the hours of 8,30am to 3,30pm daily.

We design our sports for all abilities and focus on the energy and effort rather than a children. Our multi-sports camps are Z or 3-day events occuring between the nours of 6,30am to 3,30pt
We design our sports for all abilities and focus on the energy and effort rather than a child's
sportion ability. Children who attend Mathillanaria Campe learn about teamurick & enorsance. We design our sports for all abilities and focus on the energy and effort rather than a child's sporting ability. Children who attend Motivesports Camps learn about teamwork & sportsmanship and constant motivation.

sporung ability. Crividren who attend friodvosports Camps learn about the sporung ability. Crividren who attend friodvosports camps learn about the sporung ability. Crividren who attend friedward from the sporung ability.

All Motiv8sports campers are treated like superstars and our safety /supervision is second to none.

We take anarmy and provingers porticipation to a new level with our improvement and provingers. We take energy and maximum participation to a new level with our innovative array of Ohmoir themort enorse stronged opening months and our safety respective array.

of Olympic themed sports. #noonedoesitikemotiv8sports

VISIT MOTIV8SPORTS.COM.AU westernsuburbs@motiv8sports.com.au Ph: 0412 552 555 DON'T MISS OUT! BOOK YOUR PLACE TODAY



## CLAREMONT FOOTBALL CLUB MASTERCLASS



The CFC Masterclass is a skill development program that incorporates match stimulation drills to help develop players decision making skills and game awareness.

#### **PARTICIPANTS RECIEVE**

- CFC PRE-SEASON TRAINING CAP
- CFC WATER BOTTLE
- LUNCH

WHERE: CLAREMONT FOOTBALL CLUB

DATE: TUESDAY 13TH OF JULY

AGES: YEAR 6 - 9 (MALE & FEMALE)

TIME: 9AM - 3PM

**COST:** \$ 115

## COACHED BY CLAREMONT WAFL & WAFLW PLAYERS AND COACHES

A YEAR 6/7 AND YEAR 8/9 GAME WILL BE PLAYED FROM 1PM - 2.30PM

A Claremont All-Star side will be selected by Kepler Bradley (Football Manager), Jordan Smith (Talent Manager) and Sam Cousens (Richmond FC)

BOOKING LINK - HTTPS://WWW.TRYBOOKING.COM/BRWQF





## **Our Courses For Practical Parenting**

• 123 Magic<sup>™</sup> & Emotion Coaching (parents of 2-12 year olds)

To help manage difficult behaviour in children, calmly and effectively. Learn how to use empathy so kids begin to identify their emotions and become better at managing them. This enables them to take more responsibility for their own behaviour.

Held over 3 x 2 hr sessions, 7-9 pm. Face to face (Wembley) AND via live webinar Wed 16th, 23rd & 30th June.

• Engaging Adolescents (parents of 11-16 year olds)

Parenting skills for resolving teenage behaviour problems. Gives parents the knowledge and practical skills to assess adolescent behaviour and to engage in those 'tough conversations' when behaviour is a problem.

2 x 2.5 hr sessions, 6.45 - 9.15pm Face to face (Wembley) AND via live webinar Tue 27th July & 3rd Aug.

No Scaredy Cats (parents of 2 - 12 year olds)

Reducing anxiety and building resilience skills in 2 -12 year old children. Held over 3 x 90 min sessions.

3 x 2hr sessions, 7 - 9pm. Face to face (Wembley) AND via live webinar Mon 2nd, 9th & 16th August

Fathering 101 - Information for Dads.

Men are more involved in parenting than ever before, but with so much information it can be hard to know how to do it well and with confidence. Register for this fantastic workshop delivered by a dad for dads!

1 x 2hr session (Leederville location). Thurs 24th June, 6-8pm

- Child Clinical Psychology services (2-10yrs)
- Private consults and courses.

behaviourtonics.com.au info@behaviourtonics.com.au Ph: 9285 8100



IN AUGUST

FOR BOYS & GIRLS

Under 7s, 9s, 11s teams

Visit wembleybaseball.com or scan below

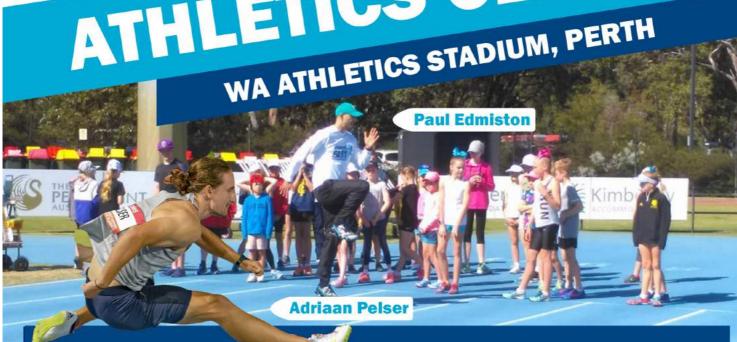






Tue 13th & Wed 14th July 2021

ATHLETICS CLINIC



## CHOOSE ANY 4 EVENTS PER DAY

This clinic is designed to develop athletic skills for boys and girls aged 8 to 16 years.

Be coached by world class athlete & coach.



SPRINTINGFAST.COM/HOLIDAY-CLINIC



#### Club Professional: Andy Mackechnie Floreat Park Tennis Club

Cnr The Boulevard and Selby Streets, Floreat

#### For Junior Coaching enquires contact Justin: 0435 360 842

Email: justin@floreatparktennisacademy.com Website: www.floreatparktennisacademy.net Mailing Address: PO Box 46, Scarborough WA 6922

Welcome to Floreat Park Tennis Academy and the coaching program at Floreat Park Tennis Club. The Coaching Team is made up of Andy Mackechnie, Justin Manaf, Jason Hiew, Alex Slaidins, Jackie Yip and Hannah Walsh.

#### **JUNIOR COACHING PROGRAMME**

Term 3, 2021 Coaching Programme – 10 weeks starting Monday 19 <sup>th</sup> July 2021			
Class Type	Days Available	Time	Cost (Inc. GST)
BLUE BALL	TUESDAY SATURDAY	4:00 - 4:30 PM 8:30 - 9:00 AM	\$103
RED BALL	MONDAY & THURSDAY WEDNESDAY SATURDAY	3:45 - 4:30 PM 4:30 - 5:15 PM 7:45 - 8:30 AM 8.30 - 9.15AM	\$145
ORANGE BALL	MONDAY, WEDNESDAY & THURSDAY  SATURDAY	4:30 - 5:30 PM 8:30 - 9:30 AM 9.15 - 10.15AM	\$207
GREEN BALL	MONDAY & THURSDAY SATURDAY	4:30 - 6:00 PM 9:00 - 10:30 AM	\$239
PENNANT TRAINING	TEAMS WILL BE ORGANISED BY JASON	N/A	\$207

Early Bird special 10% off when you pay for Term 3 BEFORE the 3<sup>rd</sup> of July 2021.

Blue, Red and Orange Ball classes will have a maximum of 6 players per coach.

#### **CLASS DESCRIPTION**

#### **RED BALL CLASS**

This Class is for beginner players who have little or no Tennis experience, with a balance of basic technique and movement along with fun games it is a great way for your Little Champs to begin their tennis journey.

(THE RED BALL IS 75% SLOWER THAN YELLOW TENNIS BALL)

#### **ORANGE BALL CLASS**

This Class is designed for players who have either progressed from RED BALL or have had some basic tennis teaching. This class will focus on footwork and control of both Forehand and backhand, it will also introduce the basic serving technique.

(THE ORANGE BALL IS 50% SLOWER THAN YELLOW TENNIS BALL)

#### **GREEN BALL CLASS**

This Class is designed for players who have progressed from ORANGE BALL and will focus on control of tennis ball with spins, developing movement to and from the shots, correct scoring and volley technique.

(GREEN BALL IS 25% SLOWER THAN YELLOW TENNIS BALL)

## ENROLMENT FORM

STUDENT INFORMATION		
Name:		
Address:		Postcode:
Emergency Contact Number:		
Email:		
DOB:	Medical Condition:	
Class:	Day:	Time:

PAYMENT: Electronic transfer to: BSB 016305, Act No. 471 266 155, Act Name Andrew Mackechnie

<sup>\*</sup>Please note: Lesson cancellation: a 'No Show' or 'late cancellation' fee may apply.



PERTH FLYING SQUADRON YACHT CLUB











## TACKERS 1

#### "HAVING FUN"

MONDAY 5 JULY TILL FRIDAY 9 JULY 8:30AM - 12:30PM

THIS COURSE AIMS TO PROVIDE CHILDREN WITH A FUN. SAFE WAY TO GET INTO SAILING AND IS **DESIGNED FOR PARTICIPANTS WHO WISH TO** HAVE FUN & LEARN THE BASICS OF SAILING THROUGH GAMES ON & OFF THE WATER

## TACKERS 2

#### "TRICKS & TECHNIQUES"

MONDAY 12 JULY TILL FRIDAY 16 JULY 8:30AM - 12:30PM

THIS COURSE AIMS TO BUILD ON THE FUN FROM TACKERS 1 & PROGRESS ON SAILING SKILLS. IF KIDS ARE CONFIDENT THEY CAN SAIL A BOAT ON THEIR OWN WITH LOTS OF SUPPORT & SUPERVISION FROM THE INSTRUCTORS

MEMBERS =\$247/COURSE NON-MEMBERS = \$278/COURSE



#### **REGISTRATIONS CLOSE FRIDAY 2 JULY 2021**

TO REGISTER CALL RECEPTION ON (08) 9386 6437, EMAIL MEMBERS@PFSYC.COM.AU, OR REGISTER THROUGH OUR WEBSITE













# REGISTER NOW WITH UWA West Coast Swimming Club

## **UWSC WINTER PROGRAM (TERM 2 and 3)**

Monday 19 April to Friday 24 September
Register now for UWSC Junior Development Squads
winter (short course) program

Our Junior Development squads will teach swimmers how to train and swim faster while maintaining good technique.

Visit the UWSC website to register online at: www.uwawestcoast.store or email: administration@uwawestcoast.org

www.uwawestcoast.org



## FREESTYLE MARTIAL ARTS

## WE ARE OFFERING A 2 WEEK FREE TRIAL!

We teach our students to FIGHT OFF STRANGERS!
We teach our students to BELIEVE IN THEMSELVES!
We teach our students to HANDLE BULLIES!
We teach our students to ENJOY BEEN ACTIVE!







Former Perth Wildcat and Olympian Shawn Redhage is bringing his basketball skills program to your school

GIRLS AND BOYS OF AL SKILL LEVEL ARE WELCOME

LOCATION:

**DURATION:** 

DATE & TIME:

COST

REGISTRATION



YOUR CHANCE TO LEARN FROM THE PROS

alcoholt!

**SPOTS ARE VERY LIMITED** 

FOR MORE INFORMATION OR TO REGISTER
PLEASE VISIT

WWW.REDHAGEBASKETBALL.COM

# Taekwondo

Child Safety
 Child Health
 Peace of Mind

## **TAEKWONDO** for **KIDS**



BOOK EARLY! Limited Spaces



Give your child the help they deserve to build their:

- CONFIDENCE
- SELF ESTEEM FOCUS STRENGTH
- COORDINATION
   BALANCE
   LIFE SKILLS in our specially designed programs just for kids.

Help your child grow, develop and defend for themselves!

Starting from 4 YRS AND UP!

**GIVE YOUR CHILD A KICKSTART IN LIFE! A FIGHTING CHANCE!** 



0402 144 018

Call **ANTHONY** to make your booking today!

FORSTER PARK HALL corner Keane Street & Abernethy Road, Cloverdale WOODVILLE PAVILION HALL corner Fitzgerald & Farmer Street, North Perth