## FOR MORE INFORMATION



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Call Council's Active Living
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shepparton.vic.gov.au



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

# FREE AND LOW COST ACTIVITIES FROM SEPTEMBER - APRIL

activities in the park



PROUDLY PRESENTED BY



WWW.GETMOOVINGSHEPPARTON.COM.AU

#GETMOOVING #ACTIVITIESINTHEPARK







400+

**ACTIVITIES** 

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 diverse range of activities that suit a range of ages, abilities, interests and locations.

So Get Mooving and visit one of our many parks, playgrounds, facilities and pools and join in the fun today!

There will be four editions of this flyer released throughout the program to update the upcoming two months of activities:

- 1. Edition 1 released in September
- 2. Edition 2 released in November
- 3. Edition 3 released in January
- 4. Edition 4 released in March

Copies of this and future flyers can be found at **www.getmoovingshepparton.com.au** or at Council's Welsford Street Office, Aquamoves, SPC KidsTown and the Shepparton Sports Stadium.

#### **HOW TO GET INVOLVED**

- Check out the program (on reverse) and find an activity that suits you.
- Most of the activities require registration at time of the activity however some require pre-registration as identified in the program.
- Wear comfortable clothing and footwear and remember to be sunsmart by bringing a hat, sunscreen and a water bottle.

#### THINGS TO REMEMBER

- All activities are held outdoors and therefore may be subject to poor weather.
   Please monitor our 'Get Mooving Greater Shepparton' Facebook Page or contact the Greater Shepparton Visitor Centre on (03) 5832 9330 to confirm any changes.
- 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.

#### SUPPORTED BY



















# activities in the park





### SEPTEMBER - OCTOBER 2017

|   | DATE                               | EVENT   | LOCATION                         | TIME  |
|---|------------------------------------|---|----------------------------------|---|
|   | Mon 4/09                           | SAM Rewind *  | Shepparton                       | 5.30pm – 6.30pm   |
| • | Tues 5/09                          | Mums and Bubs Exercise  | Kialla                           | 1.30pm – 2.15pm   |
| • | Tues 5/09                          | Seniors Low Intensity Exercise  | Kialla                           | 2.30pm – 3.15pm   |
| • | Tues 5/09                          | Bendy Bubbas *  | Shepparton                       | 9.00am – 10.00am  |
| • | Thu 7/09                           | Cushion Concert *5  | Shepparton                       | 10.30am – 11.00am                                       |
| • | Fri 8/09                           | Munzee in the Park  | Shepparton                       | 5.45pm – 6.45pm   |
| • | Mon 11/09                          | Juggling Balls  | Shepparton                       | 4.30pm – 6.00pm   |
| • | Mon 11/09                          | SAM Rewind *  | Shepparton                       | 5.30pm – 6.30pm   |
| • | Tues 12/09                         | Mums and Bubs Exercise  | Kialla                           | 1.30pm – 2.15pm   |
| • | Tues 12/09                         | Seniors Low Intensity Exercise  | Kialla                           | 2.30pm – 3.15pm   |
| • | Tues 12/09                         | Bendy Bubbas *  | Shepparton                       | 9.00am – 10.00am  |
|   | Wed 13/09                          | Messy Play  | Shepparton                       | 10.00am – 11.00am                                       |
| • | Thu 14/09                          | Easel Art   | Mooroopna                        | 4.00pm – 6.00pm   |
| • | Sat 16/09                          | Kelly Mini Sports   | Mooroopna                        | 10.00am – 10.45am                                       |
|   | Sat 16/09                          | Kelly Sports Multi Sports Program   | Mooroopna                        | 11.00am – 12.00pm                                       |
|   | Sun 17/09                          | Playball  | Congupna                         | 10.00am – 11.00am                                       |
|   | Sun 17/09                          |   |                                  |   |
| • | Mon 18/09                          | Boulevard Bush Reserve Community Day *  SAM Rewind *                      | Shepparton<br>Shepparton         | 10.00am – 12.00pm<br>5.30pm – 6.30pm                    |
|   |                                    |   |                                  |   |
| • | Tues 19/09                         | Mums and Bubs Exercise  | Kialla                           | 1.30pm – 2.15pm   |
| • | Tues 19/09                         | Seniors Low Intensity Exercise  | Kialla                           | 2.30pm – 3.15pm   |
| • | Tues 19/09                         | Bendy Bubbas *  | Shepparton                       | 9.00am – 10.00am  |
| _ | Thu 21/09                          | Literacy Fun  | Shepparton                       | 10.00am – 11.00am                                       |
| • | Sat 23/09                          | Summer Dance Blast at Kidsfest  | Mooroopna                        | 10.00am – 4.00pm  |
| _ | Mon 25/09                          | Orienteering CANA Parada &  | Shepparton                       | 10.00am – 11.30am                                       |
| _ | Mon 25/09                          | SAM Rewind *  | Shepparton                       | 5.30pm – 6.30pm   |
| _ | Tues 26/09                         | Everday Community Clean Up  | Kialla                           | 10.00am – 12.00pm                                       |
| - | Tues 26/09                         | Spotlight Walk*   | Shepparton                       | 6.00pm  |
| • | Tues 26/09                         | Bendy Bubbas *  | Shepparton                       | 9.00am – 10.00am  |
| • | Wed 27/09                          | Variety Painting  | Mooroopna                        | 10.00am – 12.00pm                                       |
| _ | Wed 27/09                          | Hit and Giggle  | Tatura                           | 5.00pm – 7.00pm   |
| _ | Wed 27/09                          | Fencing in the Park   | Shepparton                       | 12.00pm – 1.00pm  |
| • | Thu 28/09                          | Star Gazing   | Murchison                        | 7.00pm – 9.00pm   |
| _ | Thu 28/09                          | Pedal Karts   | Toolamba                         | 11.00am – 1.00pm  |
| • | Thu 28/09                          | Breakfast with the Birds *  | Mooroopna                        | 8.00am – 10.00am  |
| • | Thu 28/09                          | Park Soccer   | Shepparton                       | 10.00am – 11.00am                                       |
| • | Fri 29/09                          | African Drumming  | Mooroopna                        | 11.00am – 12.30pm                                       |
| • | Fri 29/09                          | African Drumming  | Mooroopna                        | 1.00pm – 2.30pm   |
| • | Fri 29/09                          | DeadZTown   | Mooroopna                        | 6.00pm  |
| • | Sun 1/10                           | Nature Crafts   | Mooroopna                        | 10.00am – 12.00pm                                       |
| • | Mon 2/10                           | Casual Hooping  | Kialla                           | 10.00am – 11.30am                                       |
| • | Mon 2/10                           | SAM Rewind *  | Shepparton                       | 5.30pm – 6.30pm   |
| • | Tues 3/10                          | Kite Making   | Merrigum                         | 10.00am – 12.00pm                                       |
| _ | Thu 5/10                           | Pedal Karts   | Dookie                           | 11.00am – 1.00pm  |
| • | Fri 6/10                           | Active @ School Session   | Katandra                         | 10.00am – 11.00am                                       |
| • | Fri 6/10                           | Tai Chi for Health  | Tatura                           | 11.00am – 12.00pm                                       |
| • | Sat 7/10                           | Hip Hop Dance Class   | Mooroopna                        | 10.00am – 10.45am                                       |
| • | Sat 7/10                           | Hip Hop Dance Class   | Mooroopna                        | 11.00am – 11.45am                                       |
|   | Sun 8/10                           | Try A Tri   | Shepparton                       | 2.30pm – 4.30pm   |
| • |                                    |   |                                  |   |
| • | Mon 9/10                           | SAM Rewind *  | Shepparton                       | 5.30pm – 6.30pm   |
| • | Mon 9/10<br>Mon 9/10<br>Tues 10/10 | SAM Rewind *  Active for Life - Tai Chi  Walk for Your Rights, Your Voice | Shepparton Shepparton Shepparton | 5.30pm – 6.30pm<br>9.30am – 10.30am<br>11.00am – 1.00pm |

| D | ATE        | EVENT  | LOCATION      | TIME             |
|---|------------|--|---------------|------------------|
| Т | ues 10/10  | Daytime Ladies Netball                         | Shepparton    | 9.30am – 10.30ar |
| V | Wed 11/10  | River Heritage Walk *                          | Shepparton    | 10.00am – 11.00a |
| Т | hu 12/10   | Storytime in the Park - Fishy Tails            | Shepparton    | 10.30am – 11.30a |
| Т | hu 12/10   | Come and Try Twilight Tennis                   | Shepparton    | 6.00pm – 8.00pm  |
| Т | hu 12/10   | Yoga Session and Wellness in 30 Minutes        | Shepparton    | 5.30pm – 6.45pm  |
| F | ri 13/10   | Tai Chi for Health                             | Tatura        | 11.00am – 12.00p |
| F | ri 13/10   | Grandslam Tour: ANZ Hot Shots & Cardio Tennis  | Dhurringile   | 4.00pm – 5.00pm  |
| S | Sat 14/10  | Hot Shots Program                              | Tatura        | 10.30am – 11.30a |
| S | Sat 14/10  | 3630 Concrete Jungle Skate Comp                | Shepparton    | 10.00am – 4.00pr |
| S | Sat 14/10  | Kelly Mini Sports                              | Shepparton    | 10.00am – 10.45a |
| S | Sat 14/10  | Kelly Sports Multi Sports Program              | Shepparton    | 11.00am – 12.00p |
| S | Sun 15/10  | Family Friendly Functional Fitness             | Shepparton    | 9.00am – 10.00ar |
| S | Sun 15/10  | Labyrinth Walk - Introduction to the Labyrinth | Mooroopna     | 5.00pm – 6.00pm  |
| S | Sun 15/10  | Gone Fishing                                   | Shepparton    | 11.00am – 3.00pr |
| ٨ | /lon 16/10 | Playball                                       | Shepparton    | 4.00pm – 5.00pm  |
| Λ | Mon 16/10  | Platypus Information Night *                   | Shepparton    | 6.00pm – 7.00pm  |
| ٨ | Mon 16/10  | Lunchtime Yoga                                 | Tatura        | 12.15pm – 1.15pr |
| Т | ues 17/10  | Active for Life - Table Tennis                 | Shepparton    | 9.00am – 11.00ar |
| Т | ues 17/10  | Daytime Ladies Netball                         | Shepparton    | 9.30am – 10.30ar |
| Т | ues 17/10  | Messy Play                                     | Shepparton    | 10.00am – 11.00a |
| Т | ues 17/10  | Guided Walks                                   | Shepparton    | 10.00am – 11.30a |
| V | Ved 18/10  | Hit and Giggle                                 | Tatura        | 5.00pm – 7.00pm  |
| V | Ved 18/10  | Lake Victoria Activities                       | Shepparton    | 10.00am – 11.00a |
| Т | hu 19/10   | Circus Skills                                  | Shepparton    | 4.00pm – 6.00pm  |
| Т | hu 19/10   | Yoga Session and Wellness in 30 Minutes        | Shepparton    | 5.30pm – 6.45pm  |
| F | ri 20/10   | Tai Chi for Health                             | Tatura        | 11.00am – 12.00p |
| F | ri 20/10   | Grandslam Tour: ANZ Hot Shots & Cardio Tennis  | Toolamba      | 4.00pm – 5.00pm  |
| S | Sat 21/10  | Relay for Life - Giant Games                   | Shepparton    | 4.30pm – 7.30pm  |
| S | Sat 21/10  | Hoopercise                                     | Shepparton    | 12.00pm – 1.00pr |
| S | Sun 22/10  | Playball                                       | Tallygaroopna | 10.00am – 11.00a |
| S | Sun 22/10  | Fencing in the Park                            | Shepparton    | 11.00am - 12.00p |
| ٨ | Mon 23/10  | Playball                                       | Shepparton    | 4.00pm – 5.00pm  |
| ٨ | √lon 23/10 | Lunchtime Yoga                                 | Tatura        | 12.15pm – 1.15pr |
| Т | ues 24/10  | Spotlight Walk *                               | Shepparton    | 7.30pm           |
| Т | ues 24/10  | Active for Life - Strength Training            | Shepparton    | 11.30am – 12.30p |
| Т | ues 24/10  | Weekly Walks                                   | Shepparton    | 7.30pm – 8.30pm  |
| V | Ved 25/10  | Games in the Park                              | Shepparton    | 3.30pm – 5.00pm  |
| Т | hu 26/10   | Yoga Session and Wellness in 30 Minutes        | Shepparton    | 5.30pm – 6.45pm  |
| F | ri 27/10   | Tai Chi for Health                             | Tatura        | 11.00am – 12.00p |
| F | ri 27/10   | Grandslam Tour: ANZ Hot Shots & Cardio Tennis  | Murchison     | 4.00pm – 5.00pm  |
| S | Sat 28/10  | Murchison Craft Market                         | Murchison     | 8.00am – 4.00pm  |
| S | Sat 28/10  | Tour De Shepp *                                | Shepparton    | 9.00am – 12.00pr |
| S | Sat 28/10  | Tour De Shepp *                                | Shepparton    | 1.00pm – 4.00pm  |
| S | Sun 29/10  | Barefoot Bowls                                 | Mooroopna     | 1.30pm – 3.30pm  |
| S | Sun 29/10  | Create Pasta Art                               | Shepparton    | 11.00am – 4.00pr |
| Λ | Mon 30/10  | Playball                                       | Shepparton    | 4.00pm – 5.00pm  |
| Ν | Mon 30/10  | Lunchtime Yoga                                 | Tatura        | 12.15pm – 1.15pr |
|   | ues 31/10  | Casual Hooping                                 | Shepparton    | 4.00pm – 6.00pm  |

\* Event requires registration \$\\$ Event has a fee

For more information visit the website or download the FREE app

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