



### Junior Powerfit and Student Powerfit (45 minute class)

Our Powerfit classes, designed for kids aged 8-16, offer an exhilarating 45-minute circuit-style workout using various equipment and bodyweight exercises. This program promotes empowerment, group camaraderie, safety with qualified instruction, and adaptability to all fitness levels.

Junior Powerfit:  
**Ages:** 8-12 years  
**When:** Wed 3.30pm

Student Powerfit:  
**Ages:** 11-16 years  
**When:** Wed 4.15pm



### MARC Rollers

Led by our skilled instructor, this class will help young skaters build confidence, improve balance, and master the basics of roller skating — all while having a blast on the court. BYO skates and helmet.

**Ages:** 6-12 years  
**When:** Beginners Class: Mondays, 3.45 - 4:30pm  
Intermediate Class: Mondays, 4.35 - 5:20pm

Want to skate but don't want to enroll in a class?  
Why not try Freedom Rollers.  
Mondays 3.45 - 5.15pm. Ages 12 and up.

**BONUS: Receive 1x FREE gym/swim pass EVERY WEEK for the duration of your child's class!**

- Experienced and friendly staff
- Affordable prices
- Creche available

**Priority bookings for existing customers**



### Mandurah Aquatic and Recreation Centre

Phone: 9550 3600  
303 Pinjarra Road, Mandurah  
recreationcentres@mandurah.wa.gov.au

[mandurah.wa.gov.au](http://mandurah.wa.gov.au)



**Scan QR code to visit website**



## MARC TERM 3 CHILDREN'S PROGRAMS

Commences from  
Monday, 21 July 2025





### Action Tots (45 minute class)

Parent Participation Required

Action Tots offers an adventure program that promotes holistic development in toddlers aged 1-4 through engaging activities while fostering parent- child bonding and social interaction in a safe environment, guided by expert instructors. Transform playtime into a valuable learning experience for your child and create lasting memories together.

**Ages:** 1-4 years                      **When:** Tues 9.45am



### Sensory-Friendly Action Tots (45 minute class)

Parent participation required

This Action Tots class embraces quieter music and gentle lighting to create a calming atmosphere. There are a variety of tactile experiences with textured materials and sensory toys for your little one. The program is designed welcome children of all abilities, including those with sensory processing challenges, autism, physical disabilities, and other diverse learning needs. A quiet space is also available for self-regulation if needed.

**Ages:** 1-4 years                      **When:** Tues 10.35am



### Tots Gymnastics (45 minute class)

A fun, engaging class focuses on fostering creative movement, exploration, and early skill development while building physical fitness.

**Ages:** 2.5-5 years                      **When:** Wed 9.45am



### Home School Gymnastics (45 minute class)

This engaging program is designed specifically for homeschooling families. Tailored to support physical development, coordination, and social connection.

**Ages:** 4-12 years                      **When:** Wed 10.40am

### Recreational Gymnastics (45 minute class)

Recreational Gymnastics is a fun and engaging way for kids to build strength, flexibility, and confidence while learning fundamental gymnastics skills. Our classes focus on skill development in a supportive and encouraging environment, helping children improve coordination, balance, and body awareness.

**Ages:** 4-12 years  
**When:** Wed 3.30pm (Beginners)  
                    Wed 4.20pm (Intermediate)

## Term Prices

### Term bookings:

\$15.00 per class  
(class prices are based on booking for the whole term)

### Casual classes:

\$17.00 per class  
(subject to availability)

### Powerfit classes:

\$11.20 per class  
(pay at reception)

### Making payments

Did you know you can now use direct debit payments for our MARC Children's Programs?

So whether you prefer to pay for children's programs up front, via direct debit or as casual bookings, you can choose the option that best suits your family budget.

Ask our friendly staff about payment methods!

