

# Recreation

in the City of Kalamunda



**Kaya!** Hello!



# Join our Fitness Family!

Groups. Individuals. All Ages. Find your fit.

## Workout at Hartfield Park!

Hartfield Park Recreation Centre offers a range of cardio and strength equipment for everyone.

- » Free personalised workouts and appraisals with all memberships purchased.
- » Combination memberships also available to include the Group Fitness classes.
- » Gift vouchers available.

## Become a member today!

Our recreation facilities offer a range of memberships and multi-passes for the Gym and Group Fitness areas and Junior/Youth areas.

Becoming a member is a good way to meet new people, improve your health and fitness, and save money.

## Personal Training or Small Group Training

Personal Training is a great way to help you get motivated to reach your fitness goals. With fully-qualified and experienced personal trainers, you can get the customised help you need to achieve the fitness results you desire.

Contact our friendly staff, or our website for more information.



# Unlock a World of Exclusive Benefits



Access to a great range of gym equipment including the latest Technogym cardio machines

Over 40 Les Mills and Freestyle group fitness classes each week

MyWellness app for tracking your health and fitness progress

Free appraisals and body scans

Free 30-minute personal training session

No joining fees

Direct debit or 12 months upfront  
**From \$13.65 per week**

# PLATINUM MEMBERSHIPS



## JOIN NOW

# C R È C H E



## Safe. Fun. Onsite. While you workout.

Our crèche offers friendly, well-trained staff who love caring for children.

Your child will be in a safe & fun on-site environment while you are having a workout or playing sports!

Throughout the year we incorporate 'Healthy Eating' Programs and 'Mini Movers' Programs, encouraging eating a balanced diet; and keeping active with stretching and dancing.

Pop in and say 'hi' to our crèche attendants and ask them to show you the variety of fun toys your child will play with!

Available at Hartfield Park Recreation Centre.

- ★ Multi-passes available
- ★ Open weekdays: 9:00am to 11:30am
- ★ Older-age crèche available during the school holidays and on pupil free days
- ★ The crèche and older-age crèche is closed on public holidays.

**\$4.40**

MEMBERS

**\$5.50**

NON-MEMBERS

Per visit. Conditions apply.



# MUMS & BUBS YOGA

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The Mums & Bubs Yoga program offers a gentle yoga class for new mothers to assist them to regain the strength of their core and pelvic floor muscles. The mother will also learn breathing and relaxation exercises while bonding with their baby.

## Benefits include:

- » assisting parent & baby to relax and bond
- » relieve aches and pains
- » strengthen your pelvic floor and abdominal area
- » restore energy levels and recharge
- » increasing endurance, strength and well being
- » reducing back tension and discomfort
- » building core strength and stability
- » reducing anxiety and stress.

## Details:

Where: Hartfield Park Recreation Centre

Time: Tuesdays 10.30am-11.30am

Cost: \$122.50 per Mother & Baby

Course Duration: Eight (8) week program during school terms.

This class is suitable for babies up to eight months of age, or until they become independently mobile.

# GROUP FITNESS CLASSES

**Multi-passes available!**

Do you like the high energy, social atmosphere of being in a group fitness class?

Then try our wide range of classes at both Hartfield Park Recreation Centre and High Wycombe Community & Recreation Centre.

Hartfield Park Recreation Centre has four studios:

- » Group Fitness Studio
- » RPM Studio (Spin Bikes)
- » Functional Fitness Hart-Fit Studio;
- » Multi-purpose Yoga Studio

Class types range from the famous Les Mills sessions with:

- » Body Pump
- » Body Attack
- » Body Balance
- » CORE
- » Sh'Bam
- » RPM and
- » Grit

To freestyle classes such as:

- » ABT
- » Boxing
- » Yoga
- » Suspension
- » 3XR
- » MetaPWR
- » Fit Zone; and
- » Body Buster.

There is a class available for ages 16 + and all fitness levels.



For class descriptions & timetables, please visit our website

[kalamunda.wa.gov.au/recreation](http://kalamunda.wa.gov.au/recreation)



# TECHNOGYM CARDIO EQUIPMENT

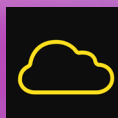
**+ Body Scanner for Fitness Appraisals**

## Technogym Excite Line:

- » Vario Elliptical Cross Trainer
- » Technogym Ellipticals
- » Technogym Treadmills
- » Technogym Recline forma
- » Technogym Cycles
- » Enhanced user experience.



Download the "MyWellness" App, link all your health and fitness activities, track your progress, and get the most out of your programs.



# Excite. Run. Cycle.

# Activities *just for* Kids

Enrol your child in one of our fun, active sessions.

Classes available at Hartfield Park Recreation Centre (HPRC) and High Wycombe Community & Recreation Centre (HWCRC).

& Youth

Only  
**\$9.50**  
Per child  
Per class

**\$85.50**  
10 class pass

## Junior Soccer

**Ages: 3 - 5 years** (HPRC)  
Thursdays 3:45pm - 4:30pm

**Ages: 6 - 11 years** (HPRC)  
Thursdays 4:45pm-5:45pm

**Ages: 7 - 11 years** (HWCRC)  
Mondays 4:00pm-5:00pm



## Kindy Gym

(HPRC)  
**Ages: 1.5 - 5 years**  
Mondays & Wednesdays  
9:30am-10:20am

## Junior Badminton

(HPRC)  
**Ages: 8 - 11 years**  
Sundays 8:30am-9:30am

**Ages: 12 - 15 years**  
Sundays 9:30am-10:30am

## Junior Volleyball

(HPRC)  
**Ages 8 - 11 years**  
Tuesdays 4:00pm-5:00pm  
**Ages: 12 - 15 years**  
Tuesdays 5:00pm-6:00pm

## Junior Squash

(HPRC)  
**Beginners: 8 - 15 years**  
Tuesdays 4:00pm-5:00pm  
**Intermediate: 8 - 15 years**  
Tuesdays 5:00pm-6:00pm  
**All Levels: 8 - 15 years**  
Saturdays 9:00am-10:00am



## Jump Start

A 'Hart-Fit' Studio Program

High School Year Groups: 7 - 11 (HPRC)

### Jump Start Intro

**Cost: \$85.50 per term**  
Mondays 4.00pm - 5.00pm

### Strength Wednesdays

**Cost: \$9.50 per class**  
**\$85.50 for 10 class pass**  
Wednesdays 4.00pm - 5.00pm  
Prerequisite: Jump Start Intro

### Jump Start Gym Based

**(Progression Youth Fitness Program for Year Groups 9-11)**

**Cost: \$9.50 per class | \$85.50 for 10 class pass**  
Fridays 4.00pm - 5.00pm  
Prerequisite: Jump Start Intro

## Recreation Facilities

P 9359 1700 E recreation@kalamunda.wa.gov.au  
[www.kalamunda.wa.gov.au/recreation](http://www.kalamunda.wa.gov.au/recreation)





## Jump Start A 'Hart-Fit' Studio Program

**High School Year Groups: 7 - 11**  
**Hartfield Park Recreation**  
**Centre**

### Jump Start Intro

Mondays 4:00pm - 5:00pm

This is first stage of Jump Start and is a 10-week progression program. Cost: \$85.50 per term

### Jump Start Strength

Wednesdays 4:00pm - 5:00pm

This is a stage 2 casual class that can be attended after the 10-week Jump Start Intro program. Cost: \$9.50 per class.

### Jump Start Gym Based (Year Groups 9-11 only)

Fridays 4:00pm - 5:00pm

This is a stage 2 casual class where students follow their own personal program under the guidance of a gym instructor. A program appraisal is required before they start the class.

Cost: \$9.50 per class.



# Strong. Fit. Healthy.

# Social Games Fun Fitness

at HARTFIELD PARK RECREATION CENTRE

**Ages 16+**



## LADIES NETBALL COMPETITION

Nominate a team for a fun, social competition with your friends, or request to join an existing team.

- » Free crèche for netball players.
- » Competition runs on Fridays during school term.

**\$44.50 team nomination fee (one off)**

**\$73.50 weekly game fee**



## SOCIAL BADMINTON

Come and enjoy some Social Badminton.

Thursday evenings 7:15pm - 8:45pm.

**Only \$10.00 per person per session**

All welcome!



## SOCIAL SQUASH

Get social with a game of squash.

Every Wednesday 7:00pm - 8:45pm.

**Only \$14.70 per person per session**

All welcome!



## SOCIAL VOLLEYBALL

Packed with sets, spikes, bumps ... and fun!

Monday evenings 7:45pm - 8:45pm

**Only \$10.00 per person per session**

All welcome!



**2HR SPORTS  
SPECIAL**

Choose from any combination of basketball, badminton, squash or racquet ball.

Monday to Friday: 8:00am - 4:00pm

Saturday: 8:00am - 2:00pm | Sunday: 8:00am - 12 noon

**Only \$10.50 (Adults) & \$8.50 (Youth)**

# MORE KIDS STUFF

## SCHOOL HOLIDAY ACTIVITIES

A variety of sessions are available at Hartfield Park Recreation Centre each school holidays. These range from Junior Soccer, Junior Badminton, Sports, Junior Volleyball and Junior Squash! To find out more, please visit our website. Places fill fast, book in early!



## KIDS COOKING CLUB

**High Wycombe Community & Recreation Centre**

The award-winning Kids' Cooking Club teaches kids 7-13 years how to prepare healthy foods, follow simple recipes and learn the basics around the kitchen in a fun, supportive environment.

**\$31.50 per child/per session.**

**Dates vary each school holidays.**

**Afternoon Sessions 1:00 pm - 3:15pm**



## BIRTHDAY PARTIES

Hartfield Park Recreation Centre offers a great range of 2-hour indoor birthday parties! Play fun exciting games no matter the weather outside. Activities include indoor soccer, basketball, badminton and disco dance! **Book your child's party today!**

**Jump. Rally. Move.**  
**Play. Cook** and make a **Wish!**



# Active Seniors

## Ages 50+

All classes only  
**\$9.00**  
Multi-passes  
also available

### Hartfield Park Recreation Centre

#### Strength for Life

Improve fitness and quality of life. Please book in for a compulsory appraisal which includes a customised workout designed just for you.

#### Strength/Tone & Stretch/Tone

Pilates-based classes to help improve overall fitness, conditioning and toning. Routines are fun, simple, low impact and designed for all fitness levels.

#### YOGA GOLD

Improve balance and mobility in a calm, welcoming and social environment.

#### Social Table Tennis & Social Pickleball

Great for anyone wanting to stay fit in a fun and inclusive environment! Whether you're a table tennis guru or just getting started with Pickleball, our welcoming participants would love for you to join in. \$6.50 per person

### High Wycombe Community & Recreation Centre

#### ZUMBA® GOLD

Modified Zumba moves and grooves to suit the over 50s. These classes are for people who want a little more excitement, passion and rhythm as a regular part of their fitness activity.

### Ray Owen Sports Centre

#### Live Active

Combining a variety of moves to help improve cardio, strength and flexibility. Fun engaging classes to keep you active at any fitness level.



# Facilities for Hire.



**Choose from a selection of meeting rooms, equipment, commercial kitchen, courts and function rooms.**

## **Sites include:**

- » Hartfield Park Recreation Centre
- » High Wycombe Community & Recreation Centre
- » Maida Vale Hall / Netball Centre
- » Ray Owen Sports Centre

**Hosting a celebration?** High Wycombe Community & Recreation Centre offers a large clean kitchen to prepare your food, main hall and a stage for a band or speeches.

**Interested in hiring another sporting reserve not listed here?** The City currently has many sporting reserves offering activities all year round, with a number of seasonal sporting clubs that use the facilities and reserves.

**Games Trailer Hire.** Why not consider hiring the Hartfield Park's Games Trailer for your next event? Have fun while being active! Suited for sports activities, birthday parties and team building events.

**For more information** please visit our website [Kalamunda.wa.gov.au](http://Kalamunda.wa.gov.au); or contact Hartfield Park Recreation Centre on (08) 9359 1700 during opening hours.

## Our space for your **FUN**ction!

## HEART FOUNDATION WALKING



Walking is a wonderful way to keep fit. It's easy, free and good for people of all ages! Join one of the City of Kalamunda's free walking groups today!



**Forrestfield** Mondays: 8:00am  
Hartfield Park Recreation Centre



**Kalamunda** Tuesdays: 8:00am  
Kalamunda Tennis Carpark

For more info, please call 9257 9839

## YOUTH SERVICES

The City of Kalamunda offer a range of programs and events for young people aged 0-25.

The City of Kalamunda recognises young people as valued members of the community, and we want to enhance their quality of life by ensuring that young people have access to facilities and services which are responsive to their needs and that Council processes are inclusive of young people.

Check out what's happening this year by following us on:



Facebook @cityofkalamundayouth and



Instagram @kalayouthservices

For more info on Youth events, please visit:

[www.kalamunda.wa.gov.au/youth](http://www.kalamunda.wa.gov.au/youth)

## CONVERSATION CAFES - KALAMUNDA WAYFAIRER PROJECT

*Do you enjoy a cuppa and good conversation?*

Monthly coffee chat afternoons are a great way to connect with people in your community in a relaxed and welcoming environment. Suited towards community members aged 50+ wanting to connect, share stories and listen to occasional guest speakers covering a broad range of different topics.

### Locations:

Kalamunda Library, second Thursday of the month, 1pm to 3pm

Woodlupine Community Centre, last Wednesday of the month, 1pm to 3pm

High Wycombe Library, first Wednesday of the month, 1pm to 3pm



**inclusion  
solutions**

For more information, please contact: [plcee4@optusnet.com.au](mailto:plcee4@optusnet.com.au)



# kalamunda water park

## OPENING HOURS

9:00am – 6:00pm	November – March (starting 20 Nov 2023)
6:00am – 9:00am	Early morning lap swimming (Dec - Feb on Wednesdays & Fridays)
10:00am – 5:00pm	Slides (weekends and school holidays)

Cnr of Collins and Canning Roads Kalamunda WA  
P: (08) 9293 4432 | E: [KWP@belgravialeisure.com.au](mailto:KWP@belgravialeisure.com.au)  
[kalamundawaterpark.com.au](http://kalamundawaterpark.com.au)



# Contact us.

## Recreation in the City of Kalamunda

Email: [recreation@kalamunda.wa.gov.au](mailto:recreation@kalamunda.wa.gov.au) Follow us on: 

### Hartfield Park Recreation Centre



199 Hale Road, Forrestfield

T: (08) 9359 1700

Monday – Thursday:

6:00am – 9:00pm

Friday:

6:00am – 8:00pm

Saturday:

8:00am – 2:00pm

Sunday:

8:00am – 12noon

Public Holidays:

Opening times vary

### High Wycombe Community & Recreation Centre



200 Newburn Road, High Wycombe T: (08) 9359 1700

Group Fitness, Junior Programs,  
Hall, Meeting Room and Kitchen Hire

### Ray Owen Sports Centre



96 Gladys Road, Lesmurdie

T: (08) 9359 1700

Netball enquiries

T: (08) 9291 8763

Basketball enquiries

T: (08) 9291 7600

Available by prior arrangement.

Weekdays 8am - 3pm during school terms only.

### Maida Vale Netball Centre



Ridge Hill Road, Maida Vale

T: (08) 9359 1700

Includes outdoor netball courts and indoor hall for hire.  
Contact us to find out more.

### Kalamunda Water Park



*Open from November to March each year*

Cnr Collins & Canning Roads

Kalamunda

T: (08) 9293 4432

[kalamundawaterpark.com.au](http://kalamundawaterpark.com.au)

[kalamunda.wa.gov.au/recreation](http://kalamunda.wa.gov.au/recreation)



Accepted at  
All Facilities

