Spring Edition 2025

Rock Active

Stay Active. Stay Connected. Stay Inspired



From the Coordinator

Spring's finally here, and we're buzzing with activity across all our centres.

We're excited to announce the season opening date of the Rockingham Aquatic Centre on Monday 8 September. The team's been working hard to get everything ready, and we can't wait to welcome you back for another season of swimming, sunshine and community fun.

Over at Mike Barnett Sports Complex, we've got a cracker of a Pickleball tournament coming up, the 50+ Champs. Whether you're playing or cheering from the sidelines, it's shaping up to be a great event.

Baldivis Indoor Sports Complex is launching a brand-new senior class: Balance and Strength Seniors Circuit. It's designed to help older adults stay active and connect with others in a friendly, supportive environment.

Don't forget, Aqua Jetty is now on Facebook. Give us a like and stay in the loop with all the latest updates, programs, and events happening across our centre.

Look forward to seeing you around the facilities soon.

Darren Armstrong

Senior Coordinator Leisure Facilities

R U OK? Day

Small question with a big impact.

On Thursday 11 September, our facilities will be turning yellow in support of R U OK? Day a national reminder to check in with the people around us.

Across Aqua Jetty, Rockingham Aquatic Centre, Mike Barnett Sports Complex and Baldivis Indoor Sports Complex, staff and members will be joining together with decorations, conversation walls and activities designed to spark connections and spread positivity.

We invite everyone to get involved take a moment to pause, write a message, share a coffee, or simply ask someone, "R U OK?"

Together, let's make the day bright, meaningful, and supportive for our whole community.







Spring into fun!

Spring has sprung at Aqua Jetty's crèche and we've got so many fun activities blooming this season. In September, the little ones will be busy making Father's Day gifts to bring home and exploring the five senses through games and play. School holidays mean the return of our much-loved Junior Jetty's program, running from Tuesday 30 September to Friday 10 October the perfect way to keep the kids entertained.

October is set for some spooky fun with our Halloween Party on Friday 31 October, while November kicks off the festive cheer as we decorate the crèche and Christmas tree, ready to celebrate the season together.

It's shaping up to be a season full of colour, creativity and laughter. We would love your family to be part of it. To find out more visit rockingham.wa.gov.au/aquajettycreche



Rockingham Aquatic Centre is open for a new season of fun

Rockingham Aquatic Centre reopens on Monday 8 September. Get ready for a new season packed with new inflatables, fun events, and plenty of activities for the whole family.

Join us this King's Birthday public holiday, Monday 29 September from 10am–3pm for a day of games, activities and inflatables (weather permitting). Don't miss our Royal Meal Deal at the kiosk.

With a heated 50m pool, 25m pool, shaded toddler pool, landscaped gardens, shady lawns, free BBQs and a playground, Rockingham Aquatic Centre is the perfect spot for family fun, parties, or just enjoying the sunshine.

For any enquiries contact the Rockingham Aquatic Centre on **9591 0830** or email **aquaticcentre@rockingham.wa.gov.au**.

Pickleball madness at Mike Barnett

Over 50's Tournaments – September

Pickleball WA will be running two weekends of Over 50's Pickleball tournaments throughout September. This is a great opportunity to see competitive play in action, connect with the Pickleball community and support a growing sport in our region. Event details are attached for those interested in taking part or spectating.

Saturday Pickleball - Returns in October

We are pleased to confirm that Saturday Pickleball will return from 4 October onwards. Sessions will run every Saturday from 8.30am - 10.30am at MBSC. These sessions are open to all skill levels.

For further information on tournaments or weekly sessions, please contact our team at MBSC on **9591 0850.**



Stay active at Baldivis Sports Complex

There's something for everyone at the Baldivis Indoor Sports Complex with programs designed to keep both seniors and little ones moving.

Our Balance and Strength Seniors Circuit runs every Thursday at 9.30am and is a fantastic way for older adults to stay fit, strong, and connected. These sessions focus on improving stability, building strength, and maintaining confidence in everyday movement. It's also a wonderful opportunity to meet new people in a supportive and social environment. Sessions are \$11 per person.

We're also excited to introduce Cubs Sports, a brand new program for children aged two to five years. Held every Friday at 9.30am, this fun and active class gives little cubs the chance to develop endurance, strength, balance, and flexibility through play-based movement. Sessions are \$11 per child, with no bookings required simply come along and join in the fun.

Whether you're looking to boost your own health and wellbeing or get your little one active, the Baldivis Indoor Sports Complex has something for you.

For more information, contact the team on 9591 0840

Balance and Strength Seniors Circuit

Come along, meet new people and get fit at the same time.

🛗 Thursdays, 9.30am

New class

Cost: \$11

Includes a free cup of coffee after class.



To find out more contact the Baldivis Indoor Sports Complex on **9591 0840** or at **baldivisindoorsc@rockingham.wa.gov.au**

Festive fun hits Aqua Jetty in July

What a fantastic turn-out for our Christmas in July quiz. Members enjoyed a fun-filled day of entertaining questions, laughs and friendly competition, with our quiz master truly bringing the goods.

The fun doesn't stop here our next excursion is just around the corner. Join us for a day trip to Dwellingup Forest Discovery Centre, complete with a shopping adventure and lunch. The trip is on 19 September and includes a cost of \$25. Spots are limited, so make sure you secure your place by seeing Jodie or Dawn in the Health Club, or at reception.

Learn to swim at Aqua Jetty

Spring is here, and it's the perfect time for kids and adults to learn essential swimming skills and build water confidence before summer arrives. Our program follows the Royal Life Saving WA "Swim and Survive" framework, welcoming everyone from infants six months and up to adults. Classes are small for personalised attention, with baby lessons in our warm hydrotherapy pool and progressive levels in larger pools as skills grow. Private lessons are also available for those with special needs.

Book your spot today on 9591 0888.





What's On



Father's Day



Rockingham Aquatic Season Opens



R U OK? Day All facilities



Southern River Scramble Mike Barnett



Excursion Dwellingup Aqua Jetty



Southern River Scramble Mike Barnett



School holidays starts



King's Birthday Public holiday



Junior Jetty's starts Aqua Jetty



Junior Jetty's starts Aqua Jetty



School holidays finishes



Pink Ribbon Aqua class Aqua Jetty



Pink Ribbon Bingo Aqua Jetty



Tryathlon Aqua Jetty



Halloween crèche party Aqua Jetty



Movember All facilities



Remembrance Day



Have a go day Aqua Jetty

Fun for everyone these September school holidays

The September school holidays are almost here and our facilities are packed with fun activities for all ages.

At Aqua Jetty and Rockingham Aquatic Centre, enjoy swimming, inflatables, and interactive games in a safe and welcoming environment. Over at Mike Barnett and Baldivis Indoor Sports, kids can stay active with basketball, pickleball and other indoor sports sessions designed to keep them moving and having fun.

For more information, contact your local centre.

