

Summer Lovin' Timetable from 9 March 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6.30am			SUP YOGA JH Abrahams Reserve, Crawley				6.30am
7.00am	LEARN TO KAYAK Corner Nile Street and Nelson Ave, East Perth (Starts 16 March)			RUNNING CLUB Curtin Stadium			7.00am
7.30am							7.30am
8.00am		BEGINNERS' TAI CHI Group Fitness Room					8.00am
8.30am							8.30am
9.00am							9.00am
9.30am							9.30am
10.00am				WOMEN'S KICKBOXING FOR FITNESS Group Fitness Room			10.00am
10.30am						SALSA DANCING Group Fitness Room	10.30am
11.00am							
11.30am							11.30am
12.00pm	SONG WRITING Seminar Room	MUAYTHAI KICKBOXING Group Fitness Room					12.00pm
12.30pm							
1.00pm			BELLY DANCING Curtin Stadium Dome			BEGINNERS' YOGA Group Fitness Room	1.00pm
1.30pm							1.30pm
2.00pm							2.00pm
2.30pm			AFRICAN DRUMMING Seminar Room				2.30pm
3.00pm							3.00pm
3.30pm							3.30pm
4.00pm		GOLF LESSONS Collier Park Golf Course					4.00pm
4.30pm				BEACH VOLLEYBALL Curtin Stadium			
5.00pm	WOMEN'S SELF DEFENCE Curtin Stadium Dome						5.00pm
5.30pm			AFL FOR BEGINNERS Wesley Curtin, South Oval International Students	CAPOEIRA Curtin Stadium Dome			5.30pm
6.00pm	MIXED SELF DEFENCE Curtin Stadium Dome						6.00pm
6.30pm				DRAGON BOATING Fremantle Swan Dragon Boat Club			6.30pm
7.00pm							7.00pm

DRAGON BOATING

Six weeks of weekly sessions on the Swan River. Learn the ancient sport of Dragon boating. Great for fitness and meeting new people.
Location: Fremantle Swan Dragon Boat Club.

LEARN TO KAYAK

Five week beginners course on kayak touring and building on kayaking basics. Class duration: 1 1/2 hrs. Starts 16 March.
Location: Corner Nile St and Nelson Ave, East Perth.

SUP YOGA

Six week stand up paddleboard (SUP) yoga course.
Location: JH Abrahams Reserve, Crawley.

AFRICAN DRUMMING

Seven week workshop. Learn basic skills and try different rhythms to improve your mood and get your blood pumping.
Location: Curtin Stadium.

SONG WRITING

Six week song writing workshop. Learn the skills to effectively write a song and understand the importance of song structure.
Location: Curtin Stadium.

CAPOEIRA

Seven week beginners class. Capoeira is a Brazilian martial art that combines dance, kicks, acrobatics, music, singing and percussion woven into one fun and amazing activity for everyone.
Location: Curtin Stadium.

MIXED SELF DEFENCE

Seven weeks learning vital self defence techniques.
Location: Curtin Stadium.

MUAYTHAI KICKBOXING

Six week course. Shred the kilos, increase fitness and learn to kickbox!
Location: Curtin Stadium.

WOMEN'S KICKBOXING FOR FITNESS

Six week course. Women only fitness class in kickboxing!
Location: Curtin Stadium.

WOMEN'S SELF DEFENCE

Seven week course. Women only. Learn vital self defence techniques.
Location: Curtin Stadium.

BEGINNERS' TAI CHI

Eight week beginners course with qualified and experienced instructor. Learn to improve your mind and body through the art of Tai Chi.
Location: Curtin Stadium.

BEGINNERS' YOGA

Six week course in yoga for beginners – perfect for those wanting to learn yoga and feel its benefits.
Location: Curtin Stadium.

AFL FOR BEGINNERS

** INTERNATIONAL STUDENT PROGRAM**
Three week taste of AFL – great for international students wanting to learn about our national sport.
Location: South Oval, Wesley Curtin AFL Club.

BEACH VOLLEYBALL

FREE for STUDENTS
Seven weeks of skills training and fun to develop your beach volleyball game.
Location: Curtin Stadium.

GOLF LESSONS

Six weeks of professional golf coaching, provided by Collier Park Golf Course.
Location: Collier Park Golf Course.

RUNNING CLUB

FREE for STUDENTS
Seven week program to improve your running style and fitness, or just build up your confidence when someone invites you to 'go for a run'!
Location: Curtin Stadium.

BELLY DANCING

Six week course. Start your belly dance journey! Explore basic movements and simple dance patterns to common belly dance rhythms.
Location: Curtin Stadium.

SALSA DANCING

Learn to Salsa! Six week course, fun and energetic – a great way to learn some new moves while building your fitness.
Location: Curtin Stadium.

Bookings are required.

Please complete online registration prior to course commencing.

For the latest information, visit our website: curtinstadium.edu.au/curtinexperiences

or contact:
Michaela Curran
michaela.curran@curtin.edu.au