



**Come and try a range of sport, recreation and wellbeing programs available around the City of Maribyrnong!**

**16 March to 13 April**

**Free!**

Register at [activemaribyrnong.com.au](http://activemaribyrnong.com.au)

Email [active@maribyrnong.com.au](mailto:active@maribyrnong.com.au) or call **9688 0200** for help registering or for further information



Scan to register



# Calendar of Events 2025

Infants (0-2)  
 Children (5-12)  
 Adults  
 Women Only  
 All Abilities\*

Toddlers (2-5)  
 Young People (12-17)  
 Older Adults (55+)

Celebration of Cultural Diversity Week  
 Bookings not required

\*All Abilities - programs are designed for people with disability and health conditions.

Weekdays
Weekends
School Holidays

Date	Event	Suburb	Time	Category
<b>Sun 16 Mar</b>	<u>Get Active Expo Launch Event at Footscray Park</u>	Footscray	10am-12pm	All
<b>Mon 17 Mar</b>	<u>Body Fit Training - Shred Upper Body</u>	Footscray	9.30-10.20am	
	<u>Chair Exercises</u>	Braybrook	11-11.45am	
	<u>Social Pickleball</u>	West Footscray	11am-1pm	All
	<u>Yin Yoga in the Park</u>	Yarraville	12-12.45pm	All
	<u>Body Fit Training - Shred Upper Body</u>	Footscray	12.15-1.05pm	
	<u>Stretching Class</u>	West Footscray	12.30-1pm	
	<u>Hot Shots - Learn to Play Tennis (6-12 years)</u>	Footscray	4-5pm	
	<u>Body Fit Training - Shred Upper Body</u>	Footscray	4.30-5.20pm	
	<u>HIIT Fit - Cardio Tennis</u>	Footscray	5-6pm	
	<u>Body Fit Training - Shred Upper Body</u>	Footscray	5.30-6.20pm	
<b>Tue 18 Mar</b>	<u>Zumba</u>	Maribyrnong	7-7.45pm	
	<u>Nature Warriors</u>	Maribyrnong	9-11am	All
	<u>Body Fit Training - Pump Mixed</u>	Footscray	9.30-10.20am	
	<u>Petite Soccer Program (3-4 years)</u>	Maribyrnong	10.15-11am	
	<u>Qigong and Tai Chi</u>	Footscray	10.30-11.30am	
	<u>Kids Introduction to Brazilian Jiu Jitsu (4-6 years)</u>	Maidstone	4.15-5pm	
	<u>Kids Taekwondo (6-9 years old)</u>	Maidstone	4.15-5pm	
	<u>Body Fit Training - Pump Mixed</u>	Footscray	4.30-5.20pm	
	<u>Kids Introduction to Brazilian Jiu Jitsu (7-9 years)</u>	Maidstone	5.15-6pm	
	<u>Body Fit Training - Pump Mixed</u>	Footscray	5.30-6.20pm	
	<u>Adults and Teens Beginners Taekwondo (12+ years)</u>	Maidstone	6-7pm	
	<u>Teens Introduction to Brazilian Jiu Jitsu (10+ years)</u>	Maidstone	6.15-7pm	
	<u>Adults Introduction to Brazilian Jiu Jitsu</u>	Maidstone	7.15-8pm	
	<u>Bollywood Dance</u>	Braybrook	7.15-8pm	All
<u>Fighting Fit (Taekwondo Fitness Class)</u>	Maidstone	8-8.45pm		
<b>Wed 19 Mar</b>	<u>Play Sports - Soccer (3-4 years)</u>	Braybrook	9.30-10.15am	
	<u>Body Fit Training - Cardio HIIT</u>	Footscray	9.30-10.20am	
	<u>Petite Soccer Program (3-4 years)</u>	Maribyrnong	10.15-11am	
	<u>Chair Exercises</u>	Braybrook	11-11.45am	
	<u>Social Pickleball</u>	West Footscray	11am-1pm	All
	<u>Body Fit Training - Cardio HIIT</u>	Footscray	12.15-1.05pm	
	<u>Over 55's Reformer Pilates</u>	Yarraville	4-4.45pm	
	<u>Body Fit Training - Cardio HIIT</u>	Footscray	4.30-5.20pm	
	<u>Body Fit Training - Cardio HIIT</u>	Footscray	5.30-6.20pm	
	<u>Come and Try Hockey (4-12 years)</u>	Yarraville	5.30-6.30pm	
<b>Thu 20 Mar</b>	<u>Zumba</u>	Braybrook	6-6.45pm	
	<u>Soccer for Girls (7-12 years)</u>	Maribyrnong	6-7pm	
	<u>Body Fit Training - Strength Lower Body</u>	Footscray	9.30-10.20am	
	<u>Kangatraining - Mums &amp; Bubs</u>	Yarraville	1.30-2.30pm	
	<u>Social Badminton</u>	Braybrook	2-4.30pm	All
	<u>Body Fit Training - Strength Lower Body</u>	Footscray	4.30-5.20pm	
	<u>Body Fit Training - Strength Lower Body</u>	Footscray	5.30-6.20pm	
	<u>Zumba</u>	West Footscray	6.30-7.30pm	
<u>Community Meditation (16+ years)</u>	Footscray	6.30-7.30pm		
<u>Women's Taekwondo (12+ years)</u>	Maidstone	8-9pm		

Date	Event	Suburb	Time	Category
Fri 21 Mar	<a href="#">Nature Warriors</a>	Footscray	9-11am	All
	<a href="#">Body Fit Training – Cardio Summit</a>	Footscray	9.30-10.20am	A
	<a href="#">Toddler Play Gymnastics</a>	Braybrook	11-11.45am	T
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Body Fit Training – Cardio Summit</a>	Footscray	12.15-1.05pm	A
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Body Fit Training – Cardio Summit</a>	Footscray	4.30-5.20pm	A
	<a href="#">Body Fit Training – Cardio Summit</a>	Footscray	5.30-6.20pm	A
	<a href="#">Pilates – All levels</a>	Yarraville	5.30-6.30pm	All
	<a href="#">Cardio Tennis</a>	West Footscray	7-8pm	A
Sat 22 Mar	<a href="#">Maribyrnong Park Run – 5km run or walk</a>	Maribyrnong	8-9am	All
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	9-9.45am	T
	<a href="#">Come and Try BMX</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Come and Try Scooters</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Petite Soccer Program (5 years)</a>	Maribyrnong	10-11am	T
	<a href="#">Zumba</a>	West Footscray	10-11am	A
	<a href="#">Family Friendly Beach Tennis</a>	Maribyrnong	10-11am	All
	<a href="#">LGBTIQA+ Beach Tennis</a>	Maribyrnong	11am-12pm	All
Sun 23 Mar	<a href="#">Come and Try Skateboarding</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Boxing Fundamentals Demonstration (13-18 years)</a>	Maribyrnong	9-10am	Y
	<a href="#">Family Fitness</a>	West Footscray	10-11am	All
	<a href="#">Barefoot Bowls – Lawn Bowls</a>	Maribyrnong	10am-12pm	All
	<a href="#">Spot and Cycle – Family Riverside Social Ride and Treasure Hunt</a>	Footscray	10am-12pm	All
Mon 24 Mar	<a href="#">KangaMix</a>	Yarraville	9.30-10.30am	I W
	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Hot Shots – Learn to Play Tennis (6-12 years)</a>	Footscray	4-5pm	C
	<a href="#">HIIT Fit – Cardio Tennis</a>	Footscray	5-6pm	A
	<a href="#">Social Table Tennis</a>	Braybrook	7-9.30pm	All
Tue 25 Mar	<a href="#">Nature Warriors</a>	Maribyrnong	9-11am	All
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Kids Introduction to Brazilian Jiu Jitsu (4-6 years)</a>	Maidstone	4.15-5pm	T C
	<a href="#">Kids Taekwondo (6-9 years)</a>	Maidstone	4.15-5pm	C
	<a href="#">Kids Introduction to Brazilian Jiu Jitsu (7-9 years)</a>	Maidstone	5.15-6pm	C
	<a href="#">Adults and Teens Beginners Taekwondo (12+ years)</a>	Maidstone	6-7pm	Y A
	<a href="#">Teens Introduction to Brazilian Jiu Jitsu (10+ years)</a>	Maidstone	6.15-7pm	C Y
	<a href="#">Introduction to Brazilian Jiu Jitsu (Adults)</a>	Maidstone	7.15-8pm	A
<a href="#">Fighting Fit (Taekwondo Fitness Class)</a>	Maidstone	8-8.45pm	C Y A	
Wed 26 Mar	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Over 55's Reformer Pilates</a>	Yarraville	4-4.45pm	O
	<a href="#">Kids Beginner Roller Skating (&lt;13 years)</a>	Yarraville	5-6.15pm	C
	<a href="#">Come and Try Hockey (4-12 years)</a>	Yarraville	5.30-6.30pm	C
Thu 27 Mar	<a href="#">Aqua Class</a>	Maribyrnong	12-12.45pm	A
	<a href="#">Mums and Bubs Strength and Conditioning Class</a>	Maribyrnong	1.45-2.30pm	I W
	<a href="#">Hatha Flow Yoga in the Park</a>	Maribyrnong	6-7pm	All
	<a href="#">Zumba</a>	West Footscray	6.30-7.30pm	A
	<a href="#">Women's Taekwondo (12+ years)</a>	Maidstone	8-9pm	W

Date	Event	Suburb	Time	Category
Fri 28 Mar	<a href="#">Nature Warriors</a>	Footscray	9-11am	All
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
Sat 29 Mar	<a href="#">Maribyrnong Park Run – 5km run or walk</a>	Maribyrnong	8-9am	All
	<a href="#">Come and Try BMX</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Come and Try Scooters</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	9-9.45am	T
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Petite Soccer Program (5 years)</a>	Maribyrnong	10-11am	T
	<a href="#">Zumba</a>	West Footscray	10-11am	A
Sun 30 Mar	<a href="#">Come and Try Skateboarding</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Come and Try Roller Derby (16+ years)</a>	West Footscray	10am-12pm	Y A
	<a href="#">Family Fitness</a>	West Footscray	10-11am	All
	<a href="#">Barefoot Bowls – Lawn Bowls</a>	Maribyrnong	10am-12pm	All
Mon 31 Mar	<a href="#">Community Meditation</a>	Online	9-10am	Y A O
	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Postnatal Yoga in the Park</a>	Yarraville	12-1pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Hot Shots – Learn to Play Tennis (6-12 years)</a>	Footscray	4-5pm	C
	<a href="#">HIIT Fit – Cardio Tennis</a>	Footscray	5-6pm	A
	<a href="#">Zumba</a>	Maribyrnong	7-7.45pm	A
Tue 1 Apr	<a href="#">Nature Warriors</a>	Maribyrnong	9-11am	All
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Qigong and Tai Chi ★</a>	Footscray	10.30-11.30am	A O AA
	<a href="#">Body Pump Class</a>	Maribyrnong	11.30am-12.15pm	A
	<a href="#">Kids Introduction to Brazilian Jiu Jitsu (4-6 years)</a>	Maidstone	4.15-5pm	T C
	<a href="#">Kids Taekwondo (6-9 years old)</a>	Maidstone	4.15-5pm	C
	<a href="#">Kids Introduction to Brazilian Jiu Jitsu (7-9 years)</a>	Maidstone	5.15-6pm	C
	<a href="#">Adults and Teens Beginners Taekwondo (12+ years)</a>	Maidstone	6-7pm	Y A
	<a href="#">Teens Introduction to Brazilian Jiu Jitsu (10+ years)</a>	Maidstone	6.15-7pm	C Y
	<a href="#">Introduction to Brazilian Jiu Jitsu (Adults)</a>	Maidstone	7.15-8pm	A
	<a href="#">Fighting Fit (Taekwondo Fitness Class)</a>	Maidstone	8-8.45pm	C Y A
Wed 2 Apr	<a href="#">Play Sports – Basketball (3-4 years)</a>	Braybrook	9.30-10.15am	T
	<a href="#">Mindfulness and Meditation</a>	Braybrook	10-11am	A O
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Over 55's Reformer Pilates</a>	Yarraville	4-4.45pm	O
	<a href="#">Come and Try Hockey (4-12 years)</a>	Yarraville	5.30-6.30pm	C
Thu 3 Apr	<a href="#">Coaching Zone (Group Personal Training)</a>	Maidstone	9.30-10.30am	A
	<a href="#">Hatha Flow Yoga in the Park</a>	Yarraville	6-7pm	All
	<a href="#">Zumba</a>	West Footscray	6.30-7.30pm	A
	<a href="#">RPM (cycling) class</a>	Maidstone	7-7.45pm	A
	<a href="#">Women's Taekwondo (12+ years)</a>	Maidstone	8-9pm	W
Fri 4 Apr	<a href="#">Nature Warriors</a>	Footscray	9-11am	All
	<a href="#">Toddler Play Gymnastics</a>	Braybrook	11-11.45am	T
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Strength and Conditioning Gym Class</a>	Maidstone	4.30-5.15pm	A
	<a href="#">Strength and Conditioning Gym Class</a>	Maidstone	5.45-6.30pm	A

Date	Event	Suburb	Time	Category
Sat 5 Apr	<a href="#">Maribyrnong Park Run – 5km run or walk</a>	Maribyrnong	8-9am	All
	<a href="#">Come and Try BMX</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Come and Try Scooters</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	9-9.45am	T
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Petite Soccer Program (5 years)</a>	Maribyrnong	10-11am	T
	<a href="#">Zumba</a>	West Footscray	10-11am	A
	<a href="#">All Abilities Soccer Program</a>	West Footscray	10-11am	C Y AA
Sun 6 Apr	<a href="#">Come and Try Skateboarding</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Family Fitness</a>	West Footscray	10-11am	All
	<a href="#">Barefoot Bowls – Lawn Bowls</a>	Maribyrnong	10am-12pm	All
	<a href="#">Community Meditation</a>	Yarraville	7-8pm	A O
Mon 7 Apr	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Yin Yoga in the Park</a>	Yarraville	12-12.45pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Junior Sports Program – Basketball</a>	Braybrook	4-4.45pm	C
	<a href="#">Social Table Tennis</a>	Braybrook	7-9.30pm	All
Tue 8 Apr	<a href="#">Nature Warriors</a>	Maribyrnong	9-11am	All
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Kids Taekwondo (6-9 years old)</a>	Maidstone	4.15-5pm	C
	<a href="#">Kids Introduction to Brazilian Jiu Jitsu (4-6 years)</a>	Maidstone	5.15-6pm	T C
	<a href="#">Adults and Teens Beginners Taekwondo (12+ years)</a>	Maidstone	6-7pm	Y A
	<a href="#">Kids &amp; Teens Introduction to Brazilian Jiu Jitsu (7-9 years and 10+ years)</a>	Maidstone	6.15-7pm	C Y
	<a href="#">Introduction to Brazilian Jiu Jitsu (Adults)</a>	Maidstone	7.15-8pm	A
	<a href="#">Fighting Fit (Taekwondo Fitness Class)</a>	Maidstone	8-8.45pm	C Y A
Wed 9 Apr	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	10.15-11am	T
	<a href="#">Chair Exercises</a>	Braybrook	11-11.45am	A O AA
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Over 55's Reformer Pilates</a>	Yarraville	4-4.45pm	O
Thu 10 Apr	<a href="#">Aqua Class</a>	Maribyrnong	12-12.45pm	A
	<a href="#">Postnatal Yoga in the Park</a>	Maribyrnong	2-3pm	I W
	<a href="#">Lacrosse – Come and Try (9-15 years)</a>	Yarraville	4-5.30pm	C Y
	<a href="#">Zumba</a>	West Footscray	6.30-7.30pm	A
	<a href="#">Women's Taekwondo (12+ years)</a>	Maidstone	8-9pm	W
Fri 11 Apr	<a href="#">Nature Warriors</a>	Footscray	9-11am	All
	<a href="#">Social Pickleball</a>	West Footscray	11am-1pm	All
	<a href="#">Stretching Class</a>	West Footscray	12.30-1pm	A
	<a href="#">Get Active Expo Celebration – Dive in Movie at MAC</a>	Maribyrnong	2.30-4.30pm	All
Sat 12 Apr	<a href="#">Maribyrnong Park Run – 5km run or walk</a>	Maribyrnong	8-9am	All
	<a href="#">Come and Try BMX</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Come and Try Scooters</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Petite Soccer Program (3-4 years)</a>	Maribyrnong	9-9.45am	T
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Petite Soccer Program (5 years)</a>	Maribyrnong	10-11am	T
	<a href="#">Zumba</a>	West Footscray	10-11am	A
Sun 13 Apr	<a href="#">Come and Try Skateboarding</a>	Braybrook	9-9.45am	C Y A
	<a href="#">Full Body Circuit</a>	West Footscray	9-10am	A
	<a href="#">Soccer for Girls (5-10 years)</a>	West Footscray	10-11am	C
	<a href="#">Family Fitness</a>	West Footscray	10-11am	All
	<a href="#">Barefoot Bowls – Lawn Bowls</a>	Maribyrnong	10am-12pm	All
	<a href="#">HIIT Class</a>	Maribyrnong	11.30am-12.15pm	A



# Get Active Expo 2025

Free!

Launch Event

Sunday  
16 March  
10am-12pm

## At Footscray Park, Footscray

Bring a picnic and enjoy a family fun day out!

### All day free activities:

- Collect your Expo Event Passport
- Jumping castle, face painting, golf, cricket, AFL and more

**SERVE,  
RALLY  
AND Celebrate**

**AN LGBTIQA+  
AND FAMILY  
BEACH TENNIS EVENT**

**SATURDAY  
22 MARCH  
MARIBYRNONG  
SPORTS ACADEMY  
10AM-12PM**