

## 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 Shepparton's Walk and Cycle Guide on Council's website [www.greatershepparton.com.au](http://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](http://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](http://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](http://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)



## for more information



Download our **FREE App**  
getmooving



Like us on Facebook  
Get Mooving Greater Shepparton



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



Visit our website  
[getmoovingshepparton.com.au](http://getmoovingshepparton.com.au)



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



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



[WWW.GETMOOVINGSHEPPARTON.COM.AU](http://WWW.GETMOOVINGSHEPPARTON.COM.AU)  
#GETMOOVING #ACTIVITIESINTHEPARK

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.

### how to get involved

- 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.



# THIS GIRL CAN

#ThisGirlCanVIC



PROUDLY PRESENTED BY

activities  
in the park



CHANGE  
the GAME



### things to remember

- 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.getmoovingshepparton.com.au](http://www.getmoovingshepparton.com.au) or at Council's Welsford 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.

### this girl can - victoria

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](http://www.thisgirlcan.com.au)



# 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/](http://www.facebook.com/GetMoovingGS/) events or phone Council's Healthy Communities Team on (03) 58329 431 or email [healthycommunities@shepparton.vic.gov.au](mailto: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/](http://www.facebook.com/GetMoovingGS/) events or phone Council's Healthy Communities Team on (03) 58329 431 or email [healthycommunities@shepparton.vic.gov.au](mailto: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/](http://www.facebook.com/GetMoovingGS/) events or phone Council's Healthy Communities Team on (03) 58329 431 or email [healthycommunities@shepparton.vic.gov.au](mailto: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](mailto: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](http://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](http://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](http://www.keystonetennis.com) phone Keystone Tennis 0419 882 623 or email [office@keystonetennis.com](mailto: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](http://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](mailto: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](http://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](http://www.facebook.com/GetMoovingGS/events)