

Community News

☂ Summer ☂ School Holiday
Workshops with LEGO® Bricks



FUN for the Kids 😜 More TIME for You



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.

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.



SCHOOL OF



FREESTYLE MARTIAL ARTS



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

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





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!**



8 motiv8sports

The Worlds Greatest School Holiday Camps

Dec 20 - Perth Modern

Dec 22 - St Hilda's Anglican

Jan 17/18 - St Hilda's Anglican

Jan 24/25 - Perth Modern

**PrePrimary
- Yr6**

**BOOK
NOW**

www.motiv8sports.com.au

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

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
- > Children grouped on age and skill level
- > Bring your friends along and we can group you together!
- > Suitable for children of all skill levels

**BOOK NOW
30% OFFER!
(Save \$99)**



SPORTS

Basketball - Netball
Soccer - Hockey - Cricket

LOCATIONS

Bull Creek | City Beach | Churchlands | Fremantle |
Jolimont | South Perth | Wembley Downs

**Venues include Hale School, City Beach Oval, Fremantle
Park and Gold Netball Centre**

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



UWA West Coast Challenge

For Swimming WA Members

AND

Splash & Dash Carnival for 'rookie racers'

Saturday 11 December, 2021
HBF Stadium, Mount Claremont

The UWA-West Coast 'Splash & Dash' carnival is the ideal introductory meet for 'rookie racers' who are still trying to decide if swimming is the sport for them! **You don't have to be affiliated with a Swimming WA club to come along and give swimming a try!**

The 25m and 50m distances are particularly suited to novice swimmers. Registration includes a meet program, estimated timeline and a swim cap.

REGISTER NOW: see UWA West Coast website
www.uwawestcoast.org/club-nights
email: administration@uwawestcoast.org
phone: 08 6156 1900

*Registrations close Saturday 4 December for UWA West Coast Challenge and
Monday 6 December for Splash and Dash Carnival*

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



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



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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



**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!**



ATImartialarts
Achievement Through Trust & Integrity

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