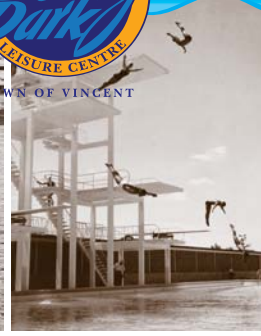
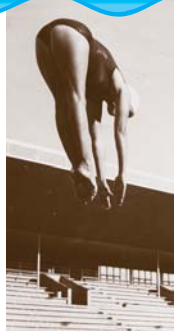
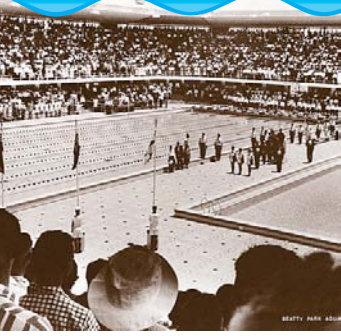


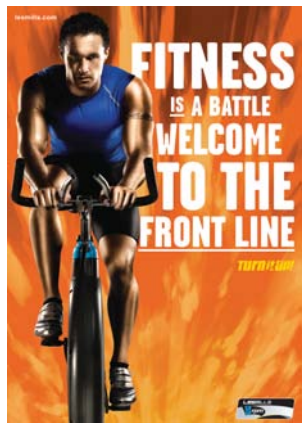
BEATTY PARK NEWS



Beatty Park introduces RPM™

Beatty Park Leisure Centre introduced the hugely successful RPM™ programme to its range of group fitness classes in November.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music.



Benefits of RPM™

- RPM™ will increase your cardiovascular fitness, burn fat and tone and shape your legs, hips and butt.
- You will gain leg strength and muscular endurance – without building bulk.
- RPM™ has been proven to burn up to 800 calories in one hour. In a normal 45-minute class structure, you can potentially burn 600 calories.
- At the same time, your body will release endorphins giving you that natural high – and leave you feeling fantastic.

Call 9273 6080 or check out our website

www.beattypark.com.au for the class timetable and prices.

Angelfish Programme

Beatty Park Swim School is committed to the provision of learn to swim classes for children and adults with special needs. Swimming is a significant equaliser and for many people with disabilities it is their only means of physical activity. With Australia's focus on water sports and outdoor pursuits, learning to swim can provide the opportunity to participate in a variety of aquatic activities.

As the recent recipient of funding through Healthway's 'Expanding Physical Activity Opportunities for People with Disabilities' programme, the Beatty Park Swim School has launched the Angelfish learn to swim classes for people with disabilities.



The Angelfish programme accommodates students with disabilities from six months of age through to adults with the focus on integration into mainstream classes. Initially tuition is offered on a 1:1 or 1:2 ratio. The instructor then assesses readiness for participation in a mainstream class. Integration is

achieved gradually with the assistance of the student's personal instructor who remains with the student throughout this process. With the assistance of Healthway funding, these classes are offered at a subsidised rate.

Beatty Park Swim School has several fully-trained special needs teachers and has appointed an Angelfish co-ordinator to liaise with parents and health professionals.

Beatty Park Leisure Centre is one of the largest aquatic centres in Western Australia and has accessibility for the physically impaired as well as a variety of aquatic environments to suit everyone. The classes cater for all disabilities and the Swim School has a large selection of equipment and resources available.

Over fifty Angelfish are currently enrolled in the programme and are thoroughly enjoying their classes. Whilst learning essential swimming skills, they are also having fun making friends and interacting with their peers.

This project is supported by Healthway, the Premier's Physical Activity Taskforce and the Disability Services Commission.

Vacswim

During December and January (29/12/08-9/1/09 and 12/1/09-23/1/09), Beatty Park Leisure Centre plays



host to the Education Department's Vacswim programme. This important programme provides children with essential water safety skills. Last year Beatty Park Leisure Centre had over 450 students attend per day.

To minimise the disruption to other Centre users, the classes have been condensed into a four-hour time period from 8.00am to 12.15pm.

Proposed Redevelopment – Update

Community consultation on the proposed redevelopment of the Centre closed in September and over 200 submissions were received.

The overwhelming majority of responses were in favour of the proposal. The submissions are currently being assessed and it is anticipated that a report to the Council will be made in early 2009.



An artist's impression of the redeveloped Beatty Park Leisure Centre.

