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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

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

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



WWW.GETMOOVINGSHEPPARTON.COM.AU
#GETMOOVING #ACTIVITIESINTHEPARK

THIS GIRL CAN

#ThisGirlCanVIC



PROUDLY PRESENTED BY

activities
in the park



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.

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 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



