

# Baldivis Indoor Sports Complex

## Lifestyle Timetable

	Monday	Wednesday	Thursday
9.30am			Balance and Strength Seniors Circuit
10am	Vinyasa Flow Yoga		
5.30pm	Yoga	Yoga	

All classes are 60 minutes

## Court Sports

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8.30am			Pickleball <sup>^</sup>			
9.30am	Walking Netball	Casual Pickleball <sup>^</sup>			Casual Pickleball <sup>^</sup>	
4.30pm						Pickleball <sup>^</sup>
6.30pm				Men Rockin' Goals Together		

<sup>^</sup>Denotes two hour session

**Fees: \$12 per person / \$108 10 visit multipass / \$192 20 visit multipass**  
**Casual Pickleball/Play/Shoot: \$5.20 per person**

Please note the Centre is closed on public holidays.

**Pickleball** is a racket/paddle sport in which two players (singles), or four players (doubles), hit a perforated hollow plastic ball on a badminton lined court.

Come down on Wednesdays and Sundays for 15 minute games, with a rotation schedule facilitated by a program assistant. Tuesdays and Fridays are \$5.20 casual play.

Bring your friends, family or meet new people. All fitness levels welcome. Please wear sports attire and bring your own paddle if you have one.

In **Vinyasa Flow Yoga** we sync the movements of our body with the flow of our breath. The classes are fluid and active, which allows us to open up within, and build strength and flexibility with awakening energy.

We then completely wind down to release, soften and restore peaceful balance within. Please bring a yoga mat to the class.

**Men Rockin' Goals Together** is five-a-side soccer. It involves two teams of five players each, including a goalkeeper.

Come alone or bring your mates, all fitness levels welcome. You don't have to bring a team, just show up, and we'll take care of the rest.

In **Balance and Strength Seniors Circuit** we will be working on building your balance and strengthening the body using hand weights and body weight exercises. Come along, meet new people and get fit at the same time. Includes a free cup of coffee after class.

**Yoga** incorporates gentle movements and breath work in gentle flow. For strengthening the spine and problem/stressed areas of the body transitioning into a vinyasa flow.

Adjustments are given during class to ensure the integrity of your body within yoga posture. We will finish with guided meditation for relaxation and calming the brain and nervous system.

**Walking Netball** is a modified version of the traditional game that is fully inclusive allowing anyone to participate regardless of their age, fitness level, ability or previous netball experience.

As the name implies, Walking Netball is a slower version of netball performed at a walking pace.

For more information or enquiries on these or other activities at Baldivis Indoor Sports Complex call 9591 0840 or email [baldivisindoorsc@rockingham.wa.gov.au](mailto:baldivisindoorsc@rockingham.wa.gov.au).