

What's
On?

CALENDAR OF
EVENTS
FEB 2013



Play!

And Win Free Tickets on
the back cover

Who said nothing
happens in Hedland?

SPORT, MUSIC,
CINEMA, ART,
YOUTH, THEATRE,
DANCE, COOKING,
FESTIVAL AND
MUCH MORE!!!

FREE

List of Events

DATE	TIME	EVENT	VENUE	MAP#	COST	MORE INFO
02 SAT	9am	CASH FOR TRASH	Different locations	-	-	p.3
	5pm	STICKS, STONES, BROKEN BONES (SHADOW PUPPET COMEDY SHOW)	Matt Dann Cultural Centre	24	-	p.3
05 TUE	6.30pm	TEXAS HOLD'EM POKER TOURNAMENT (START)	Finucane Island Club	27	\$30	p.3
06 WED	10am	WELCOME TO HEDLAND MORNING TEA	Well Women's Centre	35	Free	p.4
08 FRI	6.30pm	FLICKS IN THE SQUARE FEATURING GREASE	South Hedland Town Centre	34	Free	p.4
09 SAT	9am	P'S & Q'S SATURDAY SEWING GROUP	Well Women's Centre	35	\$5	p.14
	6pm	WEST END MOVIES FEATURING NEW YORK I LOVE YOU	Courthouse Gallery Gardens	2	Free	p.4
	7pm	PIMPS & PROS 2013	The Pier Hotel	1	\$40	p.5
12 TUE	7pm	BOOK CLUB "THE LITTLE COFFEE SHOP OF KABUL"	Port Hedland Library	17	-	p.5
	5.30pm	VOLUNTEER TOWN AMBASSADORS SOUGHT TRAINING SESSION	Civic Centre - Council Chambers	12	Free	-
15 FRI	7pm	PILBARA STORIES — EXHIBITION OPENING	Courthouse Gallery	2	Free	p.5
	7.30pm	TARZAN LOVES JANE RELAY FOR LIFE FUNDRAISER NIGHT FEATURING TWILIGHT BREAKING DAWN (PART 2)	Matt Dann Cultural Centre	24	\$25	p.5/6
16 SAT	3.30pm	LOMOGRAPHY WORKSHOP (DAY 1)	Courthouse Gallery	2	TBA	p.6
	3.45pm	HEDLAND TRI SPORTS	Gratwick Aquatic Centre	13	-	p.18
	7.30pm	TWILIGHT — BREAKING DAWN (PART 2)	Matt Dann Cultural Centre	24	-	p.6
17 SUN	3.30pm	LOMOGRAPHY WORKSHOP (DAY 2)	Courthouse Gallery	2	TBA	p.6

DATE	TIME	EVENT	VENUE	MAP#	COST	MORE INFO
18 MON	9am	CRUISE SHIP VISIT - CELEBRITY SOLSTICE	Marrapikurinya Park	4	Free	p.7
19 TUE	7pm	CHEAP TUESDAY MOVIE FEATURING THE HOBBIT	Matt Dann Cultural Centre	24	-	p.7
20 WED	6pm	OPERATIONAL PLANNING & GOAL SETTING WORKSHOP FOR CLUBS IN HEDLAND	Wanangkura Stadium	26	Free	p.19
21 THUR	6pm	MATT DANN CULTURAL CENTRE 2013 SEASON LAUNCH	Matt Dann Cultural Centre	24	Free	p.8
22 FRI	10am	COOKING UP A STORM — SOUTH AFRICA	Well Women's Centre	35	Free	p.7
23 SAT	9am	P'S & Q'S SATURDAY SEWING GROUP	Well Women's Centre	35	\$5.00	p.14
	3.45pm	HEDLAND TRI SPORTS	Gratwick Aquatic Centre	13	-	p.18
25 MON	9am	ABORIGINAL CONSULTATION FORUM "SAFETY IN OUR COMMUNITY"	Lotteries House	34	Free	p.8
28 THUR	TBC	SKATEBOARDING WORKSHOP BY SKATEBOARDING AUSTRALIA	Port and South Hedland Skate Parks	TBC	Free	p.8
TBC	TBC	END OF TURTLE SEASON DINNER	TBC	TBC	Free	-

South Hedland Library closure

South Hedland Library will be closed for refurbishment for 2 weeks from February 2nd to 18th. Port Hedland Library located in Dempster Street, will be operating as usual during the closure period. Storytime and Rhymetime sessions will be held at Port Hedland Library during this time.



CASH FOR TRASH

****RINSED, LIDLESS PLASTIC BOTTLES NOW ABLE TO BE RECYCLED AT ALL SITES****

The highly successful 'Cash for Trash' program promotes the recycling of glass bottles, plastic bottles and aluminum cans for a small reimbursement (10c for a glass bottle and \$2 for a bag of cans – no payment for plastic). Everyone is encouraged to bring their bottles and cans to be recycled. Cash for Trash is a monthly event and requires volunteers to assist the counting of bottles and the smooth-running of the operation. There can never be too many volunteers to help out so if you would like to participate please email coordinator@careforhedland.org.au.

When: Saturday 2 February
Time: 9am to 11am
Where: Port Hedland Shopping Centre, Centenary Park, Shay Gap Park, Daylesford Park and South Hedland Landfill
Info: Kelly Howlett on 0439 941 431 or Kellyhowlett35@hotmail.com

STICKS, STONES, BROKEN BONES (PUPPET SHOW)

Sticks, Stones, Broken Bones (SSBB) is a wordless, shadow puppet comedy for all ages from Montreal, Canada. Jeff Achtem is an eccentric poet who transforms bits of junk into surreal shadow puppets. Flying chickens, brain transplants and sneaky ninjas! In each scene, the audience watches the transformation of

household junk into hilarious live cartoons. A feast for the imagination! Come play in the dark. SSBB transports children and adults alike into a giddy, funny dream world, a shadowy, bent take on the Warner Brothers' wackiness. In each scene the audience is invited behind the visual trickery, to witness the making of the shadow puppet melodramas.

When: Saturday 2 February
Time: 5pm to 6pm
Where: Matt Dann Cultural Centre
Map: #24
Cost: \$29/Matt's Mates, \$34/adult, \$32/concession and \$24/child (including booking fees)
Info: www.mattdann.com or 9158 9368

TEXAS HOLD'EM POKER TOURNAMENT

Variety WA Pilbara is once again hosting its Texas Hold'em Poker Tournament starting Tuesday 5th February. The tournament will be held every Tuesday from February 5th to April 16th at the Finucane Island Sports and Rec Club. This is a great opportunity to win cash prizes at each game while supporting a good cause! Tell your workmates! Tell your friends! Tell EVERYBODY! Please note the Finucane Island Sports and Rec Club has a dress standard, please no high-vis uniform or work boots.

When: starts Tuesday 5 February
Time: 6.30pm
Where: Finucane Island Club
Map: #27
Cost: \$30 buy-in
Info: pilbarapoker@gmail.com or call Jen on 0408 030 085

WELCOME TO HEDLAND MORNING TEA

This is our first Morning Tea for 2013. February is the month of Love and with that in mind our guest speaker will be talking about the language of love. So come along and get to meet others, make friends, and build and strengthen your networks in town while savouring yummy cakes.

When: Wednesday 6 February
Time: 10am to 12pm
Where: Well Women Centre
Map: #35
Cost: Free
Info: info@wellwomens.com.au or 9140 1124

FLICKS IN THE SQUARE FEATURING GREASE

To pay tribute to love and Valentine's Day, February's Flicks in the Square will be featuring *Grease*, one of the greatest movie musicals of all times. Starring John Travolta and Olivia Newton-John, *Grease* is a pleasing, energetic musical with infectiously catchy songs and an ode to young love. A film that never ages. Set in the super-cool days of the 1950s, greaser Danny Zuko and Australian Sandy Olsson fell in love over the summer. But when they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance? Slick back your hair guys, and girls don your Pink Lady jackets, this will be a fun night at the Flicks in the Square!



When: Friday 8 February
Time: 6.30pm to 8.30pm
Where: South Hedland Town Centre
Map: #34
Cost: Free
Info: ec@porthedland.wa.gov.au 9158 9643

WEST END MOVIES FEATURING NEW YORK, I LOVE YOU



New York has been immortalized on screen in hundreds of different ways in thousands of movies. But now comes a fresh, diverse and unabashedly romantic window into the city, this time seen entirely through the eyes of love – love in all its variety, from first love, tough love and momentary love, to love remembered, love denied, love yearned for, and love that lasts forever. Directed by an eclectic group of some of today's most imaginative filmmakers, *New York, I Love You* is an unconventional omnibus sister film to 2006's *Paris, Je T'aime* which comprised of ten short films.

When: Saturday 9 February
Time: Live music and finger foods from 6pm before movie starting at 7pm
Where: Port Hedland Courthouse Gallery gardens
Map: #2
Cost: Free event but booking is essential to secure your deckchairs by collecting your tickets from the Courthouse Gallery or the Silver Star Cafe (Edgar St, Port Hedland)
Info: eca@porthedland.wa.gov.au or 9158 9643



PIMPS & PROS 2013

Party

The Hedland Water Polo Club is hosting its annual Pimps and Pros Party to raise money for their club. It's time to get your costume together and prepare for a MASSIVE NIGHT!!! Dress to impress! No fancy dress=No entry! As every year, tickets are selling super so make sure you get yours or you will have to wait to next year to wear that fancy costume! This is an 18yrs+ event.

When: Saturday 9 February
Time: 7pm
Where: The Pier Hotel, 25 The Esplanade, Port Hedland
Cost: \$40 available from the Pier Hotel and Smirkey's Sports
Info: Port Hedland Water Polo Club Facebook page

BOOK CLUB

The book club offers a great variety of books for all reading tastes which have been selected to prompt lively book discussions. The title for February is 'The Little Coffee Shop of Kabul' by Deborah Rodriguez. After hard luck and heart break, Sunny finally finds a place to call home in the middle of an Afghanistan war zone. There, the thirty-eight-year-old serves up her American hospitality to the expats who patronize her coffee shop. A superb novel that captures place and people wholeheartedly.

When: Tuesday 12 February
Time: 7pm
Where: Port Hedland Library, Dempster St
Map: #17
Cost: Book Club membership is \$20.80/year
Info: slo@porthedland.wa.gov.au

PILBARA STORIES EXHIBITION OPENING

You and your family and friends are invited to the first exhibition opening of 2013! 'Pilbara Stories' is an exhibition of both personal experience and raw portraiture of individuals living and working in the Pilbara. This two year journey from international photographers Martin Parr, Ketaki Sheth, Bharat Sikka, Annet Van Der Voort and John Elliott will be officially opened by the Hon. Brendon Grylls MLA, Minister for Regional Development and Lands. Alongside 'Pilbara Stories', Perth based artist Kyle Hughes-Odgers will be returning to Port Hedland to showcase his latest work in We 'Will Know When We Are Home'. In addition to his paintings Kyle will be presenting a film, by filmmaker Chad Peacock, encapsulating his residency in painting street art in the West End.

When: Friday 15 February
Time: 6pm
Where: Port Hedland Courthouse Gallery, Edgar St, Port Hedland
Map: #2
Cost: Free but please RSVP by Thursday, February 14th
Info: mail@courthousegallery.net.au or (08) 9173 1064

TARZAN LOVES JANE – RELAY FOR LIFE FUNDRAISER NIGHT FEATURING TWILIGHT: BREAKING DAWN (PART 2)

Be amongst the first of your friends to see the last episode of Twilight on OPENING NIGHT! Come along and support the Tarzan Loves Jane Relay for Life team. The night will feature

live entertainment and a silent auction with awesome prizes which have been generously donated by local businesses including pamper packs, beauty treatments, Lorna Jane gift packs, hairdressing vouchers, champagne high tea sets, picnic sets, dinner vouchers and so much more up for grabs. All proceeds will go to the Cancer Council. Make sure you secure your seats now and don't miss out on the fun! Doors and bar open at 6.30pm with a sausage sizzle, champagne, beers, wines, choccies etc.

When: Friday 15 February
Time: 6.30pm
Where: Matt Dann Cultural Centre
Map: #24
Cost: \$25 available online at www.mattdann.com
Info: www.mattdann.com

LOMOGRAPHY WORKSHOP

Photo

Lomography is a fun and interactive 'shoot from the hip' style of photography that encourages the photographer to think outside the viewfinder. Participants have the option to participate in sessions on either February 16th and 17th and will be mentored by one of WA's leading lomographers Matt Biocich. In the initial workshop, participants will receive a Diana Mini + flash camera, film and batteries (included in workshop cost) and will learn how to use this exciting and unpredictable form of photography to capture interesting photographs. The workshops include an evening session which will explore using flash and light to create intriguing effects in your

photographs at night. This first workshop weekend will be following by a follow-up session on Saturday, March 9th. Contact the Courthouse Gallery for an application form.

When: Saturday 16 & Sunday 17 February
Time: 3.30pm to 8.30pm
Where: Port Hedland Courthouse Gallery, Edgar St, Port Hedland
Map: #2
Cost: TBA
Info: mail@courthousegallery.net.au or (08) 9173 1064

TWILIGHT: BREAKING DAWN (PART 2) REGULAR SCREENING

Cinema

The Matt Dann will be screening the long-awaited last episode of the worldwide success series Twilight. After the birth of Renesmee, the Cullens gather other vampire clans in order to protect the child from a false allegation that puts the family in front of the Volturi.

When: Saturday 16 February
Time: 7.30pm
Where: Matt Dann Cultural Centre
Map: #24
Cost: \$17/adult, \$14/Matt's Mates and concession, \$12/Child under 12yrs
Info: www.mattdann.com or 9158 9368



CRUISE SHIP VISIT CELEBRITY SOLSTICE

The first luxury cruise liner of 2013, the Celebrity Solstice, docks in Port Hedland on Monday, 18 February, bringing with it more than 4,000 passengers and crew. Over the last year Port Hedland has become a firm favourite amongst cruise passengers. Now is the time to come down to the newly revitalised West End, chat with the visitors and explore the rich local history of Port Hedland. Why not take the opportunity to have a look around Dalgety House, our very own local historical museum or pop into the Courthouse Gallery where local art group, Spinifex Hill Artists will be hosting painting and storytelling demonstrations. There is no better time to be a tourist in your own town! Come on down to the West End and join in the activity.

When: Monday 18 February
Time: 9am to 2pm
Where: West End (Wedge St, Port Hedland)
Map: #1
Cost: Free
Info: For further details contact the Port Hedland Visitor Centre on 9173 1711

CHEAP TUESDAY MOVIE FEATURING THE HOBBIT: AN UNEXPECTED JOURNEY

From Academy Award-winning filmmaker Peter Jackson comes "The Hobbit: An Unexpected Journey," the first of a trilogy of films adapting the enduringly popular masterpiece The

Hobbit, by J.R.R. Tolkien. The adventure follows the journey of title character Bilbo Baggins, who is swept into an epic quest to reclaim the lost Dwarf Kingdom of Erebor from the fearsome dragon Smaug.

When: Tuesday 19 February
Time: 7pm
Where: Matt Dann Cultural Centre
Map: #24
Cost: \$12/entry
Info: www.mattdann.com or 9158 9368

MATT DANN CULTURAL CENTRE 2013 SEASON LAUNCH

Come along and see what your local theatre, the Matt Dann Cultural Centre will be showing throughout 2013 at our official Season Launch Soiree on Thursday 21 February. Mingle and enjoy an entertaining preview of the year to come and hear the exciting developments for 2013 including updates on the Matt Dann Cultural Centre technical upgrades and a presentation of our exciting programs. This event is set to be a lively and memorable evening for all the Matt Dann aficionados and lovers of arts. Join us with live music and finger food on the night.

When: Thursday 21 February
Time: 6pm
Where: Matt Dann Cultural Centre
Map: #24
Cost: Free, but please RSVP to mdoc@porthedland.wa.gov.au for catering purposes
Info: www.mattdann.com or 9158 9368

COOKING UP A STORM

Cooking

Frontier Services in conjunction with the Well Women's Centre (WWC) run monthly multicultural workshops where you can share your traditional cuisine and learn some new cooking skills in a fun and laid back environment. All you need to bring is your sense of fun. No cost is involved! This month's feature country is South Africa. Morning tea will be provided and a sample of your cooking will be shared afterwards.

When: Friday 22 February
Time: 10am to 12pm
Where: Well Women Centre
Map: #35
Cost: Free
Info: www.wellwomens.com.au or 9140 1124

ABORIGINAL CONSULTATION FORUM SAFETY IN OUR COMMUNITY

Are you interested in the discussions regarding community safety? Members of the Aboriginal community are encouraged to come and participate in the discussions regarding safety in the Port Hedland community. These forums provide an opportunity for community members, agencies, Council officers and local businesses to make connections, share ideas, resolve issues and celebrate community achievements. Agencies and groups with Aboriginal staff members are encouraged to appoint these employees to represent them at

the Forum where possible.

When: Monday 25 February
Time: 9am to 1pm
Where: South Hedland Lotteries House
Map: #34
Cost: Free, but please RSVP to eacd@porthedland.wa.gov.au for catering purposes
Info: Maureen Kelly on 0428 567 167 or Gordon MacMile (Director Community Development) on 9158 9339

SKATEBOARDING WORKSHOPS BY SKATEBOARDING AUSTRALIA (SbA)

Skateboarding Australia in partnership with the Town of Port Hedland will be hosting a series of skateboarding workshops for children and teens in Hedland. These sessions will include a skate clinic, a contest with four coaches from Skateboarding Australia plus the opportunity to feature in the film SbA which will be filmed throughout the workshops! The aim of these workshops is to teach young people the skills they need to be involved in skateboarding. All ranges of skill levels will be catered for during this three-day event from beginner through to advanced. Bonus: Wade from Enlocus will be in town during this time to talk about the development of the plans for the new Youth Space/Skate Park in South Hedland.

When: From Thursday 28 February to Saturday 2 March
Time: TBC
Where: Port and South Hedland skate parks
Map: #16 & 33
Cost: Free
Info: youthc@porthedland.wa.gov.au or 9158 9664

Sticks, Stones, Broken Bones

Winner
Spirit of the Fringe
& Best Newcomer:
Edinburgh 2010

Finalist
Total Theatre Award
Edinburgh
2010



**A wordless
shadow puppet
comedy show
for all ages
from Montreal,
Canada.**

Booking and information
www.mattdann.com

**At the Matt Dann Cultural Centre
Saturday 2 February, 5pm**

OTHER INFORMATION

RECREATIONAL ACTIVITIES

COASTAL TREASURES PHOTO COMPETITION

Enter your best photo of a turtle, hatchling, hermit crab, octopus (or anything coastal themed) that you have taken in Port Hedland for your chance to win a great prize! Kids could win an adoption kit from seaturtle.org and become the parent of Marilou, the Leatherback turtle! For the adults we have a \$70 Smirkey's Sports gift voucher. Entry deadline is 15th February. Winners will be announced at Care for Hedland's Turtle Monitoring Program End of Season Dinner (date TBA)

For further information and conditions of entry please contact Care for Hedland at coordinator@careforhedland.org.au or call 0428 159 052.

BINGO NIGHTS

Every Monday night, the Port Hedland Golf Club hosts a fantastic bingo night for community members of all ages. All proceeds from bingo go back into the running and maintenance of the course and club machinery.

For more information, please contact Helen Wright on 0400 200 781. (map #22)

LET'S TALK FOR ENGLISH BEGINNERS

Come along to a friendly pronunciation and conversation group for people learning the English language. Attendance is free. Sessions will be held at Port Hedland Library on Wednesday 6th and 13th February from 10am to 11.30am and at South Hedland Library on Wednesday 20th and 27th February from 10am

to 11.30am. A qualified English language teacher will guide the discussions.

Please contact Elizabeth for further details on welcome@dovetailenglish.com.au and 0413 020 564.

CARE FOR HEDLAND VOLUNTEER TURTLE MONITORING PROGRAM

Come along to Care for Hedland Turtle monitoring program held every morning from 6am on Cemetery Beach until February 28th and be part of a unique program to help conserve our local Flatback turtles. This is a great activity for all the family and a great opportunity to meet like-minded people while learning the correct way to interact with turtles.

For further information please contact Care for Hedland at coordinator@careforhedland.org.au or call 0428 159 052.

'YARNING UP' WOMEN'S GROUP

Every Tuesday, from 9:30am to 2:30pm, women in Hedland are invited to the Wirraka Maya Social & Emotional Well Being Centre (Hamilton Road, South Hedland) to do art/craft, baking, cooking, sewing, basket weaving etc and just enjoy getting together to catch up, have a yarn along with morning tea and lunch. Weekly physio sessions with Joel and Donna are also available, along with different workshops and local agencies joining in who provide information of what is available in our area, and how they may be able to assist people.

The Yarning Up' Women's Group sessions are open to all women and is all free, plus we offer a transport service too! For more information please contact Liza Andrews or Markysia Kelly on 9172 0444 or email lizaa@wmhsac.com.au or makysiak@wmhsac.com.au (map #31)



GRUMPY OLD FELLA'S GROUP

This is a group of guys who want to get out and about meeting other local guys, having a yarn remembering different stories and talking about the places they have been. The group meets every Thursday from 9.30am and 2.30pm, and participate in various activities such as fishing, cooking, excursions and BBQ's and will be looking into holding woodworking activities and gardening in the future.

All activities are free. Morning tea, lunch and transport is provided. Wirraka Maya Social & Emotional Well Being Centre is the meeting place, though many activities are held in various locations around town. For more information please contact Liza Andrews or Markysia Kelly on 9172 0444 or email liza@wmhsac.com.au or makysiak@wmhsac.com.au

PILBARA INSTITUTE COOKING CLASSES



Take a trip to India without leaving home with Pilbara Institute!

Through this series of convivial cooking classes you can discover different cultures via unique culinary experiences. So don't miss out on this great opportunity to impress your family and friends!

The Indian cooking class is a 4 night course that will touch on creating yummy Indian items like chutneys, breads and main dishes. The Indian cooking class will start on 12th March and will run every Tuesday evening for 4 weeks from 6-9pm with a little theory and lots of cooking.

The Pilbara Institute proposes small classes for only 12 students so that everyone can get

hands-on and enjoy the fun while learning a variety of recipes to recreate at home. Best of all, you'll also receive units from a nationally recognized hospitality qualification. The evening classes will be conducted in the training kitchen and restaurant at South Hedland Pilbara Institute. Each class will start from 6pm and go until 9pm.

Places for cooking class are limited so make sure you secure your place NOW! Participation fees are \$200. For more information or to RSVP please contact Jenny Heffernan on 9158 9415 or email jenny.heffernan@pilbara.wa.edu.au (map #28)

MUMS & BUBS

HEDLAND PLAYGROUP

Hedland Playgroup Association holds weekly playgroup sessions every Thursday from 9am to 11am. They offer an environment and support network vital for families with children from 0 to 5 years. Their primary objective is to offer social, emotional, motor and cognitive learning for our children in a relaxed and friendly atmosphere for parents to connect with other parents. A weekly session for babies (0-12months) is available on Wednesday from 10.30am to 12.30pm. Hedland Playgroup is now open during the school holidays, for past, current and casual members.

Hedland Playgroup Association is located on 99 Kennedy Street, South Hedland (Cnr Cottier Drive & Kennedy Street – maps #40). Participation fees are \$5 Casual Fee or \$40 per family per term plus Insurance. For more information, please contact Catherine Roberts on 0448 228 980 or hedlandplaygroup@hotmail.com

ABC (ADJUSTING TO BABYHOOD CLUB)

Held every Wednesday from 12-2pm at the Well Women's Centre, ABC allows mums with young bubs to get together for a cuppa and a chat while also offering support to each other. A Child Health Nurse attends the sessions giving mums a chance to discuss any concerns or queries. Open to mums with babies up to the crawling stage.

Attendance is free. For more information please call the WWC on 9140 1124 or email info@wellwomens.com.au . (map #35)

POST NATAL PARENTING ME AND MY BABY

This is a free service aimed at parents with babies from 0-6 months presented at the Well Women's Centre every Tuesday from 10am to 12pm. This program runs over 4 weeks starting on Tuesday 5th with the following topics being covered: sleep settling and crying, play and development, looking after yourself, childhood illnesses and safety, dads and babies (evening class)

Attendance is free. For more information please call the WWC on 9140 1124 or email info@wellwomens.com.au . (map #35)

COOKE POINT PLAYGROUP

Held at the Andrew McLaughlin Centre, Cooke Point Playgroup sessions are a great opportunity for your children to have fun,

make friends and learn new skills. They are also a great way for you to relax and meet other parents and carers from your local area. Sessions take place every week day from 9am to 11am. Afternoon sessions are also available on Monday, Tuesday, Wednesday and Friday from 12pm to 2pm. New mums are also invited to join the Baby Club held every Thursday from 11am to 1pm to meet and chat with other mums while their babies play and interact in a safe environment. For those who are interested in preparing their 3-4yrs to kindergarten, there is a special program every Thursday morning from 8.30am to 10.30am.

For more information, please contact Shelley on 0415 682 016 (map #18)

STORY TIME

Join us for a fun-filled session of reading, action rhymes, songs and easy craft activity every week. Story time sessions are held every Tuesday morning from 10.30am-11am at Port Hedland Library starting on February 5th and every Thursday morning from 10.30am-11am at South Hedland Library starting on February 21st. Sessions are free and suitable for children aged 2-5years. Please note there will be no story time sessions at South Hedland Library from February 2nd to 18th due to the venue being temporarily closed.

For more information, please contact Anneke Skippy Scheepers on 9158 9373 or email yps@porthedland.wa.gov.au



BABY RHYME TIME

Come and join other mums and dads, and enjoy rhymes, songs and stories with your baby every Monday morning from 10.30am-11am at Port Hedland Library starting on February 4th.

For more information, please contact Anneke Skippy Scheepers on 9158 9373 or email yps@porthedland.wa.gov.au

MUMS & BUBS TERM PROGRAM AT THE STADIUM

Do you have a 3-9 month old baby? Want to get back into shape while avoiding problems caused by going too hard, too fast, too soon? We have the class for you! Mums & Bubs will help you regain the strength and function of your pelvic floor and core-stabilising muscles, while building a strong foundation for day to day tasks as a new mum and allowing you to return to your pre-pregnancy activities without any long term complications or injuries. Blending low impact cardio, light weights, body-weight, core-strength exercises and stretches in a fun and emotionally supportive atmosphere, you will be on your way to becoming a fitter, stronger new mum. And because bub is always close by and included in the workout, any comforting or cuddling that is necessary can be taken care of with minimal interruption to your workout or that of others.

What to bring: water and a towel for you and a towel or bumbo for your baby to sit on. We recommended you feed your baby before

exercise; it will help settle your baby and you will feel more comfortable, and have a small healthy carbohydrate snack approx. 1 hour before to keep your energy levels up.

Program runs every Monday and Thursday from 11am to 11.45am for 9 week starting on February 11th (18 sessions in total) at the Wanangkura Stadium on Hamilton Rd, South Hedland. Participations fees are \$160 for Port Hedland Leisure facility members and \$234 for non members (registration for full term only). For more information, please contact Amanda Thawley, Health and Fitness Manager, on 9140 0408 or email Amanda.thawley@ymca.org.au

PRE-NATAL CONDITIONING TERM PROGRAM

Pregnant? Not sure what exercises you can and can't do? Register for our Pre-Natal Conditioning program and find out all the things you CAN do! Sensible exercise is imperative for a healthy pregnancy, delivery and baby. A regular fitness routine will not only help keep you fit and strong and prepare you for labour but it will also help you recover sooner and get back in shape more quickly after your little bundle has arrived. Just being pregnant is a workout! Each session will consist of modified exercises including low impact cardio, light weights, body-weight, core-strength exercises and stretches in a fun and emotionally supportive atmosphere that will keep you and your baby safe.

What to bring: Please bring a towel and water and have a small healthy carbohydrate snack approx. 1hour before to keep you energy levels

up. Please wear comfy clothes, supportive sports shoes and a good supportive bra.

Program runs every Monday and Thursday from 10am to 10.45am for 9 week starting on February 11th (18 sessions in total) at the Wanangkura Stadium on Hamilton Rd, South Hedland. Participations fees are \$160 for Port Hedland Leisure facility members and \$234 for non members (registration for full term only). For more information, please contact Amanda Thawley, Health and Fitness Manager, on 9140 0408 or email Amanda.thawley@ymca.org.au

ARTS & CRAFT

THE HEDLAND PATCHWORKERS AND QUILTERS SEWING GROUP

Do you do patch work quilting or sewing? Maybe it's something you have been interested in and never actually given it a go. This group consists of a dedicated group of ladies who love to sew and laugh all at the same time. Bring your work and sewing machine with you or come on down and check it out and see if you want to join. The ladies are happy to help you get started. The Hedland P's & Q's holds regular meetings each Tuesday evening from 7pm to 9pm and every 2nd and 4th Saturday of each month from 9am to 4pm at the Well Women's Centre, Leake Street, South Hedland. Participation fees are \$5 towards room hire.

For more information call 9140 1124 or email info@wellwomens.com.au (map #35)

SCRAPBOOKING AND CARD MAKING

Come along every Thursday evening from 7-9pm at the Well Women's Centre and make cards and scrapbooks in a fun environment. It's a great way to meet others while also being creative. Bring along your own gear. Participation fees are \$5 towards room hire.

For more information call 9140 1124 or email info@wellwomens.com.au (map #35)

SPORTS

HEDLAND RUNNING CLUB

Join the Hedland Running Club for our weekly Wednesday evening run! Our meeting location alternates between South and Port Hedland. Runs begin at 5:30 pm; distances range from 5km to 10km.

Call Amanda Hamilton on 0467 670 823 or visit Hedland Running Club Facebook page to find out where we're meeting this week. People of all fitness levels welcome to attend!

ZUMBA CLASSES

Zumba it's fun, it's different, it's easy and it's effective! Every week, join Jackie & Emm, our qualified Zumba Instructors, for their Latin-inspired, calorie burning and dance fitness classes in Hedland. Classes are held every Monday and Wednesday from 6-7pm at the Hedland Senior High School Gym and every Thursday from 6-7pm at South Hedland Lotteries House.

For more information, please email zumbafitnesshedland@bigpond.com or visit their Facebook page [Zumbafitnesshedland](https://www.facebook.com/Zumbafitnesshedland)



ROLLER DERBY

Roller Derby is open to all girls aged 18yrs and over and caters for all skill levels. Come along to a training session on a Friday night at 7pm at the JD Hardie Youth Zone and chat with the girls or watch a session to see the sport in action. New members are always welcome. Whether you are keen to be a bout ready derby girl or an essential support team member, we'd love to meet you. We strive to offer a family friendly environment, so partners and supervised kiddies always welcome.

For more information please visit www.northwestrollerderby.com, or visit our Facebook page North West Roller Derby. (map #41)

HEDLAND GYMNASTIC CLUB

Hedland Gymnastic Club offers gymnastics for girls and boys aged from one year old to teenagers. HGC promotes fun, fitness and participation for all children in a safe environment at the Andrew McLaughlin Centre. HGC is affiliated with Gymnastics WA and our wonderful coaches are Gym WA accredited. New coaches, assistant coaches and committee members are always welcome! Training provided.

For more information on gymnastics or coaching, please call 0437 433 444. (map #18)

JABAT DANCE

JaBaT Dance Incorporated is a not-for-profit dance school which proudly provides training in Cecchetti National & International Classical Ballet, Contemporary, CSTD Ballet, Jazz & Tap by accredited teachers. Jabat Dance is run by a volunteer committee made up of parents &

carers from within the school. Our school caters for boys and girls from 2 years and older and provides the benefits of education, healthy lifestyle & provides children with an after school interest.

For more information please phone 0400 542 816 or email jabatdance@gmail.com

PHYSIOLOGICAL TRAINING SWISS BALL PILATES CLASSES

Claire is a skilled physiotherapist with over 6 years experience teaching Swiss Ball classes to individuals of all fitness and experience levels. Swiss Balls are used as tools in a pilates-style class to target and work the core muscles, toning, strengthening and stretching from head to toe. As a physiotherapist, Claire can identify the root cause of poor technique and strength deficits leading to pain and injury in daily activities. Exercise with the confidence of knowing you have a professional with you to provide advice and guidance, tailoring a training regimen specifically for you! Swiss balls available for trial or purchase in class. All other equipment provided. Please call to book your place.

Classes are held every Tuesday and Thursday from 5.15pm to 6.15pm, and every Saturday from 8.30am to 9.30am at the Andrew McLaughlin Community Centre, Keesing Street, Port Hedland (map #13). Participation fees are \$20 per class or \$180 for 10 session pass, and all participants can claim their membership through Private Health Funds for 'Group Physiotherapy'. For more information please contact Claire Sobolewski on 0417 488 072 or email physiologicaltraining@gmail.com.

QIGONG CLASSES

Every Monday at 5.30pm and Thursday at 9am, Elisi Therapies offers Qi Gong Classes. Qi Gong (chee kung) is an ancient Chinese form of exercise. It is very gentle yet extremely powerful. A QiGong class at Elisi Therapies is easy to follow with the emphasis on relaxing into the moves rather than concentrating on correct technique. It is also a great way to start to regain fitness if you've been inactive for some time.

Participation fee is \$15 per casual class or \$100 for a 7 class pass. For more information, please contact Lisa Bowen on 9173 5667 or visit www.elisitherapies.com.au. Classes are held at 5 Morgan Street, Port Hedland. (map #7)

YOGA WITH GRACE & PRENATAL YOGA CLASSES

Yoga With Grace offers vinyasa yoga classes that are true to the ancient tradition of yoga and work on strength, flexibility and relaxation and are suitable for all skills levels and genders. Participation is \$20 per casual class or \$180 for a 10 class pass. Yoga With Grace also offers Kids Yoga classes for children up to 12 years. In February, join Yoga for Grace for its new Prenatal Yoga classes. Yoga is a wonderful, gentle exercise that can be used throughout the varying stages of pregnancy. Knowing breathing and relaxation methods is excellent for helping you to adjust to the demands of labour, giving birth, and motherhood itself. Course starts on 6th February, so make sure you enrol now and then all you have to do is relax!

Regular Yoga classes are held every Monday at St Cecilia's Primary School Hall, 35 Sutherland Street, Port Hedland (map #10). For more information, please contact Grace on 0411 292 426.

SUMMER CUP GOLF

Come along every Saturday afternoon and play the magnificent Port Hedland Golf Club Summer Cup competition proudly sponsored by Smartbar. The competition includes 9 holes and carts and clubs are available for hire. New members and players are always welcome.

Every Saturday, nominate at 2pm for 2:30pm tee off. Nomination fee applies for the day. Non-members will pay standard green fees for nine holes. Port Hedland Golf Club located off the Great Northern Hwy, outside South Hedland travelling towards Karratha, approximately 1km from town (map #22). For more information please contact Sandy Macgregor Port Hedland Golf Club on 9172 2046.

HEDLAND WATER POLO

Be part of the local Hedland association that organises the greatest night in Hedland - Pimps and Pros! There are 4 men's teams and 4 women's teams (boy and girl juniors welcome to play in women's competition). Water polo is a great social game and a fantastic way to get fit. Keep cool over summer training and playing sport in the water. Games are held on a Friday night in South Hedland. All new members welcome. No prior experience is required.



For more information, please contact Kate Tsrovas or Sarah Pell at hwpapresident@hotmail.com or hwpasecretary@hotmail.com

BREWERS BASEBALL CLUB

Training is held every Thursday at Colin Matheson Oval in Cooke Point, Port Hedland from 5.30pm to 7.30pm. The club is currently looking for interested players. A-Grade games are played on Saturday afternoon and night, and A-Reserve games on Tuesday and Wednesday nights.

For more information, call 0418 615 077 or 0417 182 678. (map #18)

SWANS BASEBALL CLUB

Training is held every Monday night from 6pm at the Marie Marland Reserve, South Hedland. A Grade and A-Reserve games are played on Tuesday, Wednesday or Saturday.

For more information, contact Andrew Wood on 042 7123 350. (map #27)

PORT HEDLAND TAEKWONDO

John's classes are fun and informative, offering a wide range of attack, defence and offensive techniques whilst embracing Taekwondo's strict code of ethics. Join us every Tuesday and Thursday evenings from 4.30pm to 5.30pm for the beginners and from 5.30pm to 7pm for the Seniors at the Hedland Senior High School

gymnasium on Roberts Road in South Hedland. Everyone aged seven years and above is welcome. Joining fees are \$10/hour. Term fees with family discount also available.

For more information, please contact John Geeves on 0428 831 359.

SUMMER NETBALL

Whether you are a new player or a current player in need of a run before Season 2013 starts, Summer Netball is for you! No teams, no score sheets, no fixtures, just fun! \$5 to play, free for existing members, every Tuesday nights from 7pm at the Faye Gladstone Netball Courts, Hamilton Road, South Hedland.

For more info email netballporthedland@hotmail.com or find us on Facebook - search Port Hedland Netball Association and join the group. (map #25)

SOCIAL TENNIS

Grab a friend and come down to the Port Hedland Tennis Club to hit a few balls over the net. Every Wednesday and Sunday night is Social Tennis – all skills levels and age groups are welcome. Racquets are available for hire and balls can be provided. No registration or booking necessary. Out of these hours, tennis court can be used by anyone. Keys can be obtained across the road from the Civic Centre during work hours or at the Gratwick Aquatic Centre from 6am to 8.30pm. Hire fees for non members to be paid to the honesty box at the club house (free for members). Lights can be turned on from inside the change rooms by

inserting \$1 or \$2 coins into the machine (one hour=\$6). Racquet hire is only available during Social Tennis nights.

Social Tennis occurs every Wednesday from 6.30pm and Sunday from 5pm. Participation fees for non-members are \$5/player. Racquets available for hire for only \$2 per session. For more information, please contact Lucas Wimmer on 9158 9389 or email cpdo@porthedland.wa.gov.au.

THE ULTIMATE CHALLENGE

6 weeks / 18 sessions of hard core training specially designed to help you get results fast! Our ULTIMATE CHALLENGE is a group personal training program with a focus on RESULTS. You complete 3 sessions a week, 6 weeks at a time, and your trainer is committed to providing you with the tools you need to get results. You do not need experience, all you need is determination and sweat. Give us your time, and we will help you to feel good, get stronger and even drop some kilos and inches. All fitness levels are welcome - You do not have to be an Olympian to do this! You will be challenged at your own fitness level so you can get results.

If you find exercise boring and lack motivation, join our workout crew! No two workouts are ever the same. You will complete a variety of cardio drills, strength training and stretching to increase flexibility. Fitness testing will be done at the start and end of the challenge. All fitness levels are welcome from 16yrs.

Program runs every Monday and Wednesday from 6.30pm to 7.30pm, and every Saturday from 8.15am to 9am for 6 weeks starting on February 11th (18 sessions in total) at the Wanangkura Stadium on Hamilton Rd, South

Hedland. Participations fees are \$160 for Port Hedland Leisure facility members and \$234 for non members (registration for full term only). For more information, please contact Amanda Thawley, Health and Fitness Manager, on 9140 0408 or email Amanda.thawley@ymca.org.au

HEDLAND TRI SPORTS

Would you like a fun new challenge that will get you fit for winter, tone your body, allow variety in your training and help you avoid injury through cross-training? If so, take on a triathlon with us. Hedland Tri Sports Association is back with a new series of Triathlon for children and adults for 2013. This really is an event for everyone! This month, races are set to take place on Saturday 16th and 23rd February at the Gratwick Pool in Port Hedland. For the Kids Triathlon, registrations open at 3.15pm for a 3.30pm start and include 100m swim, 4km cycle and 1km run. Registrations for the Adults Triathlon open at 3.45pm for a 4pm start and include a Short circuit on 16th (300m swim, 10km cycle and 3km run) and a Short and a Middle circuits on 23rd (500m swim, 20km cycle, 5km run).

Joining fees for members are \$10/adult and \$5/child. Joining fees for non members are \$15/adult and \$10/child. You can also join as a team for \$15. These fees cover pool entry and insurance. We encourage all ages, genders and fitness level to participate. Please register for the tri by the Thursday before the event by emailing Kerry at Kerry.orr@education.wa.edu.au with the distance you will be competing. For further information (or you need help filling a team) please contact Kerry on 0407 428 987 or Jacque on 0419 959 347.

COMMUNITY VOLUNTEER PROJECT



SPORT4ALL

Town of
Port Hedland



TEEN FIT MEMBERSHIPS

Club business FREE workshop series

Operational planning and goal setting

Are you a new committee member? Or are you helping to run a club and would like to check if there is a better way to do things?

This informative session will cover the following essentials for running a successful club:

- Why, what and when should you plan
- Goal setting and setting priorities for your club
- Planning models and processes
- Understanding the elements of the planning process
- Evaluating your plan

Workbooks and sandwiches, tea and coffee will be provided.

Please note that this is an alcohol-free event.

Venue

Yandi Room, Wanangkura Stadium, Hamilton Road South Hedland

Date

Wednesday 6.00pm to 9.00pm
20 February 2013

RSVP

By Wednesday 13 February 2013

Registration

Online

www.jgcgroup.com.au/ContactForm.html
to complete the registration form online.

Scan and Email

Send the registration form to
gwen@jgcgroup.com.au

Telephone or Fax

Call JGC Group on 0478 929 451
Fax JGC Group on 9312 1076

You will receive confirmation of your registration by email.



Sport and recreation builds stronger, healthier, happier and safer communities.



ACCESS OUR STATE OF THE ART GYM

during supervised hours
Monday-Friday 2-5pm
and Saturday, Sunday &
Public Holidays 9am-3pm

Ages 14-16 years

Personalised fitness program
+ 6 weekly review

Free casual court use

Unlimited pool entry at South
Hedland Aquatic Centre and
Gratwick Aquatic Centre

SIGN UP NOW AT WANANGKURA STADIUM!

WANANGKURA STADIUM

Hamilton Road, South Hedland T (08) 9140 0400
www.porthedlandleisure.com.au



PORT HEDLAND LEISURE



WWW.PORTHEDLAND.LEISURE.COM.AU

The Town of Port Hedland provides a range of health and lifestyle activities with highly qualified fitness staff on hand to help people meet their fitness goals. Venues include the Wanangkura Stadium, Gratwick Aquatic Centre and South Hedland Aquatic Centre.

Every week we offer a range of Les Mills and group training programs designed to motivate and energise. No matter what your fitness levels are, our group fitness sessions will energise and motivate you in a safe and fun atmosphere that is guaranteed to keep you active.

FITNESS CLASSES



The world's most popular group fitness program guaranteed to change your shape. Bodypump is a revolutionary non-impact weight training workout for all the major muscle groups of your body, using adjustable weight-loaded barbells in an energy-charged class to music. Bodypump will assist you with building lean muscle mass, rapid fat burning and increasing your bone density (a vital factor in avoiding osteoporosis). Bodypump is suitable for women and men of all fitness levels.



The ultimate step workout renowned for being the world's fastest way to tone your butt and thighs. By using different step heights and inspirational music, this exhilarating, pre-choreographed workout prescribes a high energy, athletic cardio blast with levels that cater for everyone from the beginner to the most athletic participant.



Is a revolution in mind/body training that draws from eastern disciplines such as Yoga and Tai Chi, together with new methods such as Pilates and Feldenkrais. Bodybalance is a dynamic fitness to music program that will leave you feeling relaxed and renewed. You'll stand straighter, feel stronger and be more flexible, while becoming more physically and mentally aware. Suitable for women and men of all fitness levels.



A fiercely energetic workout to music borrowing a mix of moves and stances from a range of self defence disciplines including Karate, Tai Chi, Kickboxing, Tae Kwon do and Muay Thai. Guaranteed to raise fitness levels while 'fighting' calories and cholesterol. Jab, hook and kick your way to awesome cardiovascular fitness and great muscle definition. Recommended for people of all ages and fitness levels.



A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness—a session guaranteed to take no prisoners.



Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CX30 is for you. CX30 hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

AQUA AEROBICS



Want to get fit and have fun? Aqua aerobics is a non weight bearing exercise using water as a resistance for a total body workout. Aqua aerobics has an emphasis on cardio, toning and flexibility and is suitable for new participants, rehabilitation, pregnant women and athletes.

For more information on days and times during February, please visit www.porthedlandleisure.com.au or call (08) 9140 0400.

BOOT CAMP



For boot camp workouts, think 'group training sessions', think 'outdoors', think 'fun' and think 'challenging'. By providing a mixture of exercises and cardiovascular training, these sessions will give almost every muscle in your body a workout. Boot camp training is suitable for novice exercisers and fitness enthusiasts alike.

For more information on days and times during February, please visit www.porthedlandleisure.com.au or call (08) 9140 0400.

OPENING HOURS

WANANKURA STADIUM

Monday to Thursday 5:30am to 10pm
Friday 5:30am to 9pm
Saturday/Sunday 8am to 5pm
Public holidays 8am to 5pm
(Closed Good Friday & Christmas Day)

GRATWICK AQUATIC CENTRE

Monday & Wednesday 5:30am to 8:30pm
Tuesday & Thursday 6:30am to 8:30pm
Friday 5:30am to 6pm
Saturday/Sunday 10am to 6pm
Public holidays 12noon to 8pm
(Closed Good Friday & Christmas Day)

Regular activities

	TIME	NAME ACTIVITY	AGE GROUP	VENUE	MAP#	COST	MORE INFO
MONDAY	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	2pm	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	5.30pm	QI GONG	Adults	Elisi Therapies	7	\$15	p.16
	6pm	ZUMBA	Adults	High School Gym	23	\$10	p.14
	6pm	SWANS BASEBALL TRAINING	Adults	Marie Marland Reserve	27	-	p.17
	6pm	AQUA AEROBICS DEEP WATER	Adults	Gratwick Pool	13	\$16	-
	6pm	BINGO NIGHT	Family	Port Hedland Golf Club	22	-	p.10
	6.30pm	YOGA	Adults	Saint Cecilia's Hall	10	\$20	p.16
6.30pm	THE ULTIMATE CHALLENGE	Adults	Wanangkura Stadium	26	-	p.18	
TUESDAY	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	9am	HEDLAND PATCHWORKERS & QUILTERS	Adults	Well Women's Centre	35	-	p.14
	9.30am	YARNING UP' WOMEN'S GROUP	Adults	Wirraka Maya	31	Free	p.10
	2pm	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	4.30pm	TAEKWONDO	Beginners	High School Gym	23	\$10	p.17
	5.15pm	SWISS BALL PILATES CLASSES	Adults	Andrew McLaughlin Centre	18	\$20	p.15
	5.30pm	TAEKWONDO	Seniors	High School Gym	23	\$10	p.17
	6.30pm	SOCIAL BADMINTON	Adults	Wanangkura Stadium	26	\$7	-
7pm	SUMMER NETBALL	Adults	Faye Gladstone Netball Court	25	-	p.17	
WEDNESDAY	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	10am	LET'S TALK - FOR ENGLISH BEGINNERS *	Adults	Port & South Hedland Library	17 & 35	Free	p.10
	2pm	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	5.30pm	HEDLAND RUNNING CLUB	Adults	Different locations	PH/SH	Free	p.14
	5.30pm	PRENATAL YOGA	Adults	Andrew McLaughlin Centre	17	-	p.16
	5.30pm	SOCIAL TENNIS	Adults	Port Hedland Tennis Club	15	\$5	p.17
	6pm	ZUMBA	Adults	High School gym	23	\$10	p.14
	6pm	AQUA AEROBICS DEEP WATER	Adults	Gratwick Pool	13	\$16	-
6.30pm	THE ULTIMATE CHALLENGE	Adults	Wanangkura Stadium	26	-	p.18	

* Let's Talk sessions will be held at Port Hedland Library on Wednesday 6th and 13th February and at South Hedland Library on Wednesday 20th and 27th February.

	TIME	NAME ACTIVITY	AGE GROUP	VENUE	MAP#	COST	MORE INFO
THURSDAY	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	9am	QI GONG	Adults	Elisi Therapies	7	\$15	p.16
	9.30am	GRUMPY OLD FELLA'S GROUP	Adults	Wirraka Maya	31	Free	p.11
	2pm	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	4.30pm	TAEKWONDO	Beginners	High School Gym	23	\$10	p.17
	5.15pm	SWISS BALL PILATES CLASSES	Adults	Andrew McLaughlin Centre	18	\$20	p.15
	5.30pm	TAEKWONDO	Seniors	High School Gym	23	\$10	p.17
	5.30pm	BREWERS BASEBALL CLUB	Adults	Colin Matheson Oval	19	-	p.17
	6pm	SOCIAL SQUASH	Adults	Wanangkura Stadium	26	\$7	-
	6.30pm	ZUMBA	Adults	Lotteries House	34	\$10	p.14
7pm	SCRAPBOOKING & CARD MAKING	Adults	Well Women's Centre	35	\$5	p.14	
FRI	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	2pm	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	7pm	ROLLER DERBY	Adults	JD Hardie Youth Zone	41	-	p.15
SATURDAY	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	8.15am	THE ULTIMATE CHALLENGE	Adults	Wanangkura Stadium	26	-	p.19
	8.30am	SWISS BALL PILATES CLASSES	Adults	Andrew McLaughlin Centre	18	\$20	p.15
	9am	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	10.30am	SOFTBALL FOR GIRLS	Year 6 and above	Marie Marland Reserve	27	Free	-
	2pm	SUMMER CUP GOLF	-	Port Hedland Golf Club	22	-	p.16
SUN	6am	TURTLE MONITORING	Family	Cemetery Beach	11	Free	p.10
	9am	TEENS FITNESS SESSION	Teens	Wanangkura Stadium	26	-	p.20
	10.15am	AQUA AEROBICS	Adults	Gratwick Pool	13	\$16	-
	5pm	SOCIAL TENNIS	Adults	Port Hedland Tennis Club	15	\$5	p.17

Special mums & bubs activities p.26

YIC Centre

LSYC Youth Centre, 34 Lawson Street, South Hedland

Open Monday to Saturday from 2.30pm to 6.30pm. All activities are free to attend and suitable for 10-17yrs (under 10's with an adult). More Information on 08 9140 2637

Every day community members are welcome
for our afternoon tea at 4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 FEB	2 FEB
				Competitive Sports	Cooking Music & Dance
4 FEB	5 FEB	6 FEB	7 FEB	8 FEB	9 FEB
Learning our local language	Guitars & Drums Exercise Nutrition	Other Traditional Art	Like Skills Forever	Competitive Sports	Cooking Music & Dance
11 FEB	12 FEB	13 FEB	14 FEB	15 FEB	16 FEB
Learning our local language	Guitars & Drums Exercise Nutrition	Other Traditional Art	Like Skills Forever	Competitive Sports	Cooking Music & Dance
18 FEB	19 FEB	20 FEB	21 FEB	22 FEB	23 FEB
Learning our local language	Guitars & Drums Exercise Nutrition	Other Traditional Art	Like Skills Forever	Competitive Sports	Cooking Music & Dance
25 FEB	26 FEB	27 FEB	28 FEB		
Learning our local language	Guitars & Drums Exercise Nutrition	Other Traditional Art	Like Skills Forever		

mums & bubs

Get the prams out and catch up with other mums and bubs!

MONDAY	TUE	WEDNESDAY	THURSDAY	FRIDAY
9am KIDS CLUB 6months-4yrs JD Hardie Youth Zone 41 \$7.50 -	9am COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12	9am KIDS CLUB 6months-4yrs JD Hardie Youth Zone 41 \$7.50 -	8.30am PREPARE YOUR KIDDIES TO KINDERGARDEN 3-4yrs Andrew McLaughlin Centre 18 Free p.12	9am KIDS CLUB 12months-4yrs JD Hardie Youth Zone 41 \$7.50 -
10am PRENATAL PROGRAM Mums Wanangkura Stadium 26 - p.13	10am ME AND MY BABY Family Well Women's Centre 35 Free p.12	9am COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12	9am HEDLAND PLAYGROUP Family 99 Kenedy St, South Hedland 40 \$5 p.11	9am COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12
10.30am BABY RHYME TIME 0-2yrs Port Hedland Library 17 Free p.13	10.30am STORY TIME SESSION 2-5yrs Port Hedland Library 17 Free p.12	10.30am HEDLAND PLAYGROUP (BABIES) 0-12months 99 Kenedy St, South Hedland 40 \$5 p.11	10am PRENATAL PROGRAM Mums Wanangkura Stadium 26 - p.13	10am KIDS CLUB 12months-4yrs JD Hardie Youth Zone 41 \$7.50 -
11am MUMS & BUBS GYM SESSION 3-9 months Wanangkura Stadium 26 - p.13	12pm COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12	12pm COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12	10.30am STORY TIME SESSION * 2-5yrs South Hedland Library 35 Free p.12	10am COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12
12pm COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12		12pm ABC (ADJUSTING TO BABYHOOD) Family Well Women's Centre 35 Free p.12	11am MUMS & BUBS GYM SESSION 3-9 months Wanangkura Stadium 26 - p.13	10am KIDS CLUB 12months-4yrs JD Hardie Youth Zone 41 \$7.50 -
		5.30pm PRENATAL YOGA * Mums Andrew McLaughlin Centre 18 - p.16	11am COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12	12pm COOKE POINT PLAYGROUP Family Andrew McLaughlin Centre 18 - p.12
			11am COOKE POINT PLAYGROUP BABY CLUB 0-5yrs Andrew McLaughlin Centre 18 - p.12	

* Prenatal Yoga classes will be holding from February 6th to March 21st. Booking is essential

* There will be no storytime sessions from February 2nd to 18th in South Hedland Library due to the venue being temporarily closed.

JD HARDIE YOUTH ZONE (JDYZ)



Located on Cottier Drive in South Hedland, the JDYZ is the Youth Hub for all young people in Hedland. With a great variety of indoor and outdoor activities for families, children and young people the JDYZ features it all:

music, girls zone, dodgeball, circus skills, roller skating, kids zone (program for parents & children 0 - 5) and hip hop dance just to name a few. Every day there are different activities on offer.

CIRCUS SKILLS

Every Monday from 3.30pm to 4pm for children under 10yrs old and from 4pm to 4.30pm for teens aged 10yrs and over.

ROLLER SKATING

Every Tuesday afternoon from 3.30pm to 5pm

KIDS ZONE

Every Wednesday from 3.30pm to 5pm

GIRLS ZONE

Every Wednesday from 3.30pm to 4.30pm

YOUNG MEN'S GROUP

Every Wednesday from 2.30pm to 4.30pm

DODGE BALL

Every Thursday from 3.30pm to 4.30pm

CAPOEIRA

Every Thursday from 4pm to 5pm

COOKING WORKSHOP

Every Friday from 3pm to 5pm

CONTACT DETAILS

Phone.....08 9158 9380
Email.....jdhycs@porthedland.wa.gov.au
Website.....www.jdhardie.com



Take 2 for FREE

Wow Time at Wanangkura



Introducing Gecko Kids Fitness

Where fun and fitness get together and have a wow of a time. Gecko is Australia's leading kids fitness experience, catering for all fitness levels, and supervised by kids fitness professionals.

How does it work?

Gecko is all about kids – using kids equipment, age specific programs, expert coaches and heaps of other cool stuff that kids love.

Small group classes are now running every week. Gecko understands that exercise for kids is different from that of adults.

That's why you won't see treadmills or weight machines at Gecko, but what you will see are kids having a blast during their workouts.

It's all about FUN!

Try it, love it and join!
Call us on 9140 0400



Healthy outcomes

In addition to loads of fun, kids also improve their cardio, strength, speed, agility, balance and coordination along the way. Better still, parents keep telling us that their kids also gain confidence, self-esteem and social skills thanks to the Gecko experience.

Timetable

Youngsters (5-9)

Monday – Thursday
3.30-4.15pm

Midsters (10-14)

Monday – Thursday
4.30-5.15pm

How much?

The Gecko program is only \$13.95 per week for Gecko Gold – access to unlimited classes!

Take 2 for Free!
Voucher

Bring this voucher and your child and a friend can do Gecko for free!

*New Gecko members only



Want to know more?
Visit our website
www.geckokidsfitness.com



Contacts list

Of the venues and community groups mentioned in this brochure
If you find any errors in the information provided, thank you for letting us know by emailing
eao@porthedland.wa.gov.au

NAME	PHONE	EMAIL	WEBSITE
ANDREW MCLAUGHLIN COMMUNITY CENTRE	08 9173 4787	amcommunitycentre@gmail.com	
CARE FOR HEDLAND ASSOCIATION	0428 159 052	info@careforhedland.org.au	www.careforhedland.org.au
COOKE POINT PLAYGROUP	0415 682 016	amcommunitycentre@gmail.com	
COURTHOUSE GALLERY	9173 1064	mail@courthousegallery.com.au	www.courthousegallery.com.au
DOVETAIL ENGLISH	0413 020 564	welcome@dovetailenglish.com.au	
GOLF CLUB	0400 200 781	9172 2046	
HEDLAND GARDEN CLUB	0488 907 260	hedlandgardenclub@hotmail.com	www.careforhedland.org.au
HEDLAND GYMNASIAC CLUB	0437 433 444		
HEDLAND PATCHWORKERS AND QUILTERS	9140 1124	info@wellwomens.com.au	www.wellwomens.com.au
HEDLAND PLAYGROUP	0448 228 980	hedlandplaygroup@hotmail.com	
HEDLAND RUNNING CLUB	0467 670 823	Hedland Running Club Facebook page	
HEDLAND TOY LIBRARY	0413 083 859	Hedlandtoylibrary@hotmail.com	
JAN FORD INDULGENCE CENTRE	0417 750 810	office@stjernqvist.org	
JD HARDIE YOUTH ZONE	9158 9380	jdhycs@porthedland.wa.gov.au	www.jdhardie.com
MATT DANN CULTURAL CENTRE	9158 9368	mdinfo@porthedland.wa.gov.au	www.mattdann.com
NORTH WEST ROLLER DERBY		northwestrollerderby@gmail.com	www.northwestrollerderby.com
PILATES	0417 488 072	physiologicaltraining@gmail.com	
PILBARA INSTITUTE COOKING CLASSES	08 9158 9415		
PORT HEDLAND GRATWICK POOL	9173 3303		www.porthedlandleisure.com.au
PORT HEDLAND LIBRARY	9158 9378	phlib@porthedland.wa.gov.au	www.porthedland.wa.gov.au
PORT HEDLAND TENNIS CLUB	0413 742 151	cpdo@porthedland.wa.gov.au	
PORT HEDLAND TAEKWONDO	0428 831 359		
PORT HEDLAND YACHT CLUB	9173 1198	markets@phyc.com.au	
SILVER STAR CAFE	0411 143 663	julie@silverstarcafe.com.au	
SOFTBALL FOR GIRLS	0418 915 015		
SOUTH HEDLAND LIBRARY	9158 9373	sthlib@porthedland.wa.gov.au	www.porthedland.wa.gov.au
TOWN OF PORT HEDLAND EVENTS COORDINATOR	9158 9660	ec@porthedland.wa.gov.au	www.porthedland.wa.gov.au

NAME	PHONE	EMAIL	WEBSITE
WANGKA MAYA PILBARA ABORIGINAL LANGUAGE CENTRE	9172 2344	admin@wangkamaya.org.au	www.wangkamaya.org.au
WANANGKURA STADIUM	9140 0400		www.porthedlandleisure.com
WELL WOMEN'S CENTRE	9140 1124	info@wellwomens.com.au	www.wellwomens.com.au
WIRRAKA MAYA WELLBEING CENTRE	08 9172 0444	markysiak@wmhsac.com	www.wmhsac.com
YOUTH INVOLVEMENT COUNCIL	9140 1272	admin@yic.com.au	www.yic.com.au
ZUMBA FITNESS HEDLAND		zumbafitnesshedland@bigpond.com	

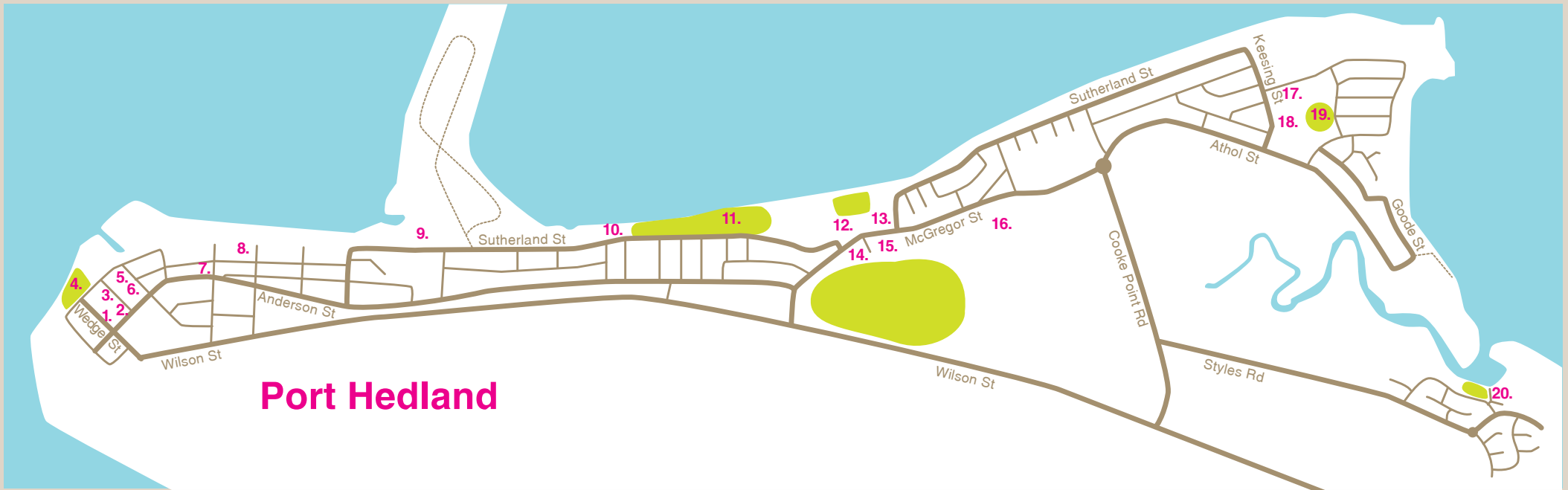
Where can I grab a copy of the brochure?

PORT HEDLAND

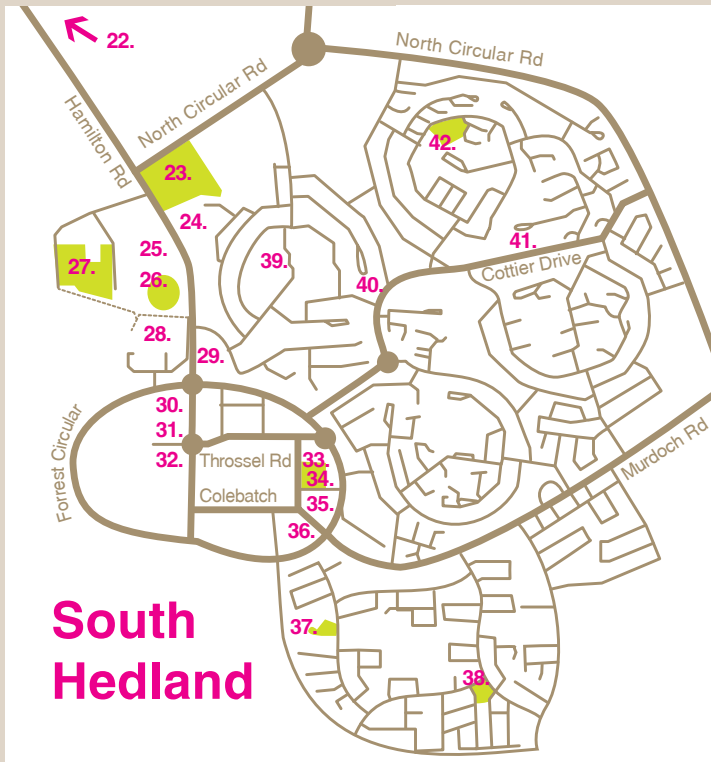
Courthouse Gallery, Edgar St
Silver Star Cafe, Edgar St
Port Hedland Visitor Centre, Wedge St
Port Hedland Chamber of Commerce, Wedge St
Port Hedland Boulevard Shopping Centre
Jan Ford Indulgence Centre, Kingsmill St
Civic Centre, McGregor St
Andrew Mc Laughlin Community Centre, Keesing St
Port Hedland Library, Dempster St
Len Taplin Child Care, Dempster St
YMCA Child Care, Keesing St
Port Hedland Medical Centre, Edgar St
Cooke Point Caravan Park, Athol St

SOUTH HEDLAND

Lawson Street Youth Centre, Lawson St
Video Ezy, Hedditch St
JD Hardie Youth Zone, Cottier drive
McDonald, Throssell Rd
Muffin Break (in South Hedland Shopping Centre)
South Hedland Library, Leake St
Well Women's Centre, Leake St
Matt Dann Cultural Centre, Hamilton Rd
Pilbara Institute, Hamilton Rd
Wangka Maya Pilbara Aboriginal Language Centre, Hamilton Rd
Wanangkura Stadium, Hamilton Rd
Bloodwood Tree Association, Hamilton Rd
Wirraka Maya Wellbeing Centre, Hamilton Rd



Port Hedland



South Hedland

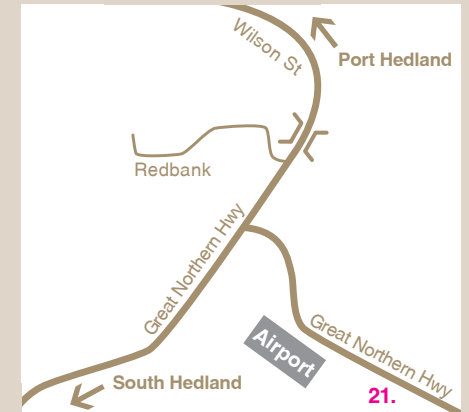
Port Hedland

- 1 Visitor Centre / Old Picture Gardens
- 2 Courthouse Gallery / Glass Lane Park
- 3 Silver Star Cafe
- 4 Marrapikurinya Park
- 5 HARTZ Hedland Arts Council
- 6 Fishing Club
- 7 Elisi Therapies (Qi Gong)
- 8 Jan Ford Indulgence Centre
- 9 Port Hedland Yacht Club
- 10 St Cecilia's Hall (Yoga With Grace)
- 11 Cemetery Beach Park
- 12 Gratwick Hall / Civic Centre Gardens
- 13 Gratwick Aquatic Centre
- 14 Port Hedland Turf Club / Scoot Hall
- 15 Port Hedland Tennis Club
- 16 McGregor St Oval and Skate Park
- 17 Port Hedland Library

- 18 Andrew McLaughlin Community Centre
- 19 Colin Matheson Oval & Club House
- 20 Pretty Pool Beach & Park
- 21 Speedway Club - Maddigan Road

South Hedland

- 22 Port Hedland Golf Club
- 23 Hedland Senior High School Oval
- 24 Matt Dann Cultural Centre
- 25 Faye Gladstone Netball Court
- 26 Wanangkura Stadium
- 27 Marie Marland Reserve
- 28 Pilbara Institute
- 29 South Hedland Tennis & Bowling Club
- 30 Bloodwood Tree Association
- 31 Wirraka Maya Wellbeing Centre
- 32 Wangka Maya Pilbara Aboriginal Language Centre
- 33 South Hedland Skate Park / Centenary Park
- 34 South Hedland Town Centre and Lotteries House
- 35 South Hedland Library & Well Women's Centre
- 36 South Hedland Aquatic Centre
- 37 Daylesford Park
- 38 Koombana Park
- 39 YIC Youth Centre
- 40 C3 Church / Hedland Playgroup Association
- 41 JD Hardie Youth Zone
- 42 Shay Gap Park



**WIN
FREE
TICKETS**

*This month win
free entry to*

- **STICKS, STONES, BROKEN BONES**
Saturday 2 February, 5pm
- **TWILIGHT: BREAKING DAWN (PART 2)**
Saturday 16 February, 7.30pm
- **THE HOBBIT: AN UNEXPECTED JOURNEY**
Tuesday 19 February, 7pm

Like us on Facebook

<http://www.facebook.com/mattdannculturalcentre>

and stay tuned!

Free advertising!

To promote your community events or club through our monthly brochure, please contact our Marketing Officer on 9158 9663 or email eao@porthedland.wa.gov.au

The events calendar is produced and distributed every month by the Town of Port Hedland and printed by PK Print, Fremantle.

Town of
Port Hedland

