



**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
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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:

\$10.70 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!

