Community News





SCHOOL OF





ESTYLE MARTIAL ARTS



Start your term off right by learning focus and self-defence!

CALL NOW

For your two week FREE trial! Phone 0429 123 202 www.schooloffreestylemartialarts.com We also have adult classes available. admin@sofma.com.au a









We teach our students to fight... off strangers.

We teach our students to talk back... to bullies.

We teach Respect, Confidence, and Courage.

Little Dragons (4-6yrs)

Days: Tuesday Thursday Saturday 3:40pm 3:40pm 8:00am Times:

Beginners (6-12yrs)

Days: Wednesday Thursday Friday Saturday Times: 4:30pm 3:40pm 8:45am 3:40pm







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. Group Triple P (7 weeks) Warwick Monday's commencing 18th October 2021 9.30am-11.30am
- 2. Seminar Series Joondalup Tuesday's 9th,16th and 23rd November 2021 9.30am-11.30am
- 3. Discussion Group (Dealing with Disobedience) Craigie Wednesday 3rd November 2021 9.30am-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:

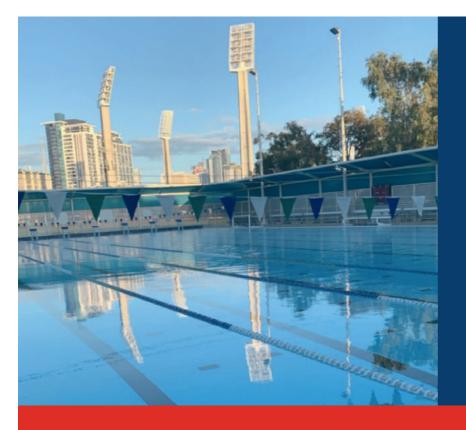
- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

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.







WESTERN SPRINT SWIMMING CLUB

Come down for a free trial session!

WESTERN SPRINT SWIMMING CLUB IS PERTH'S BEST KEPT SECRET!

- Friendly, dedicated, highly-qualified coaching team
- Exclusive use of pool
- 8 lanes available every session
- 8 sessions available every week
- State of the art gym facilities
- All ages & swimming levels welcome
- Junior, Age, State & National level squads all year
- Learn to Swim during summer season
- Friendly family community
- Social events for the swimmers
- No pool entry fees

Whether your want to smash some goals in competitive swimming, get carnival ready, improve your fitness, or make life-long friends, Western Sprint is the club for you!

JOIN THE CLUB AND GET:

FREE Swimtek mesh bag
FREE Swimtek goggles
FREE Swimtek silicon swimcap

TO REGISTER:

Call or text Clark on **0415 123 384**

LOOK FORWARD TO MEETING YOU ON POOL DECK!

UWA WEST COAST SWIMMING CLUB

REGISTER NOW WITH UWA West Coast Swimming Club

UWSC SUMMER PROGRAM: TERM 4 2021 - From Monday 11 October Register now for UWSC Junior Development Squads

Our Junior Development squads will teach swimmers how to train and swim faster while maintaining good technique in a fun squad environment.

Visit the UWSC website to register online:

www.uwawestcoast.org or contact us by

email: administration@uwawestcoast.org

phone: 08 6156 1900

www.uwawestcoast.org



WOODSIDE NIPPERS

@ CITY OF PERTH SLSC



Do you have children aged between 5 and 13 who love the beach?

Sign them up for our Woodside Nippers
Program so they can learn beach safety
skills while participating in fun beach
activities!

To register for the 2021/22 season click on the link below;

http://cityofperthslsc.com.au/nipperregistration/

If you have any questions please give our reception a call between 9am and 2pm weekdays on 08 6183 3843 or email at reception@cityofperthslsc.com.au





Please note important dates below;

- 10th October Proficinecy Swim @ Churchlands SHS 10-11am
- 24th October Nippers Opening Day/Info Day
- 28th November Under 6 Nippers Commence





AUSTRALIAN SPORTS CAMPS

AUSTRALIANSPORTSCAMPS.COM.AU

3-DAY SPORTS CAMPS WA

BOOK NOW 30% OFFER (SAVE \$99)

9am - 3pm each day. High quality sports program for 5-15 -year olds delivered by expert & qualified coaches.

SPORTS

AFL – Basketball – Netball Soccer – Hockey – Cricket

LOCATIONS

Bull Creek | Jolimont | South Perth
City Beach | Churchlands | Doubleview | Mount
Lawley



Call 1300 914 368 or visit australiansportscamps.com.au to book or for more information.

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