

HUGE END OF SEMESTER SALE!

30% - 50% off
All Clothing

40% off
All Casual Footwear

30% off selected
Tennis & Squash Racquets

40% off selected
Performance Footwear

TWO WEEKS ONLY!!
STARTS MONDAY MAY 19TH



PHONE: 9380 2306

Uni Sports For Kids WICKED WINTER!

Uni Sports For Kids is a school holiday program for children aged 5-12 years accommodating those holiday-working parents.

Warm up with Sport this Winter!

Week 1: Monday 7 July – Friday 13 July

Week 2: Monday 14 July – Friday 18 July

9:00am – 1:00pm (or)

9:00am – 3:30pm (or)

9:00am – 5.15pm



New Program Addition – HEALTHY HEART DAY

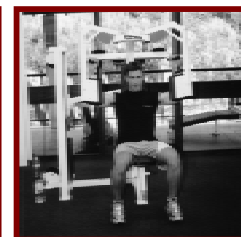
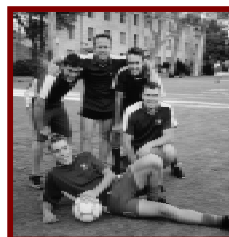
Blood Pressure Checks, Exercise Programs, Healthy Eating, Listen to your heart, Fitness Classes and Heart Rate Calculation

COSTS:

Starting from \$25.00 per day per child

Discounts available for more than one weekly enrolments

RECREATE™



FITNESS CENTRE MEMBERSHIP

Have you purchased a UWA Fitness Centre membership yet?

With over 70 classes a week, a huge variety of class styles, unlimited appraisals by qualified instructors, a great range of equipment and a friendly relaxed atmosphere, the UWA Fitness Centre represents awesome value for money.

Why not come down and give us a try! For more information on membership please call us on 9380 2286.



Fitness Centre Timetable

Timetable runs until 8th June 2003

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15 AM	Body Pump (A)	Body Combat (A) Energiser (C)	Body Pump (A)	45 Alive (A) Energiser (C)	Body Pump (A) Energiser (C)		
7:00 AM	Circuit (C)	Terminator (C)	Circuit & Relax (C)	Falburner (C)	Circuit(C)		
9:30 AM	Body Pump (A)	Circuit (C)	Body Pump (A)	Circuit (C)	Body Pump (A)	Body Pump (A) FitBox (C)	Body Combat (A) Circuit & Abs (C)
10:30 AM						Body Combat (A) Flag Circuit (C)	Body Pump (A) Circuit & Relax (C)
11:30 AM						Circuit (C)	
12:00 PM	Body Combat (A) Circuit & Relax (C)	Body Pump (A) Flag Circuit (C)	45 Alive (A) Circuit (C)	Body Pump (A) Circuit & Abs (C)	Body Combat (A) Circuit (C)		
1:00 PM		Falburner (C)		Falburner & Relax (C)			
4:00 PM	Body Combat (A) Circuit (C)		Flag Circuit (C)		Circuit (C)		
5:00 PM	Step Athletic (A) Century Circuit (C)	Body Pump (A) Aero Circuit (C)	Body Pump (A) FitBox (C)	HiLo 2 Go (A) Terminator (C)	Body Pump (A) Super Circuit (C)		
6:00 PM	Body Pump (A)	Body Combat (A)	Body Combat (A)				
6:15 PM	Circuit (C)	Circuit (C)	Circuit (C)	Circuit (C)	Circuit (C)		
7:15 PM	Circuit & Relax (C)	FitBox (C)	Circuit (C)	FitBox (C)			

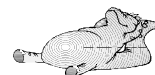
(C) Held in the Circuit Room (A) Held in the Multipurpose Room



Winter Warmer Specials!

Beat the BULGE

with a 2-month fitness membership for \$70
(valid until 8th June 2003)



Bounce your way to a Better Bod!

Between now and the 8th June, you can purchase a FitBall for \$30 and you'll receive a free 1 hour workshop!



PHONE: 9380 2286

SOCIAL SPORTS!

No Nomination Fee!
No Ladders!
No Finals!
Just Pure Fun...

Monday Mixed Netball
Tuesday Mixed Touch
Wednesday 5-a-side Soccer

Season starts Monday 9th June

Nomination forms are available from UWA Sports Reception

For more information you can email uwaspro@sport.uwa.edu.au or phone 9380 2286

ENROLMENT DATES: 9 – 22 JUNE

PROGRAM RUNS FROM 30TH JUNE FOR 4 WEEKS

Ph: 9380 2286

Fax: 9380 1043

UWA Sport & Recreation Association Inc., Carpark #1, Stirling Highway, Crawley

www.sport.uwa.edu.au

FREE!

Winter Break 2003



2003 WINTER BREAK RECREATE™ COURSES

Enrolments: 9 – 22 June

are also online at www.sport.uwa.edu.au

HEALTH & FITNESS

PILATES	Tutor: Melissa McKnight & Liz Cornish	Day: Mon & Thu
	Venue: UWA Rec. Centre Meeting Room	Starts: 30 th June
Pilates concentrates on pelvic stability whilst rebalancing the body with correct breathing and alignment, strength, flexibility and posture. It is a total mind and body workout of floor exercises comprised of slow, controlled movements.		

Members:	\$67.00	Non-Members:	\$90.00
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Introduction (Melissa McKnight)	Code: 340	Time: 5:30 – 6:30pm
Intermediate (Melissa McKnight)	Code: 345	Time: 6:30 – 7:30pm
Beginners Lunch (Liz Cornish)	Code: 347	Time: 12:30 – 1:30pm

YOGA	Tutor: John McCumiskey	Day: Tues/Wed
	Venue: UWA Boatshed	Starts: 1 st /2 nd July

Yoga is a way of stimulating vitality, developing fitness, enhancing good health and increasing the ability to relax. Classes include limbering, stretching and strengthening within the body. Classes are suitable for beginners and those with some experience.

Members:	\$33.00	Non-Members:	\$45.00
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Lunch (Wednesday)	Code: 437	Time: 12 – 1pm
Morning (Wednesday)	Code: 439	Time: 6:30 – 7:30am
Evening (Tuesday)	Code: 438	Time: 5:30 – 7pm

KICK BOXING FOR FITNESS	Tutor: Simon O'Connor	Day: Mon & Wed
	Venue: UWA Rec. Centre Circuit Room	Starts: 30 th June
Want to try something different? This self-defence course primarily focuses on fitness and will improve flexibility and strength/power of the upper and lower body. Combining kickboxing, Muay Thai and Ju Jitsu this course also provides a very effective self defence system that's easy to learn. Come along, belt some pads and get fit.		

Members:	\$42.00	Non-Members:	\$56.00
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HALF A MARATHON IN 4 WEEKS	Code: 320	Time: 8:15 – 9:15pm
	Tutor: Trevor Tan	Day: Fri
	Venue: Meet at UWA Rec. Centre	Starts: 4 th July

The UWA Fitness Centre offers a free running program for the complete novice or the experienced marathon runner. Join us on Friday mornings for a series of fun runs along the river foreshore and through Kings Park. General warm-up and stretching techniques will be taught and each participant will be given a training diary to record their progress.

Members:	Free	Non-Members:	Free
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	Code: 330	Time: 6:30 – 7:30am
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OUTDOOR ADVENTURE

MARGARET RIVER CAVING & ABSEILING	Tutor: David Oldland	Day: Fri, Sat & Sun
	Venue: Meet at UWA Rec. Centre	Starts: 4 th July @ 5pm

Join us for an exciting and adventurous weekend, exploring the cliffs and caves of the South West. Abseil ocean cliffs, Giants and Brides caves and explore the amazing underground network of caves. You don't have to be an experienced abseiler to enjoy the weekend – beginners and experienced abseilers are welcome. Cost includes specialised equipment, expert instruction and accommodation at Margaret River Lodge. Participants need their own food. Transport will be provided.

Members:	\$210.00	Non-Members:	\$280.00
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BIBBULMUNDAY WALK	Code: 710	Time: All Day
	Tutor: David Oldland	Day: Sun
	Venue: Meet at UWA Rec. Centre	Starts: 13 th July

Join us for a leisurely stroll along the Bibbulmun Track. Enjoy the wonderful scenery and wildlife as we wander along the track in Perth's Hills. All you need to bring is a small daypack with your lunch and something to drink. Transport from the UWA Recreation Centre is provided.

Members:	\$37.00	Non-Members:	\$50.00
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GREAT SOUTHERN ESCAPE	Code: 770	Time: 6am – 5pm
	Tutor: David Oldland	Day: Fri, Sat & Sun
	Venue: Meet at UWA Rec. Centre	Starts: 18 th July @ 5pm

Enjoy some of WA's best bush walking and abseil Castle Rock as we venture off to Albany on a Great Southern Escape. After a day of exploring the Porongurup's you will then enjoy possibly one of the worlds best tree top walks at the Valley of the Giants on the way back to Perth.

Members:	\$210.00	Non-Members:	\$280.00
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	Code: 715	Time: All Day
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SPORT

TENNIS	Tutor: Gamefit Tennis Academy	Day: Wed/Sun
	Venue: UWA Rec. Centre Tennis Court	Starts: 2 nd /6 th July

Come and learn how to play tennis with these affordable courses. Beginners – Involves establishing basic techniques on ground strokes, volleys and serves. Intermediate – Problem areas will be addressed as well as improving your current skill level.

Members:	\$50.00	Non-Members:	\$67.00
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Beginners (Wednesday)	Code: 847	Time: 6 – 7:30pm
Intermediate (Sunday)	Code: 850	Time: 9 – 10:30am

GOLF - BEGINNERS	Tutor: Brad Parker	Day: Sat
	Venue: Wembley Golf Club	Starts: 5 th July
In this course you will learn the mechanics of the golf game, from putting to the full swing, with exercises to facilitate the development of 'muscle memory'. The Wembley Golf Course is an excellent facility with an extensive driving range and putting greens.		

Members:	\$90.00	Non-Members:	\$120.00
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FENCING - BEGINNERS	Code: 800	Time: 9 – 10:30am
	Tutor: UWA Fencing Club	Day: Sun
	Venue: UWA Recreation Centre	Starts: 6 th July

Come and join experienced French Fencing Player and Coach Mathieu Meriux for this great course introduction to a wonderful sport.

Members:	\$56.00	Non-Members:	\$75.00
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SWIM FOR FITNESS	Code: 880	Time: 4 – 6pm
	Tutor: Peter Duckett	Day: Mon, Wed, Fri
	Venue: Challenge Stadium	Starts: 30 th June

This course is ideal for those who are able to swim but wish to improve their stroke technique, fitness and strength. The course caters for individual capabilities and your technique will be corrected to ensure steady improvement in your speed. Participants need to pay concession entry to Challenge Stadium.

Members:	\$52.00	Non-Members:	\$70.00
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	Code: 270	Time: 7 – 8am
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SALSA & MERENGUE	Tutor: Rose Leonard	Day: Mon
	Venue: UWA Rec. Centre	Starts: 30 th June

Salsa & Merengue are two exciting, fast Latin Dances full of rhythm, hip movement and joyous sensuality. The techniques of couple based dancing such as spins and turn mix with the spontaneity and freedom of club dancing in an irresistible blend. Get ready to join Perth's booming Latin scene.

Members:	\$39.00	Non-Members:	\$52.00
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TAP DANCE	Code: 640	Time: 7 – 8:15pm
	Tutor: Rachel Found	Day: Thur
	Venue: UWA Recreation Centre	Starts: 3 rd July

Ever wished you could do the Hot Shoe Shuffle? Here's your chance to see what it really involves. This course will introduce you to the basics of tap dancing and give you a great workout at the same time. Participants will need hard soled shoes suitable for wooden floorboards.

Members:	\$45.00	Non-Members:	\$60.00
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DIJDERIDU	Code: 680	Time: 7 – 8pm
	Tutor: Glenn Edgar	Day: Mon
	Venue: UWA Guild Postgrad. Lounge	Starts: 30 th June

The didjeridu is the world's oldest and most unique wind instrument. In this course you will learn the techniques of didjeridu playing including vocals and sounds, rhythms and circular breathing. The course will be educational and enjoyable.

Members:	\$58.00	Non-Members:	\$79.00
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SUNDAY TANGO	Code: 690	Time: 6 – 8pm
	Tutor: Yvette Grant & Scott Davies	Day: Sun
	Venue: UWA Recreation Centre	Starts: 6 th July

One of the worlds most popular and sensual dances has arrived at UWA! Come and join Yvette and Scott and learn how to dance the seductive dance of the Tango.

Members:	\$57.00	Non-Members:	\$76.00
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BALLET	Code: 695	Time: 5:30 – 7pm
	Tutor: Rachel Found	Day: Fri
	Venue: UWA Recreation Centre	Starts: 4 th July

Missed an opportunity as a child? Here is a rare chance to learn the basics of ballet, improve your posture and strengthen muscles you didn't even know existed. Enjoy developing your fitness, poise and grace in this introductory course. This course is also suitable for people with some previous ballet experience.

Members:	\$44.00	Non-Members:	\$59.00
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	Code: 685	Time: 7:30 – 8:30pm
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JUST FOR FUN

KEELBOAT SAILING	Tutor: Sunsmart State Sailing Centre	Day: Sat
	Venue: Mounts Bay Sailing Club	Starts: 5 th July

This course provides the opportunity for novice sailors to learn the fundamental of skipping and crewing on a 24ft yacht. Each participant will rotate through all of the crewing positions as well as learning how to skipper the yacht. All of the fundamentals are covered including: tacking, gibing, sailing upwind and downwind and spinnaker work. The course is great preparation for gaining a crewing position at local yacht clubs.

Members:	\$120.00	Non-Members:	\$160.00
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SWAN VALLEY WINE TOUR	Code: 265	Time: 8:30 – 10:30am
	Tutor: David Oldland	Day: Sun
	Venue: Meet at UWA Rec. Centre	Starts: 27 th July

Spend a day tasting wonderful wines and beers, devouring delicious chocolate and sampling tasty cheese in the beautiful Swan Valley. We'll spend the day visiting the vineyards, breweries plus cheese and chocolate factories with a succulent café lunch thrown in as well. Transport is provided from UWA Recreation Centre.

Members:	\$42.00	Non-Members:	\$56.00
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	Code: 550	Time: 8 – 5pm
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BAR COURSE	Tutor: David Magnus	Day: Mon
	Venue: Mounts Bay Sailing Club	Starts: 30 th June

This course covers the legal aspects of bar work; beer drawing and use of equipment; selecting beer, wine and spirits to make up a well stocked bar; wine tasting; dress and presentation; and the relationship between the bar person and the public. You will receive a certificate at the completion of the course.

Members:	\$90.00	Non-Members:	\$120.00
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OPEN WATER SCUBA DIVING	Code: 120	Time: 6 – 9pm
	Tutor: Julian Holmes	Day: Tue/Thur/Sat/Sun
	Venue: UWA Recreation Centre	Starts: 8 th July

Swim in the depths of the ocean and go on fantastic deep-sea adventures with the UWA Underwater Club once you have completed your open water divers licence. A new world awaits!!!

Members:	\$330.00	Non-Members:	N/A
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Theory – Tue & Thur	Code: 200	Time: 6 – 9pm
Dive – Sat & Sun		Time: 8 – 5pm

ABOUT RECREATE

Who can Enrol?...You can!

Anyone can participate—students, UWA staff, graduates and the general public are encouraged to enrol. UWA Sports members receive a 25% discount off all courses. Enquire about purchasing a UWA Sports membership when you enrol.

Where to Enrol...

UWA Sport & Recreation Association, UWA Recreation Centre reception, Car Park No. 1 (Northern end of campus) Stirling Highway, Nedlands.

How to Enrol...

In Person At the UWA Recreation Centre reception
By Mail Mail your enrolment form to: UWA Sports, Attention: Recreate, M412, 35 Stirling Highway, Crawley 6009

By Phone Call us on 9380 2286 with your credit card details.
By Fax Fax your enrolment form to: UWA Sports, Attention: Recreate on 9380 1043

Website Print off an enrolment form from our website www.sport.uwa.edu.au and mail or fax it to us.

Cancellations...

If a class is cancelled, fees will be refunded in full and you will be notified by telephone or in writing.

Payments...

Cheque: All cheques should be crossed and made payable to UWA Sport & Recreation Association with your name and address on the back.

Cash: EFTpos machines are available at the UWA Recreation Centre reception & the Sport & Leisure Shop.

Credit Card: Bankcard, MasterCard and Visa are accepted.

Refunds...

Changes to your enrolment will only be accepted before 30 June 2002. Refunds will not be given after this date for withdrawal from classes without a Medical Certificate. All requests must be in writing and received within 10 days of withdrawal from the course. A \$10 administration fee may apply to some refunds.

Injuries...

The UWA Sport & Recreation Association (UWA Sports) and/or employees cannot be held liable for any personal injuries or accidents arising from participation in any UWA Sports class or activity unless the organisation is deemed negligent. Participants must be physically and mentally capable to undertake the activity they involve themselves in.

MUSIC & DANCE