



- The activities listed in this brochure are women's only activities.
- All activities are free other than activities held at local pools where a small entry fee is charged per participant.
- Check out the program (on the back) and find an activity that suits you.
- All activities require pre-registration to ensure a COVID-19 safe environment for face-to-face activities or to provide you with a web link to access online activities. To register follow the instructions listed under each activity.
- To register for group fitness classes delivered by Aquamoves Lakeside Shepparton or the Shepparton Sports Stadium you will need to create a member profile via the Aquamoves website.
- Wear comfortable and weather appropriate clothing along with suitable footwear.

How to get involved

The Activities in the Park program provides an opportunity for Greater Shepparton residents and visitors to participate in free and low cost activities encouraging everyone to be healthy, active, happy and connected.

The program offers a variety of different activities that suit a range of ages, abilities, interests and locations. In this special edition of the Activities in the Park program, we celebrate This Girl Can - Victoria and support women embracing physical activity in a way that suits them.

- Participant numbers for each outdoor activity are restricted to ensure compliance with COVID-19 safe regulations. You must register to participate.
- Copies of future Activities in the Park flyers can be found at www.getmoovinggreater.com.au or at Council's Welford Street office reception, Aquamoves, SPC Kidstown and the Shepparton Sports Stadium.
- Activities held outdoors may be subject to weather. Please monitor our 'Get Mooving Greater Shepparton' Facebook page, download the free 'Get Mooving' app or contact the activity facilitator directly for activity updates.
- Children participating in our activities must be supervised by a parent or guardian aged 16 years or older at all times.
- Requirements such as dietary, wheelchair access, mobility aid or vision impairment can be catered for. A portable hearing loop is also available on request. Please contact us on (03) 5832 9431. Guide dogs are welcome.

things to remember

This Girl Can - Victoria, a campaign from VicHealth is designed to encourage women to become more active - without worrying about being judged. It is about celebrating what women can do. Whether that's a walk around the neighbourhood or a short swim, we celebrate all types of activity! We are encouraging all women to give physical activity a go or return to exercise after a break.

We want every woman to feel like she can get active however, whenever and wherever she wants, and to get something good out of it.

We want more women to say to themselves 'This Girl Can'.

We want Greater Shepparton women to know that **we get it**. Rocking up to a gym class or training session is tough when you don't know what to expect. That's why the 'This Girl Can' activities are inclusive, non-judgemental and accessible for women of different ages, body shapes and abilities.

To find out what free and low cost activities and events are happening in your local area as part of Council's Activities in the Park program visit the **Get Mooving Greater Shepparton Facebook page** <https://www.facebook.com/GetMoovingGS/> or **download the free Get Mooving App**. You can join the This Girl Can - Victoria community on Facebook and Instagram **#ThisGirlCanVIC** and visit www.thisgirlcan.com.au

this girl can - victoria

WALK AND CYCLE IN GREATER SHEPPARTON

If you are seeking a leisurely or scenic walk or ride or the ultimate off road experience Greater Shepparton has it all. Download a copy of Greater Sheppartons' Walk and Cycle Guide on Council's website www.greatershepparton.com.au or grab a hard copy booklet from the Visitor Information Centre.

To join a free walking group or start your own visit www.walking.heartfoundation.org.au

For guided walks and other outdoor and social activities for all fitness levels from beginners to advanced contact the Shepparton Adventure Club www.shepadventureclub.org.au or find them on Facebook [@shepadventureclub](https://www.facebook.com/shepadventureclub)

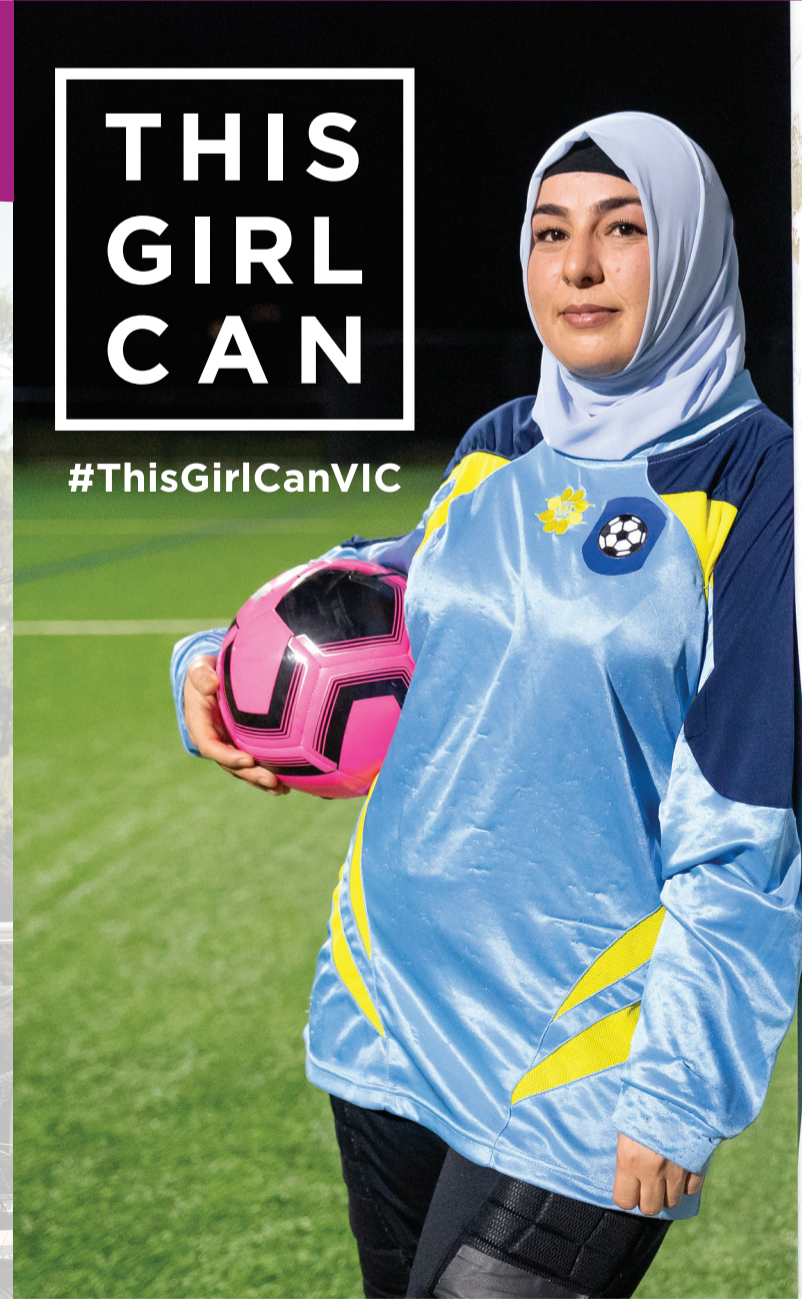
Greater Shepparton Bicycle Users Group conducts regular bicycle rides. The rides are designed to suit a range of abilities but with special emphasis on supporting and encouraging new cyclists. For more information visit www.gsbug.com.au

If you like cycling, joining a club is a great way to enjoy your cycling even more. Meet new people to cycle with, discover new routes and improve your skills and fitness. Join the Shepparton Cycling Club, 96 Packham Street Shepparton or find them on Facebook [@SheppCC](https://www.facebook.com/SheppCC)



THIS GIRL CAN

#ThisGirlCanVIC



PROUDLY PRESENTED BY

activities in the park



WWW.GETMOOVINGSHEPPARTON.COM.AU
#GETMOOVING #ACTIVITIESINTHEPARK



for more information



Download our **FREE App** [getmooving](https://www.getmooving.com.au)



Like us on **Facebook**
Get Mooving Greater Shepparton



Follow us on **Instagram**
[@getmooving](https://www.instagram.com/getmooving)



Visit our **website**
getmoovinggreater.com.au



Call Council's **Active Living Department** on (03) 5832 9431 or email healthycommunities@shepparton.vic.gov.au



On weekends call **Greater Shepparton Visitor Centre** (03) 5832 9330 or Toll Free 1800 808 839



activities in the park



mums and bubs exercise

Tuesday 17 November 2020

Grace Edwards Park, Shepparton

12.00pm – 12.45pm, 1.00pm – 1.45pm,
2.00pm – 2.45pm

Friday 20 November 2020

W.B. Ferrari Park, Mooroopna

11.30am – 12.15pm, 12.30pm – 1.15pm, 1.30pm – 2.15pm

Wednesday 25 November 2020

Lions Park, Service Street, Shepparton

9.30am – 10.15am, 10.30am – 11.15am,
11.30am – 12.15am

Friday 27 November 2020

W.B. Ferrari Park, Mooroopna

12.00pm – 12.45pm, 1.00pm – 1.45pm,
2.00pm – 2.45pm

Friday 4 December 2020

Mactier Gardens, Hogan Street, Tatura

11.30am – 12.15pm, 12.30pm – 1.15pm, 1.30pm – 2.15pm

Tuesday 8 December 2020

Mactier Gardens, Hogan Street, Tatura

12.00pm – 12.45pm, 1.00pm – 1.45pm,
2.00pm – 2.45pm

Friday 11 December 2020

CWA Gardens, Dookie

12.00pm – 12.45pm, 1.00pm – 1.45pm,
2.00pm – 2.45pm

Train outdoors, get fit and get the kids to join in too!
Join Everfit by Louise for a child friendly 45 minute
outdoor session suitable for all fitness levels.

To register visit www.facebook.com/GetMoovingGS/
events or phone Council's Healthy Communities Team
on (03) 58329 431 or email healthycommunities@shepparton.vic.gov.au

come and try tenpin bowling

Monday 16 November 2020

10.00am – 11.00am & 11.30am – 12.30pm

Saturday 21 November 2020

12.00pm – 1.00pm & 1.30pm – 2.30pm

Wednesday 2 December 2020

10.00am – 11.00am & 11.30am – 12.30pm

Sunday 13 December 2020

12.00pm – 1.00pm & 1.30pm – 2.30pm

**Oz TenPin (Star Bowl) Shepparton,
121/122 Fryers Street Shepparton**

Tenpin bowling is a sport everyone can enjoy. Learn
some tips and tricks and within minutes you'll be
knocking down the pins. Bowling balls suitable for all
abilities and strengths.

To register phone Oz TenPin (Star Bowl) Shepparton
on (03) 5821 5587.

paddlehub

Sunday 22 November 2020

12.30pm – 2.00pm, 3.00pm – 4.30pm

Saturday 5 December 2020

10.00am – 11.30am, 1.00pm – 2.30pm

Saturday 12 December 2020

10.00am – 11.30am, 1.00pm – 2.30pm

Victoria Park Lake, Southern Boat Ramp, Shepparton

Canoeing Victoria's Paddle Hub offers activities for
women looking to experience paddling for the first
time. All equipment provided.

To register visit www.facebook.com/GetMoovingGS/
events or phone Council's Healthy Communities Team
on (03) 58329 431 or email
healthycommunities@shepparton.vic.gov.au

netball is back

Sunday 29 November 2020

16 years and over 3.00pm – 5.00pm

**Shepparton Netball Outdoor Courts,
Brauman Street Shepparton**

Professional Netball coach Julie Hoornweg will deliver
a program designed to get you back to on the court
and enjoying the game.

To register visit www.facebook.com/GetMoovingGS/
events or phone Council's Healthy Communities Team
on (03) 58329 431 or email healthycommunities@shepparton.vic.gov.au

come and try water aerobics

Tuesday 24 November 2020

Merrigum Outdoor Pool, Morrissey Street, Merrigum

1.00pm – 1.45pm, 2.00pm – 2.45pm, 3.00pm – 3.45pm

Thursday 26 November 2020

Tatura Swimming Complex,

Crn Service and Hastie Street Tatura

1.00pm – 1.45pm, 2.00pm – 2.45pm, 3.00pm – 3.45pm

Thursday 3 December 2020

Mooroopna War Memorial Pool,

Ann Street Mooroopna

1.00pm – 1.45pm, 2.00pm – 2.45pm, 3.00pm – 3.45pm

To register visit [www.facebook.com/](http://www.facebook.com/GetMoovingGS/)

[GetMoovingGS/](http://www.facebook.com/GetMoovingGS/)events or phone Council's Healthy
Communities Team on (03) 58329 431 or email
healthycommunities@shepparton.vic.gov.au

Saturday 28 November 2020

**Aquamoves Lakeside Shepparton, Tom Collins Drive
Shepparton**

Aqua High-Lo: 10.00am – 11.00am

Saturday 5 December 2020

**Aquamoves Lakeside Shepparton, Tom Collins Drive
Shepparton**

Deep Water Running: 10.00am – 11.00am

Designed to cater for all fitness levels and abilities,
Aqua Aerobics is a healthy way to cool off this
summer and strengthen all major muscle groups.

To register visit www.aquamoves.com.au/members
or phone Aquamoves Lakeside Shepparton on
(03) 5832 9400

stadium fitness

Thursday 19 November 2020

Body Step: 5.30pm – 6.30pm

Thursday 19 November 2020

SH'BAM: 6.30pm – 7.30pm

Monday 23 November 2020

Tai-Chi: 9.30am – 10.30am

Wednesday 25 November 2020

RPM: 6.30pm – 7.15pm

Tuesday 1 December 2020

Body Step: 5.30pm – 6.30pm

Sunday 6 December 2020

Body Step: 12.00pm – 1.00pm

Tuesday 8 December 2020

Body Balance: 5.30pm – 6.30pm

Wednesday 9 December 2020

Body Step: 6.30pm – 7.30pm

Sunday 13 December 2020

Body Balance: 12.00pm – 1.00pm

**Shepparton Sports Stadium,
120 Numurkah Road Shepparton**

These classes are designed for women new to group
fitness classes and exercising in a group environment.

To register visit www.aquamoves.com.au/members
(click "change club" to view other venues on the
members portal) or phone the Shepparton Sports
Stadium on (03) 5832 9480.

come and try tennis

Monday 16 November 2020

Monday 23 November 2020

Monday 30 November 2020

Monday 7 December 2020

Monday 14 December 2020

7.15pm – 8.15pm

**Shepparton Lawn Tennis Club,
196 Welsford Street Shepparton**

Join us for an all-female, fun, social tennis-fitness
class delivered by Tennis Australia coaches.

To register visit www.keystonetennis.com phone
Keystone Tennis 0419 882 623 or email
office@keystonetennis.com

dance like no one is watching

Tuesday 17 November 2020

Tuesday 24 November 2020

6.00pm – 7.00pm

An online dance aerobics session suitable for people
who want to dance in the comfort of their own home.

To register visit www.aquamoves.com.au/members
or phone Aquamoves Lakeside Shepparton on (03)
5832 9400.

sports trivia

Saturday 5 December 2020

5.00pm – 7.00pm

How well do you know women's sport? Join us for
online trivia to test your womens sport and fitness
knowledge.

To register visit [www.facebook.com/](http://www.facebook.com/GetMoovingGS/)
[GetMoovingGS/](http://www.facebook.com/GetMoovingGS/)events or phone Council's Healthy
Communities Team on (03) 58329 431 or email
healthycommunities@shepparton.vic.gov.au

get into golf

Thursday 26 November 2020

Thursday 3 December 2020

Thursday 10 December 2020

Time: 5.30pm – 6.30pm

Shepparton Golf Course, 15 Golf Drive Shepparton

Learn new skills and build confidence in preparation
to hit the golf course.

To register phone Shepparton Golf Club on
(03) 58212 717

fun and fitness at aquamoves

Outdoor Group Training

9.30am – 10.30am

Monday 30 November 2020

Thursday 3 December 2020

Monday 7 December 2020

Friday 11 December 2020

Outdoor Body Balance

11.00am – 12.00pm

Tuesday 24 November 2020

Friday 27 November 2020

**Aquamoves Lakeside Shepparton,
25 Tom Collins Drive Shepparton**

Join Aquamoves group fitness instructors for outdoor
group training and/or outdoor body balance classes
designed for beginners to get you moving outdoors.

To register visit www.aquamoves.com.au/members
or phone Aquamoves Lakeside Shepparton on
(03) 5832 9400

For more information and location details on any listed activity go to

www.facebook.com/GetMoovingGS/events