

Children's Party Package

Give your kids a party to remember at BISC. We offer room space, courts for your favourite sports and food options that will keep all the kids happy.

Cost

The cost is **\$25 per head** and includes a party host, 1 hour court hire and 2 hour room hire. A minimum of 10 children is required to book a birthday party and a **\$250 bond** is also applicable.

Don't like sport? There are room hire and other food options available.

Please see the centre's friendly staff or send an email to baldvisindoorsc@rockingham.wa.gov.au for more details or to book a party.



School Holiday Activities

The centre runs a variety of activities during school holidays. Keep an eye on the City's website and Facebook for details.

Alternatively, send an email to baldvisindoorsc@rockingham.wa.gov.au to go on a mailing list for future programs.

Holiday Passes

During school holidays the centre offers holiday passes for kids to be able to use the centre's courts as often as they like depending on court availability. No need to book.

Two week school holidays **\$20**

December/January school holidays **\$50**

Annual Membership **\$110**
Access to courts depending on availability.



Seniors Special

Available in the café.

Seniors Special every Monday, Wednesday and Friday 11am – 1.30pm

Please choose from below options:	
Food	Cost
Fish and chips with salad	\$12.50
Quiche/savoury slice chips and salad	\$12.50
Sandwich and muffin (ask staff for fillings and flavours)	\$12.50

All served with a small coffee or tea.



Baldivis Indoor Sports Complex



9591 0840
baldvisindoorsc@rockingham.wa.gov.au



Lifestyle Timetable

(School term only)

	Monday	Wednesday	Friday
9.30am			Funky Moves
10am	Vinyasa Flow Yoga		
5.30pm	Yoga	Yoga	
6.30pm		Tai Chi Qi Gong	

(All classes are 60 minutes) \$11 per person
Please note classes run during school term only.

Court Sports

	Tuesday	Wednesday	Thursday	Friday	Sunday
8.30am		Pickleball ^			
9.30am	Casual Badminton ^			Casual Pickleball ^	
4.30pm					Pickleball ^
6.30pm			Men Rockin' Goals Together *		

^ Denotes two hour session * School term only

Kids Activities

(School term only)

	Friday
9.30am	Cub sports

(45 minute class) \$11 per person
Please note, the centre is closed on public holidays.

Cost

\$11 per person
\$99 per 10 class multipass
\$5 casual play/shoot
\$198 per 20 visit multipass
\$99 Men Rockin' Goals Together

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.

Tai Chi Qi Gong is a series of gentle physical exercises and stretches. East posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements connecting the mind and body.

Men Rockin' Goals Together is a great group of likeminded lads who get together once a week for a program focused on peer support, nutrition education, weight loss and improving overall health.

Funky Moves is a movement based session that combines upper and lower body moves with good core control and stability to give you a total/full body workout. The exercises are designed to use multiple muscles in smooth continuous movements that enhance your ability to perform everyday tasks and activities. This workout incorporates stamina, strength, balance, flexibility and postural awareness. Please bring a yoga mat to the class.

Evening 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 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.

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 Wednesday's and Sunday's for 15 minute games, with a rotation schedule facilitated by a program assistant. Fridays are \$5 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.

Casual Badminton is a racket sport where players hit a shuttlecock over a net in teams of twos or fours. Bring your friends, family or meet new people. All fitness levels welcome, casual play only \$5. Nets will be available, however you will need to bring your own racket and shuttlecocks.

Cub Sports is a fun active class. The little cubs will experience a range of exercises within this class including endurance, strength, balance and flexibility, plus a variety of sports skills from throwing, catching and kicking.