

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

We also have adult classes available.

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





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!**



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:

- Group Triple P (Craigie)
Wednesday's - commencing 16th Feb 2022 9.30am - 11.30am
- Seminar Series (Joondalup)
Thursday's - 24th Feb, 3rd and 10th March 2022 9.30am - 11.30am
- Seminar Series (Floreat)
Wednesday's - 23rd, 30th March and 6th April 2022 9.30am - 11.30am
- Discussion Group (Craigie) "Dealing with Disobedience"
Tuesday - 15th March 2022 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.

Your
OSHC.

Bookings are now open for 2022



What is OSHC and why is it right for your family?

OSHC stands for Outside School Hours Care. OSHC provides enrichment and care for primary school-age children outside school hours.



Showcase experiences

Featured activities that engage children and help them grow.



Dedicated zones

Every session offers children the choice between diverse experiences.



Experienced educators

Our educators are passionate about inspiring children and helping them grow.



Hassle free

Conveniently located with extended operating hours. Industry leading Parent Portal app.

What's coming up in 2022 in Your OSHC?



The BIG Art & Expression Competition returns in 2022, giving all children the chance to showcase their creative expression.



Back by popular demand, the Handball Championships are coming back to services next year. Get ready to bounce!

FREE to Register

Once registered, you'll be able to easily make and manage your bookings online via our [Parent Portal](#)

CCS available

The Child Care Subsidy can provide up to 85% off your fees. If you're unsure about your eligibility contact Centrelink on 13 61 50.

Book from your smartphone

Download the Parent Portal app on [iOS](#) or [Android](#) to make and manage bookings with ease.

Visit our blog

New [articles](#) are added each week for parents and cover various topics to help families.

Make a SPLASH this school holidays at Loftus Recreation Centre

Join the KidsCo team at Loftus Recreation Centre for the BEST school holidays ever!



Book now!

📱 Visit kidsco.net.au/loftus

Psst... All West Leederville Primary families get 10% off!

Here's a sneak peek of what's on!

Our School Holiday programs have a new theme EVERY DAY to keep your little legend's curiosity growing!

PUBLIC HOLIDAY	IN CENTRE	EXCURSION*	IN CENTRE	EXCURSION*
 <p>Family day! No programs running today.</p> <p>MON 03/01</p>	 <p>Hakuna Matata It mean's no worries for the rest of your days! Enjoy a day of worry-free activities with Timon and Pumbaa, KidsCo style!</p> <p>TUE 04/01</p>	 <p>Park Adventures Let your imagination run wild! Speed down the flying fox, build a dam or set out on an adventure on the giant ship!</p> <p>WED 05/01</p>	 <p>New Worlds Robotics Full S.T.E.A.M ahead! Welcome to the future where there are gizmo's and gadgets galore! Let's get robotic!</p> <p>THU 06/01</p>	 <p>Water Park Splash Out!* Race on the awesome water slides and cool off in the pools! *Children must have a rash shirt to participate.</p> <p>FRI 07/01</p>

Our School Holiday programs have a new theme every day to keep your little legend's curiosity growing! All of the programs are led by qualified school teachers (who know how to be a BIG kid) and instil resilience and confidence!

We understand that things often don't go as planned.
That's why we offer FREE cancellations and late bookings with no extra fees!



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



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
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