

# Community News



## SCHOOL OF



## FREESTYLE 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](http://www.schooloffreestylemartialarts.com)

We also have adult classes available.

[admin@sofma.com.au](mailto:admin@sofma.com.au)



**NOT SURE IF MARTIAL ARTS IS RIGHT FOR YOUR CHILD?**

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  
Times: 3:40pm 3:40pm 8:00am

**Beginners (6-12yrs)**

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





# 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](https://healthywa.wa.gov.au/parentgroups).

### Coronavirus update

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 you 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**

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**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](http://www.uwawestcoast.org)**

**or contact us by**

**email: [administration@uwawestcoast.org](mailto:administration@uwawestcoast.org)**

**phone: 08 6156 1900**

**[www.uwawestcoast.org](http://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/nipper-registration/>

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](mailto:reception@cityofperthslsc.com.au)



**Please note important dates below;**

- 10th October - Proficiency 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

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

**BOOK NOW  
30% OFFER  
(SAVE \$99)**

### 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](http://australiansportscamps.com.au)  
to book or for more information.



# Taekwondo

• Child Safety • Child Health • Peace of Mind

## TAEKWONDO for KIDS



**FREE  
2 WEEK PASS**  
for you and a friend.  
**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!**



**ATI**martialarts  
Achievement Through Trust & Integrity

[www.atimartialarts.com.au](http://www.atimartialarts.com.au)

**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