

OFFICIAL CLUB BROCHURE

2021 | 2022





CLAREMONT YACHT CLUB Est. 1905



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WELCOME

Welcome to this guided tour of our much-loved Claremont Yacht Club.

At Claremont Yacht Club we boast that Members have many things in common, but two of the most important are a love of boating and a casual love of life.

This book is not just a snapshot of the Club for its existing members to share with friends and family. It is also an opportunity for the Club to reach out to its extended neighbourhood and its business hinterland; to illustrate our great facilities and camaraderie and welcome you to join us to experience the Club first hand.

For anyone in the community who is seeking a social environment, we are sure you will find our Club is not the hardcore boating enclave which the name suggests. We endeavour to be



a reflection of the social interests of our eclectic membership who, by a coincidence, also enjoy boating. Typically, our members are on dry land enjoying our Club facilities as much as they are on the water enjoying boating and we welcome new members to both aspects of the Club's life.

For the boating community, Claremont Yacht Club offers the opportunity to join and enjoy a diverse range of water-based activities as well as the privacy to get on with your own thing.

See you soon,

The Members, Claremont Yacht Club





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BENEFITS OF MEMBERSHIP

Claremont Yacht Club Members enjoy an active year-round boating programme for sailing yachts and power boats. Here are just a few more compelling reasons to join our friendly Club:

- Great camaraderie with a host of likeminded Members, family and friends
- Access to the Club's onshore facilities, the Members' Bar and function facilities
- Excellent catering services by our inhouse chef and hospitality staff, including our ever-popular Wednesday buffet and Friday to Sunday "Club menu" and specials.
- The Club conducts many social functions including regular Sunday sessions and annual events such as Club Opening Days, Christmas Dinner plus dinners and functions for each of the Club's boating divisions

Invitations to join willing skippers during summer for Wednesday Twilight sailing

Invitations to competitions and social events at other clubs

Guests accompanying Members are always welcome

Weekly Club Midstream newsletter to keep you informed of upcoming events.

> 24-hour secure access to the Clubhouse for showers and toilets, fuel and ice

Access to the secure Members' carpark on the river foreshore (conditions apply)

 Discounted pricing on food and beverages when using your CYC membership card





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MINT

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If you are considering selling your property, please make sure you call PETER on 0415 920 920 for his sound advice and knowledge of the local real estate market.

Peter lives in Claremont with his wife Finnal

involved in the local community. When he's

not selling houses, you will find him and his

wife supporting local community initiatives,

such as their sponsorship of the Freshwater

Programme'. Or you may see Peter lending

Bay Primary School 'Values Award Book

his skills as an Auctioneer at numerous

charity events and fundraisers.

and their 2 young children and is heavily

ABOUT THE CLUB

At Claremont Yacht Club we pride ourselves on our Club's location and our capacity to welcome and entertain Members and visitors.

As part of this capacity, our Members enjoy their own in-house chef to deliver meals for special occasions. The public and local industry are also welcome to join as Social Members and to host private functions such as weddings and birthday parties.

Upstairs our clubhouse features an atmospheric Members' Bar and the Bayview Ballroom, both of which reflect the Club's long, rich history. Downstairs is the more contemporary Deepdene waterfront bar and function area named after the original building, Deepdene House.



For boat owners, our jetty system offers gate and CCTV security, a refuelling berth for diesel and premium unleaded petrol and individual power and water services throughout our pen system.

Located in the northern reach of Freshwater Bay, our Club enjoys breathtaking views across the river to Point Walter, as well as views of the cliffs on both sides of the bay. This natural vista is complemented by the jetty system and the Members' boats in the foreground.





Continue a life well lived

Waterfront Cottesloe and Marine Views Cottesloe

Curtin Heritage Living is a not-for-profit, Community organisation

Our services range from independent living to aged care services that support residents with specific care needs. We have been providing services to older members of the western suburbs for over 40 years.

Our approach to aged services is simple - we treat our residents as individuals.

We are currently undertaking a \$140M development Waterfront Cottesloe and Marine Views Cottesloe that will create more opportunities for people to become part of the Curtin Heritage Living community. "Our goal has always been simple - to ensure our residents are able to continue a life well lived in the later years of their lives, in the area in which they grew up.

We are proud of the heritage and reputation we have in the local community and equally proud of the quality of services we provide to our community members".

David Cox - Managing Director, Curtin Heritage Living Freshwater Bay and hence the Claremont Yacht Club are located midway between the Port of Fremantle and the City of Perth. Members therefore have many choices for boating on the idyllic Swan River and its marine hinterland:

- up-river to Perth Water
- beyond Perth to the Swan Valley vineyards
- south along the Canning River
- down-river to the historic Port of Fremantle, and
- beyond the river mouth at Fremantle to Rottnest and Garden Islands.

Closer to home, the shape of Freshwater Bay, named by the crew of the famous H.M.S. Beagle, sets Claremont Yacht Club well back from the main thoroughfare of river traffic, making it the only yacht club to enjoy this serenity.

Back on dry land, the clubhouse is located in the heart of one of Perth's most desirable regions and complements other great lifestyle facilities that Claremont and its neighbouring suburbs have to offer: sports reserves, shopping, galleries, restaurants, schools, the University of Western Australia and of course Perth's wonderful weather.

Our Club is also surrounded by several entertainment strips in Claremont, Cottesloe and Nedlands, most of which retain the area's engaging village appeal. Furthermore, Claremont Yacht Club is within walking distance of the heart of the Claremont Quarter shopping precinct and rapid rail transport to the cities of Perth and Fremantle.

New Members are always welcome at our Club, especially those who wish to participate in water activities, whether as competitors on the water or as volunteers in support roles. We also have a range of crewing opportunities and training programs to assist newcomers to fast-track their confidence in boating.

Alternatively, you may wish to join as a Social Member just to enjoy our Club and its many social, dining and function opportunities.

In short, Claremont Yacht Club can meet the broadest range of needs and wishes in a homely, casual manner. We have many options and flexible packages to meet every budget, no matter what you are looking for. So, come down soon and introduce yourself, to take in the pleasures of one of Perth's best kept social secrets.



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A BRIEF HISTORY

Claremont Yacht Club was formed at an inaugural meeting held at the nearby Hotel Continental on February 17, 1905.

Commodore Sydney Stubbs, then Mayor of Claremont, negotiated with the owner Mr Alpin Thomson to purchase a home known as 'Deepdene' on the present site of the Club for the price of £1,000. It is said that Stubbs earned a discount on the sale price by successfully negotiating the toss of a coin!

The Club proved popular and membership reached 150 during the 1905/06 season. A licence was secured in 1905, and the Club became incorporated.

On March 25th that year, CYC held its first race - a Club event - for a handsome cup presented by Commodore Stubbs. Twentysix boats entered and eighteen started. This original Commodore's Cup trophy has recently returned and is now on display at the Club. Our first Club opening day followed on November 6th 1905, with a string band, a large marquee and a fashionably dressed crowd of 500 guests, including the contemporary A-list of Perth's best known identities.

It is said that great legacies are born of hardship and this is certainly true at Claremont Yacht Club. As with many sporting clubs of the time, membership fell badly during the First World War and finances became critical.

In 1923 an almost clean sweep of Officers and the Committee saw Commodore Fred Thomas begin the Club's resurgence. Opening Day in 1924 saw a record fleet of 68 yachts from all the yacht clubs on the river.

The threat to the Club of yet another world war was never more evident than in the tragic story of a trophy recently donated to the Club by Melinda Fisher, granddaughter of 1930's Club member Norman Morrison. The entire crew of Norman's yacht Hopalong saw active service and all but Norman were killed in action. The sombre reality was too much for Norman who, upon returning from the war, sold his boat and never returned to the Club. Nonetheless, the die was cast for a Club united by hardship as much as good times - such is the intricate fabric only available in such a long standing institution.

The Club's present clubhouse building was opened by Governor Sir Charles Gairdner in June 1956, and adjoining land has since been purchased to give increased water frontage and usable space.

Today the Members pride themselves on being the only river club in Perth to own the land on which the Club facilities are sited. The Club continues to enjoy the warm cooperation with our significant neighbours, the Town of Claremont, Bethesda Hospital, Christ Church Grammar School and Methodist Ladies College.

The Club urges Members and Friends to read its official history book 'Claremont Yacht Club, 100 Years of History 1905 - 2004', available at the office. The book was compiled by the Club's History Working Group, largely from written contributions by Members with the generous support of a grant from Lotterywest.





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On-site services





THE CLUBHOUSE

THE MEMBERS' BAR

The Members' Bar at Claremont Yacht Club exudes all the character of a Club tastefully evolved over 100 years. Features include the timeless bar, historic memorabilia, an open fireplace and a sweeping outlook over Freshwater Bay from an elevated position.

THE BAYVIEW BALLROOM

The spacious Bayview Room offers a classical atmosphere, formal entrance, large dance floor and the same exquisite view over Freshwater Bay. With immediate access to the Members' Bar and the professional kitchen, the Bayview can cater for up to 175 seated guests or 200 in a cocktail configuration.



THE DEEPDENE ROOM

The contemporary Deepdene Room on the lower level of the clubhouse has floorto-ceiling windows overlooking the bay and flows seamlessly onto a sheltered deck and licensed lawn area with an equal view. The Deepdene room also features a full bar and the capacity to accommodate up to 100 guests for a seated event or more for cocktails. With the river just a few steps down and 40 metres away across a manicured lawn, this room is well connected with our marine playground.

The Deepdene includes a dedicated dance floor, audio/visual capabilities and kitchen facilities, making it ideal for private parties, corporate seminars, professional development days or special dining experiences. Immediate access to the deck and lawn outside makes the Deepdene ideal for family activities.



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MEMBERS' DINING & EVENTS

Through recent years, the Members at CYC have consistently demanded one thing in particular: great food. For that reason we maintain a fulltime chef to ensure a consistent quality.

In recent years the Club has made our magnificent facilities available for Members' celebrations and functions in addition to Club events for Members. This development has driven the quality of our catering to even higher levels. That said, the Club also strives to ensure that the Members' experience is not compromised by the presence of private events and this is helped by discerning use of the available rooms.

VOLVO PENTA • YANMAR • MAN • CAT • KOHLER • ONAN • MASE • MTU • CUMMINS • SEAKEEPER • JOHN DEERE







For Members, our Social Calendar is thoughtfully composed of events for all the family to enjoy; food, entertainment and good company are paramount.

For local residents and businesses. we welcome you to come down and experience the Club first hand; feel free to come and "try before you buy".

Between regular bar and restaurant offerings and a range of special Club events and dining experiences, Members can always look forward to the "next big event" regularly throughout the year. The Christmas Party and Distinguished Members' Night are happy occasions to celebrate friends and fellow members, those who have excelled out on the water and all our hardworking committees and volunteers.

Throughout the year the boating divisions each have their open days, prize nights and special events, but the whole Club is welcome to all.

The Club has excellent indoor facilities that are enhanced by the wonderful deck and lawn area seamlessly accessed from the Deepdene Room, a glorious spot for al fresco dining and socialising or for kids of all sizes to play on the lawn.



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WE ARE AN

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Dr Richard O'Halloran | graduate 2009

- Team member Water Polo WA Premier League
- Volunteer Surf Lifesaver
- Rhodes Scholar
- Bachelor of Medicine & Bachelor of Surgery

Dr John Nik Ding | graduate 2000

- London Imperial College/University of Melbourne PhD
- Director Bowelprep educating underprivileged communities
- Founder/Chair Young GESA mentoring and assisting young doctors with their mental health and wellbeing

The Honourable Wayne Martin AC | graduate 1969

- Former Chief Justice of the Supreme Court of Western Australia Former Lieutenant Governor of Western Australia
- Drew public attention to the disadvantage experienced in the justice system by groups including Aboriginal and homeless people, the mentally ill and cognitively disabled

Irwin Lewis | graduate 1956

- Elite sportsman
- First Aboriginal to graduate from Christ Church Grammar School
- First Aboriginal student to attend University of Western Australia
- Artist with works in the National Gallery of Victoria * Fondly remembered by all who knew him

Chester Litton | graduate 2031

- Aspiring gemmologist/scientist
- Insatiable curiosity about the world around him
- Deeply connected with his family













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JETTIES AND PENS

Claremont Yacht Club undertook an ambitious scheme during 2014-2015 to add 59 pens on the south side of the Club's existing jetties. The expanded marina now accommodates 229 vessels up to 25m in length. All berths have access to power and water as well as fuel and courtesy trolleys and barrows. The jetty system is serviced by a fulltime bosun who maintains the facility. Access to the jetty system entry bridge is via a controlled gate house with CCTV security which covers the access to the jetties plus the car park, clubhouse and grounds.

MOORINGS AND TEMPORARY ACCOMMODATION

In addition to its pen structure, the Club can also accommodate vessels on moorings at competitive monthly rates. We also offer visitors short term accommodation in pens within our marina – usually pens which are empty while the usual occupant is away on long cruises or for maintenance.



REFUELLING

The Club provides premium unleaded petrol and diesel at competitive prices through the bowsers on our fuel jetty. A fuel card is available to members who own boats, providing 24-hour access to the bowsers and an automated payment system via Members' charge accounts.

MAINTENANCE

Boat maintenance contractors, who comply with our requirements, may register with the administration office to arrange access to the Members' car park and the Club's jetty system during week days.

- BatteryWorld -

TIPS FROM YOUR BATTERY EXPERTS

Because we know that you're as passionate about the great outdoors as we are, here's some quick power tips that will help you to get the most out of your adventure.

Marine batteries are specifically engineered to resist vibration from wave pounding which is why they should only be used in boats.

Don't get stuck out in the water, ensure you have a fully charged battery before you head out.

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When you're planning your next trip or needing power solutions along the way, our friendly team of battery experts are here waiting to help or can come to you; they'll make sure that whatever you're into, your adventure is absolutely perfect.

Proudly sponsoring the Claremont Yacht Club

POWER YOUR BOATING PASSION





SAILING

Cruises each Wednesday night through the sailing season. The more hardy sailors compete through the winter in the Sunday afternoon Frostbite series.

KEELBOATS

Keelboat Racing

Saturday Racing commences at 1400hrs each week during the sailing season (October to April) and races generally last for two to three hours. After racing, members return to the Clubhouse for presentations. Please note that if you wish to come down and find a place as crew on a boat on a Saturday afternoon, you will need to contact the office during the week to make arrangements to be allocated to a boat for the weekend race. Racing continues into the off-season in a very competitive but sociable winter Frost Bite racing program from May to September, so you can enjoy sailing at our Club every month of the year. We encourage family and junior involvement and have membership options to cater for anyone interested in our Keelboat or Dinghy fleets.

Twilights

Our sociable Twilight Cruises start at 1830hrs each Wednesday evening from October to April. Anyone wishing to try Twilight Sailing should contact the Office at least a week in advance so we can arrange for allocation to a boat. Please ensure you arrive by 1745hrs to give us time for this allocation.

Whether you have been twilight sailing or not, you are welcome to join us for our very popular Wednesday night's buffet in the Bayview Room.

Crewing

Keelboat owners and skippers are always on the lookout for new yacht crew for weekend or twilight events. Any prospective Member seeking the fun and rewards that being part of a team can bring is welcome to register their interest as a crewperson by contacting the office or just coming down to the Club a couple of hours early and they will be allocated to a skipper. From there on they can start to make longer term arrangements. Once hooked, Crew Membership is available for a very affordable annual subscription.

DINGHIES

Claremont Yacht Club enjoys a strong fleet of Dinghy sailing, especially in Lasers, an Olympic-class boat sailed by a single person.

The Laser's simplicity and elegance have made it one of the world's most popular sailing dinghies, all the more popular since Australian Tom Slingsby won gold in that class at the 2012 London Olympics.

Ideal Conditions

Because of the Club's location at the top of Freshwater Bay, the Club enjoys a uniquely sheltered part of the Swan River away from the River channel used by the ferries and motor launches. This allows the Dinghy Section to set full courses in any breeze direction, making sailing safer and devoid of bad wash. No other club in Perth enjoys these ideal conditions and the location means ours is the only fleet using this area during our regular Sunday morning events.

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Dinghy Racing

Dinghy racing is run from a start boat, and two rescue/training boats are also on the water throughout. The main racing season is conducted on Sunday mornings from October to April. Additionally, the dinghies join the Sunday afternoon Frostbite Series with the keelboats during May to September.

Presentations are made in the Clubhouse after each event. This is conducted in the ground floor "Deepdene Room" close to the rigging area and change room facilities. The bar is available for drinks and snacks or meals from the Club menu. Parents can supervise their children in comfort from this relaxed, contemporary bar, where they can sit in comfort inside or outside on the waterfront lawn area.

Storage

The storage of sailing dinghies is in a locked shed, and the rack system allows individuals to access their boats on their own without needing any assistance. Rigging is done on the lawn abutting the storage shed, and is close to the river's edge, allowing the boats to be launched by one person.



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Getting Started

Claremont Yacht Club is a very welcoming and friendly club, with people of all ages participating in racing and coaching. Prospective newcomers already owning a boat are very welcome to come and sail with us on a trial basis prior to joining.

For those who don't have a boat, the Dinghy Section has a number of ways to help you try out before acquiring your own, once you get the 'bug' so widely enjoyed here.

Please feel free to contact the Club by phone or email, or come down on a Sunday morning between 9:00am and 10:00am, and you will be made most welcome.

OPEN HOURS: Mon - Fri: 7:45am - 5:00pm, Sat: 8am - 12pm, Sun: CLOSED





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POWER BOATING

The Power division of the Claremont Yacht Club caters for both the competitive and recreational interests associated with power boating.

Time-trialling is the competitive aspect of the division's activities while the social side includes events such as cruising in company to other yacht clubs and various island destinations.

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These are just some of the ways powerboat members come together and enjoy ourselves and the fellowship often extends to other clubs, including participation in the casually competitive Time Trial State Championship.





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COMPETITION

Most people don't realise that the power boating section has an official season which commences in May. An official opening day takes place with a 'sail past' prior to the first round of the time-trialling season; afterwards a relaxed evening meal and entertainment finishes the day off

The objective of the time trial competition is to navigate a pre-determined course on the river at an allotted speed and to arrive at manned checkpoints by predetermined times: "every second counts!"

Our Rear Commodore of Power warns: don't, whatever you do, be put off by the word "competition", as we are all there to just have a great day out. The emphasis is on fun and enjoyment, and to provide an excuse for Members to use their boats through the winter months when they might otherwise sit unused if not unloved!

SOCIAL

Within the Club, power boat owners take fellow members, family and friends along with them to get away and socialise. We also encourage neighbouring clubs to cruise over and compete in our boating events, tie up at our jetty and enjoy a drink and/or meal at the Club. Events are run year-round mainly on Saturday afternoons, Sunday mornings and Wednesday summer evenings.

Members are always looking for new ways to enjoy spending time on the water and the Power Boat section regularly organises special events like fishing competitions and overnight stay-over cruises.

There is a strong contingent of Members who enjoy regular trips to Rottnest, Rockingham, Hillarys, Fremantle Fishing Boat Harbour, or as far away as the Abrolhos Islands and Exmouth. New members can join voyages for the camaraderie and also tap into the knowledge of members familiar with these and other destinations.



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The Club regularly hosts functions including weddings, birthdays, social gatherings, corporate events, Christmas parties, reunions, school balls, breakfast meetings, wakes, and end of year or end of financial year parties. You may also like us to create a personalised event like a wine dinner or a live performance to fulfil whatever dream our team can help you realise.

The success of your function is crucial to us, from a small casual gathering of family and friends to a formal top-of-the-range gala ball. Both of our function rooms are available, with each one offering sweeping views of Freshwater Bay, our marina, the surrounding cliffs and beaches.

Our functions staff enjoy an extraordinary record for successful delivery of events. As owners and hosts of the occasion, the Club takes a keen interest to ensure the finest



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Legal disputes and legal problems can be stressful and disruptive to your business or family. You need lawyers who approach problems thoughtfully, and not formulaically, and who can deliver the right strategy and support. Our team is here to help you prevent, resolve, or overcome legal challenges so that you can spend more time doing the things you'd much rather be doing (like sailing). At Claremont Yacht Club we can provide the facilities for all your corporate meeting requirements. From Wi-Fi access to projector facilities, a broad range of delicious lunches catering to all dietary requirements, you can ensure your participants are ready for the day ahead. Furthermore, we may be able to help you reach out to the wider corporate network embodied in our membership.

The clubhouse and surrounds provide very versatile accommodation for business events such as seminars, conferences and marketing events, with indoor and outdoor facilities perfect for any occasion. Our dedicated, conscientious and experienced staff will deliver the level of service you expect and their professionalism will ensure you create the right impression.

The Deepdene Room offers a private bar available for you and your delegates to enjoy a Sundowner at the conclusion of the event; to relax and reflect on your productive day.

Whether you and your business colleagues have a passion for sailing or just need an out-of-office environment





to retreat to, why not ask us about an ongoing corporate association, or sponsorship agreement, with the Club. We are willing to develop a bespoke package incorporating membership and regular use of the facilities.

For all function enquiries, please contact our Food and Beverage Manager on **(08) 9384 8226** or make an enquiry through our website www.claremontyachtclub.org.au

There is also a printable brochure you can download from our website.

GROVE SECURITIES

Knowledgeable, practical and serious about acting in your best interests at all times.

We help turn complexity into clear and actionable strategies that navigate you toward your financial goals - always striving to deliver the highest standard of advice and proactive ongoing support.





Personal Financial Advice | Investment | Self-Managed Superannuation Funds | Personal Risk Insurance

1A Freshwater Parade, CLAREMONT WA 6010 | p. (08) 6819 7555 | AFSL 233713 | WWW.GROVESECURITIES.COM.AU



BECOMING A MEMBER

Interested in joining our friendly, active yacht club? Membership is currently open and we would be delighted to welcome you to the Club as a visitor or a new member. The Club has a range of membership categories, from Senior membership for boat owners who require marina pens, to concessional membership rates for dinghy sailors, through to Social membership, all of which allow use of the Club's excellent on-shore facilities. Reciprocal membership is offered to members of kindred clubs across WA and further afield.

If you do not have a boat, you can take advantage of the discounted Crew Membership, enabling you to take part in the Club's active racing calendar and social scene. Family Membership represents excellent value. It incorporates one Senior Member, one Spouse or Partner Member and their children under 18 (Junior Members). Full details of membership criteria and current subscription rates can be found on our website at

www.claremontyachtclub.org.au

We think we have something really special here: great sporting and social opportunities, a great ambience and an immediate welcome to newcomers; all of this over great food and beverages and a wonderful river backdrop.

But we would say that, wouldn't we? The only way to know for sure is to come and have a look for yourself. In fact, we are so keen to put YOUR mouth where OUR money is, that we have a fantastic offer for you!





Chelsea Chiropractic & Wellness

www.chelseachiro.com.au

T: 08 9389 6060 | E: info@chelseachiro.com.au Suite 1 Chelsea Professional Centre 145 Stirling Highway Nedlands WA 6009

CHIROPRACTIC | REMEDIAL MASSAGE | HOMOEOPATHY | REFLEXOLOGY DRY NEEDLING | ULTRASOUND | X-RAY FACILITIES

CHIROPRACTIC

Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of disorders of the musculoskeletal system, and the effects of these disorders on the nervous system and general health.

MASSAGE

An integrative form of manual therapy that identifies and corrects structural and biomechanical patterns in the body that cause chronic pain. By using careful analysis of dysfunctional postural and movement patterns to create a comprehensive therapy program, NST fully addresses the five stages of rehabilitation.

Type of Massages:

Remedial Massage I Neuro Somatic Therapy Trigger Point Massage I Orthopaedic Massage Myoskeletal Alignment Technique DRY NEEDLING Dry Needling is a therapy that helps to alleviate pain in clients who suffer from soft tissue conditions or sports injuries. It works by inserting a small, thin needle into a trigger point (or tight knot) in a muscle which releases endorphins, attracts blood flow to the area and relaxes the muscle.

HOMOEOPATHY

Homoeopathy is the second largest system of medicine in the world. It is used by over 200 million people worldwide and in Australia homoeopathic medicines are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA). When prescribed by a qualified homoeopath, homoeopathic medicines can be used safely by pregnant women, new born children, the elderly and even people on chronic medication.

The chiropractors at Chelsea Chiropractic & Wellness have over 70 years' experience of private practice in the Nedlands, Claremont, Cottesloe and surrounding areas. We are privileged to help many people manage back pain, neck pain and headaches. We provide chiropractic care for sports injuries and rehabilitation. Our team is passionate about caring for you and your loved ones of all ages.

Call us today: 08 9389 6060



REFLEXOLOGY

20%

Reflexology is a non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points on the hands and feet. These points are called 'reflexes' and they reflect, or mirror, the organs and structures of the body as well as a person's emotional health. Reflexology is deeply relaxing.

DISCOUNT

on your first visit on mention of this offer. (Expiry June 2022)





CLAREMONT YACHT CLUB

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CONTACT US

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P (08) 9384 8226

F (08) 9384 9990

E reception@claremontyachtclub.org.au

W www.claremontyachtclub.org.au

OFFICE HOURS

Monday to Friday 9.00am to 5.00pm



claremontyachtclub.org.com.org.au