## ACTIVE GOLDEN PLAINS

# 

### Monday 19 September – Friday 21 October

A five-week program offering a range of physical activities and wellbeing events across Golden Plains, delivered by experienced local health, fitness and sport professionals with options suitable for all ages, interests and fitness levels.

Register at **goldenplains.vic.gov.au** For further information contact Council's Recreation and Development team on 5220 7111 or **recreation@gplains.vic.gov.au.** 



#### WEEK 1 - 19 -25 SEPTEMBER

Monday 19 September	Tuesday 20 September	Wednesday 21 September	Thursday 22 September	Friday 23 September	Saturday 24 September	Sunday 25 September
Go Fishing! Introduction to Fishing 10am-1pm Bannockburn Lagoon FREE	Rokewood Walking Group 9am Hesse Health FREE		Mums and Bubs 9.15-10am Bannockburn YMCA FREE		Bannockburn Community Skm Walk / Run <sup>8</sup> am Old Base Road, Bannockburn FREE	
Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 \$15 Come and Try in Week 1 \$20 Per Session in Week 2	Berringa Walking Group 9.30am Berringa Community Hall FREE		Y Plaster Painting (Pre School) 9:30-10am Bannockburn YMCA \$5			
Casual Basketball Shooting 9.30am-4pm Bannockburn YMCA FREE	Bannockburn Walking Group 10am Bannockburn Shire Hall FREE	Bannockburn Seniors Exercise Group 10-11am Bannockburn Cultural Centre Session One: FREE All Other Sessions: \$7	Casual Basketball Shooting 9.30am-4pm Bannockburn YMCA FREE	Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 S15 Come and Try in Week 1 \$20 Per Session in Week 2		Community Cycle 10am-1pm Skipton Rail Trail FREE
Y Plaster Painting (Pre School) 9.30-10am Bannockburn YMCA \$5	Casual Basketball Shooting 10am-2.30pm Bannockburn YMCA FREE		Smythesdale Walking Group 10am Smythesdale Gardens FREE	Go Fishing! Introduction to Fishing 10am-1pm Lethbridge Lake FREE		
Boxing for Teenage Girls 10am Bannockburn Tennis Courts \$10	Y Plaster Painting (Pre School) 10-10.30am Bannockburn YMCA \$5		Inverleigh Walking Group 10am Sonny Café FREE	Dereel Walking Group 10am Dereel Community Hall FREE		
Soft Tennis 10-11.30am Bannockburn YMCA FREE	Gymnastics Pre School Free Play (under 5s) 10.30am-12pm Bannockburn YMCA \$10		Gymnastics Pre School Free Play (under 5s) 10.05-11.35am Bannockburn YMCA \$10	Come & Try Petanque 2-4pm Smythesdale Petanque Club FREE		
Come & Try Rookie Sports (3-5) 10-10.45am Bannockburn YMCA \$10	Y Plaster Painting (Primary School) 12:30-1pm Bannockburn YMCA \$5		Come & Try Bowls 10.30am- 12pm Inverleigh Bowls Club FREE			
Come & Try Social Badminton 12-1pm Bannockburn YMCA \$10	Come & Try Gymnastics (Primary School) 1-2.30pm Bannockburn YMCA \$10		Come & Try Ninja Gymnastics (Primary School) 11.45am-1pm Bannockburn YMCA \$10			
Basketball Clinic (under 9s) 1.30-2.30pm Bannockburn YMCA \$10	Lego Play 3-5pm Bannockburn Community Sports Stadium \$5		Come & Try Social Bowls 12.30-4pm Bannockburn Bowls Club FREE			
Basketball Clinic (10 & Over) 2.45-3.45pm Bannockburn YMCA \$10		Junior Cricket Training (under 15s) 5pm Bannockburn Cricket Club FREE	Y Plaster Painting (Primary School) 1.15-1.45pm Bannockburn YMCA \$5			
Come & Try Walking Netball 6.30-7.30pm Bannockburn YMCA \$10		Kyokushin Karate 6.15pm Teesdale Dojio Child: \$5 Adult: \$10	Come & Try All Abilities Netball (Primary School) 3.15-4.15pm Bannockburn YMCA \$10			
Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5	Mat Pilates 6-6.45pm Butleigh Farm \$10	Mat Pilates 6-6.45pm Butleigh Farm \$10	Tennis Coaching 3.30-5.45pm Inverleigh Tennis Club \$10			
	Cardio Drumming 7pm Ross Creek Hall \$10	Taekwondo 6.30-7.30pm Dereel Community Hall \$10	Come & Try Junior Cricket Training 4.30- 6pm Linton Cricket Club FREE			
		Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: RREE All Other Sessions: \$5	Come & Try All Abilities Netball (Secondary School) 4.30-5.30pm Bannockburn YMCA \$10			
			Junior Cricket Training (under 17s) 5pm Bannockburn Cricket Club FREE			
			Pickleball 6pm Woady Yaloak Recreation Reserve \$5			
			Senior Men's & Women's Cricket Training 6pm Victoria Park, Bannockburn FREE			
			Come & Try Walking Netball (Over 15s) 6.30-7.30pm Bannockburn YMCA \$10			

Monday 26	Tuesday 27	Wednesday 28	Thursday 29
Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 S15 Come and Try in Week 1 \$20 Per Session in Week 2	Rokewood Walking Group 9am Hesse Health FREE	Bannockburn Seniors Exercise Group 10-11am Bannockburn Cultural Centre Session One: FREE All Other Sessions: \$7	Tai Chi 9.30am Teesdale Communi \$15
Boxing for Teenage Girls 10am Bannockburn Tennis Courts \$10	Berringa Walking Group 9.30am Berringa Community Hall FREE	School Holiday Tennis Coaching Clinic (Beginners /Young Players) 1-2pm Grenville Tennis Club \$20	Casual Basketball S 9am-1pm Bannockburn YMC/ FREE
Casual Basketball Shooting 10am-4pm Bannockburn YMCA FREE	Bannockburn Walking Group 10am Bannockburn Shire Hall FREE	School Holiday Tennis Coaching Clinic (Developing/Experienced Players) 1-2pm Grenville Tennis Club \$20	Mums and Bubs 9.15-10am Bannockburn YMC/ FREE
Soft Tennis 10-11.30am Bannockburn YMCA FREE	Casual Basketball Shooting 10am-2.30pm Bannockburn YMCA FREE	Junior Cricket Training (under 15s) 5pm Bannockburn Cricket Club FREE	Y Plaster Painting (Pre School) 9.30-10am Bannockburn YMC/ \$5
Y Plaster Painting (Pre School) 10-10.30am Bannockburn YMCA \$5	Y Plaster Painting (Pre School) 10-10.30am Bannockburn YMCA \$5	Kyokushin Karate 6.15pm Teesdale Dojo Child: \$5 Adult: \$10	Gymnastics Pre Scl Play (under 5s) 10.05-11.35am Bannockburn YMC/ \$10
Gymnastics Pre School Free Play (under 5s) 10.30am-12pm Bannockburn YMCA \$10	Gymnastics Pre School Free Play (under 5s) 10.30am-12pm Bannockburn YMCA \$10	Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5	Inverleigh Walking 10am Sonny Café FREE
Give Golf a GO! 11am-1pm Bannockburn Golf Club FREE + FREE BBQ	Y Plaster Painting (Primary School) 12.30pm-1pm Bannockburn YMCA \$5	Taekwondo 6.30- 7.30pm Dereel Community Hall \$10	Smythesdale Walk Group 10am Smythesdale Garde FREE
Y Plaster Painting (Primary School) 12.30-1pm Bannockburn YMCA \$5	Come & Try Gymnastics (Primary School) 1-2.30pm Bannockburn YMCA \$10		Come & Try Bowls 10.30am- 12pm Inverleigh Bowls Cli FREE
Come & Try Netball (under 9s) 1-2pm Bannockburn YMCA \$10	School Holiday Tennis Coaching Clinic (Beginners /Young Players) 1-2pm Grenville Tennis Club \$20		Come & Try Ninja Gymnastics (Primary School) 11.45am-1pm Bannockburn YMC/ \$10
Netball Clinic (under 13s) 2-3pm Bannockburn YMCA \$10	School Holiday Tennis Coaching Clinic (Developing/Experienced Players) 1-2pm Grenville Tennis Club 520		Tennis Coaching 3.30-5.45pm Inverleigh Tennis Cl \$10
Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5	Lego Play 3-5pm Bannockburn Community Sports Stadium \$5		Come & Try Family Night 5pm Bannockburn Bowl FREE + FREE BBQ
	Senior Men's Cricket Training 6pm Victoria Park, Bannockburn FREE		Come & Try Junior Training 4.30- 6pm Linton Cricket Club FREE
	Mat Pilates 6-6.45pm Butleigh Farm \$10		Junior Cricket Train (under 17s) 5pm Bannockburn Cricke FREE
	Cardio Drumming 7pm Ross Creek Hall \$10	Mat Pilates 6-6.45pm Butleigh Farm \$10	Senior Men's & Women's Cricket T 6pm Victoria Park, Bann FREE
			Pickleball 6pm Woady Yaloak Recr Reserve \$5
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#### WEEK 2 - 26 SEPTEMBER - 2 OCTOBER

	Friday 30	Saturday 1	Sunday 2	
inity Hall	Casual Basketball Shooting 9am-3pm Bannockburn YMCA FREE	Bannockburn Community Skm Walk / Run 8am Old Base Road, Bannockburn FREE	Community Cycle (13.5km) 9.30am-1pm Don Wallace Reserve, Teesdale to Inverleigh FREE	
<b>II Shooting</b> ICA	Y Plaster Painting (Pre School) 9-9-3.0am Bannockburn YMCA \$5	Go Fishing! Introduction to Fishing 10am-1pm Rokewood Reservoir FREE		
ICA	Gymnastics Pre School Free Play (under 5s) 9.30-10.45am Bannockburn YMCA \$10			
<b>g</b> ICA	Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 \$15 Come and Try in Week 1 \$20 Per Session in Week 2			
<b>School Free</b> n ICA	Dereel Walking Group 10am Dereel Community Hall FREE			/
ng Group	Soft Tennis 10-11.30am Bannockburn YMCA FREE			
alking rdens	Y Plaster Painting (Primary School) 12-12.30pm Bannockburn YMCA \$5			
<b>rls</b> m Club	Come & Try Walking Netball (over 15s) 1.30-2.30pm Bannockburn YMCA \$10			
a ) 1CA	Come & Try Petanque 2-4pm Smythesdale Petanque Club FREE			
Club	Come & Try All Abilities Netball (Primary School) 3-4pm Bannockburn YMCA \$10			
<b>ily Bowls</b> wls Club	Come & Try All Abilities Netball (Secondary School) 4.15-5.15pm Bannockburn YMCA \$10			
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Ross Creek

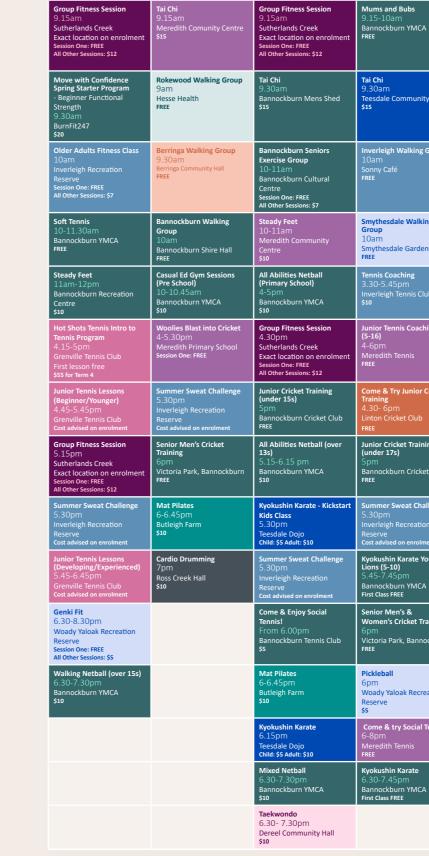
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#### WEEK 3 - 3 -9 OCTOBER

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9
	Group Fitness Session 9.15am Sutherlands Creek Exact location on enrolment Session One: FREE All Other Sessions: \$12	Rokewood Walking Group 9am Hesse Health FREE	Group Fitness Session 9.15am Sutherlands Creek Exact location on enrolment Session One: FREE All Other Sessions: \$12	Mums and Bubs 9.15-10am Bannockburn YMCA FREE	Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment	Bannockburn Community Skm Walk / Run 8am Old Base Road, Bannockburn FREE	Come & Try Bowls 10.30am-12pm Inverleigh Bowls Club FREE
	Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 \$20	Tai Chi 9.15am Meredith Community Centre \$15	Tai Chi 9.30am Bannockburn Mens Shed \$15	Tai Chi 9.30am Teesdale Community Hall \$15	Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment		
	Soft Tennis 10-11.30am Bannockburn YMCA FREE	Berringa Walking Group 9.30am Berringa Community Hall FREE	Steady Feet 10-11am Meredith Community Centre \$10	Inverleigh Walking Group 10am Sonny Café FREE	Dereel Walking Group 10am Dereel Community Hall FREE		
	Steady Feet 11am-12pm Bannockburn Recreation Centre \$10	Bannockburn Walking Group 10am Bannockburn Shire Hall FREE	Bannockburn Seniors Exercise Group 10-11am Bannockburn Cultural Centre Session One: FREE All Other Sessions: \$7	Smythesdale Walking Group 10am Smythesdale Gardens FREE	Soft Tennis 10-11.30am Bannockburn YMCA FREE		
	Hot Shots Tennis Intro to Tennis Program 4.15-5pm Grenville Tennis Club First lesson FREE \$\$5 for Term 4	Casual Ed Gym Sessions (Pre School) 10-10.45am Bannockburn YMCA \$10	All Abilities Netball (Primary School) 4-5pm Bannockburn YMCA \$10	Come & Try Social Bowls 12.30-4pm Bannockburn Bowls Club FREE	Come & Try Petanque 2-4pm Smythesdale Petanque Club FREE		
	Junior Tennis Lessons (Beginner/Younger) 4.45-5.45pm Grenville Tennis Club Cost advised on enrolment	Senior Men's Cricket Training 6pm Victoria Park, Bannockburn FREE	Group Fitness Session 4.30pm Sutherlands Creek Exact location on enrolment \$12, First Session Free	Tennis Coaching 3.30-5.45pm Inverleigh Tennis Club \$10	Net Set Go Netball (Primary School) 4.30-5.30pm Bannockburn YMCA cost TBC		
	Group Fitness Session 5.15pm Sutherlands Creek Exact location on enrolment Session One: FREE All Other Sessions: \$12	Cardio Drumming 7pm Ross Creek Hall \$10	Junior Cricket Training (under 15s) Spm Bannockburn Cricket Club FREE	Junior Tennis Coaching (5-16) 4-6pm Meredith Tennis FREE	Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve COST TBC		
	Junior Tennis Lessons (Developing/Experienced) 5.45-6.45pm Grenville Tennis Club Cost advised on enrolment	Mat Pilates 6-6.45pm Butleigh Farm \$10	Mat Pilates 6-6.45pm Butleigh Farm \$10	Come & Try Junior Cricket Training 4.30- 6pm Linton Cricket Club FREE	Social Badminton (over 14s) 6-7pm Bannockburn YMCA \$10		
/	Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5		Kyokushin Karate - Kickstart Kids Class 5.30pm Teesdale Dojo Child: \$5 Adult: \$10	Junior Cricket Training (under 17s) 5pm Bannockburn Cricket Club FREE			
	Walking Netball (over 15s) 6.30-7.30pm Bannockburn YMCA \$10		All Abilities Netball (over 13s) 5.15-6.15pm Bannockburn YMCA \$10	Kyokushin Karate Young Lions (5-10) 5.45-7.45pm Bannockburn YMCA First Class FREE			
			Kyokushin Karate 6.15pm Teesdale Dojo Child: \$5 Adult: \$10	Come & Try Social Tennis 6-8pm Meredith Tennis FREE			
			Mixed Netball 6.30-7.30pm Bannockburn YMCA \$10	Senior Men's & Women's Cricket Training 6pm Victoria Park, Bannockburn FREE			
/			Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5	Pickleball 6pm Woady Yaloak Recreation Reserve \$5			
/			Come & Enjoy Social Tennis! 6pm Bannockburn Tennis Club \$5	Kyokushin Karate 6.30-7.45pm Bannockburn YMCA First Class FREE			
			Taekwondo 6.30- 7.30pm Dereel Community Hall \$10				



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#### WEEK 4 - 10 - 16 OCTOBER

chall	Friday 14	Saturday 15	Sunday 16	
Challenge eation	Summer Sweat Challenge 6.15am Inverleigh Recreation	Bannockburn Community 5km Walk / Run 8am Old Base Road, Bannockburn	Come & Try Bowls 10.30am-12pm Inverleigh Bowls Club FREE	
rolment	Reserve Cost advised on enrolment	FREE	THE	
Challenge	Summer Sweat Challenge 9am	Come and Try Disc Golf 12.30pm		
	Inverleigh Recreation	Inverleigh Golf Club		
rolment	Reserve Cost advised on enrolment	FREE		
s	Move with Confidence Spring Starter Program			
MCA	- Beginner Functional Strength 9.30am BurnFit247 \$20			
unity Hall	Dereel Walking Group 10am Dereel Community Hall FREE			
ing Group	Soft Tennis 10-11.30am Bannockburn YMCA FREE			
alking	Come & Try Petanque 2-4pm			
ardens	Smythesdale Petanque Club FREE			
g	Net Set Go Netball (Primary			
is Club	School) 4.30-5.30pm Bannockburn YMCA cost твс			
paching s	Woolies Blast into Cricket 5-6.30pm Victoria Park, Bannockburn Session One: FREE			
ior Crickot	Summer Sweat Challenge			/
l <b>ior Cricket</b>	5.30pm Inverleigh Recreation Reserve			
raining	Cost advised on enrolment Social Badminton (over 14s)			
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#### WEEK 5 - 17 -21 OCTOBER

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 6.15am Inverleigh Recreation Reserve Cost advised on enrolment
Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 9am Inverleigh Recreation Reserve Cost advised on enrolment
Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 \$20	Rokewood Walking Group 9am Hesse Health FREE	Tai Chi 9.30am Bannockburn Mens Shed \$15	Mums and Bubs 9.15-10am Bannockburn YMCA FREE	Move with Confidence Spring Starter Program - Beginner Functional Strength 9.30am BurnFit247 \$20
Older Adults Fitness Class 10am Inverleigh Recreation Reserve Session One: FREE All Other Sessions: \$7	Tai Chi 9.15am Meredith Community Centre \$15	Bannockburn Seniors Exercise Group 10-11am Bannockburn Cultural Centre Session One: FREE All Other Sessions: \$7	Tai Chi 9.30am Teesdale Community Hall \$15	Dereel Walking Group 10am Dereel Community Hall FREE
Soft Tennis 10-11.30am Bannockburn YMCA FREE	Berringa Walking Group 9.30am Berringa Community Hall FREE	Steady Feet 10-11am Meredith Community Centre \$10	Inverleigh Walking Group 10am Sonny Café FREE	Soft Tennis 10-11.30am Bannockburn YMCA FREE
Steady Feet 11am-12pm Bannockburn Recreation Centre \$10	Bannockburn Walking Group 10am Bannockburn Shire Hall FREE	All Abilities Netball (Primary School) 4-5pm Bannockburn YMCA \$10	Smythesdale Walking Group 10am Smythesdale Gardens FREE	Come & Try Petanque 2-4pm Smythesdale Petanque Club FREE
Hot Shots Tennis Intro to Tennis Program 4.15-5pm Grenville Tennis Club First lesson FREE \$55 for Term 4	Casual Ed Gym Sessions (Pre School) 10-10.45am Bannockburn YMCA \$10	Junior Cricket Training (under 15s) 5pm Bannockburn Cricket Club FREE	Come & Try Social Bowls 12.30-4pm Bannockburn Bowls Club FREE	Net Set GoNebNetball (Primary School) 4.30-5.30pm Bannockburn YMCA cost TBC
Junior Tennis Lessons (Beginner/Younger) 4.45-5.45pm Grenville Tennis Club Cost advised on enrolment	Woolies Blast into Cricket Meredith Primary School 4-5.30pm Session One: FREE	All Abilities Netball (over 13s) 5.15-6.15pm Bannockburn YMCA \$10	Tennis Coaching 3.30-5.45pm Inverleigh Tennis Club \$10	Woolies Blast into Cricket 5-6.30pm Victoria Park, Bannockburn Session One: FREE
Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve Cost advised on enrolment	Senior Mens Cricket Training 6pm Victoria Park, Bannockburn.	Kyokushin Karate - Kickstart Kids Class 5.30pm Teesdale Dojo Child: \$5 Adult: \$10	Junior Tennis Coaching (5-16) 4-6pm Meredith Tennis FREE	Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve Cost advised on enrolment
Summer Football Clinic 5.30-6.30pm Lethbridge Recreation Reserve FREE	Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve Cost advised on enrolment	Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve Cost advised on enrolment	Come & Try Junior Cricket Training 4.30- 6pm Linton Cricket Club FREE	
Junior Tennis Lessons (Developing/Experienced) 5.45-6.45pm Grenville Tennis Club Cost advised on enrolment	Mat Pilates 6-6.45pm Butleigh Farm \$10	Mat Pilates 6-6.45pm Butleigh Farm \$10	Junior Cricket Training (under 17s) 5pm Bannockburn Cricket Club FREE	Social Badminton (over 14s) 6-7pm Bannockburn YMCA \$10
Genki Fit 6.30-8.30pm Woady Yaloak Recreation Reserve Session One: FREE All Other Sessions: \$5	Cardio Drumming 7pm Ross Creek Hall \$10	Kyokushin Karate 6.15pm Teesdale Dojo Child: \$5 Adult: \$10	Summer Sweat Challenge 5.30pm Inverleigh Recreation Reserve Cost advised on enrolment	
Walking Netball (over 15s) 6.30-7.30pm Bannockburn YMCA \$10		Mixed Netball 6.30-7.30pm Bannockburn YMCA \$10	Kyokushin Karate Young Lions (5-10) 5.45-7.45pm Bannockburn YMCA First Class FREE	
		Taekwondo 6.30- 7.30pm Dereel Community Hall \$10	Senior Men's & Women's Cricket Training 6pm Victoria Park, Bannockburn FREE	
			Pickleball 6pm Woady Yaloak Recreation Reserve \$5	
			Come & try Social Tennis 6-8pm Meredith Tennis FREE	
			Kyokushin Karate 6.30-7.45pm Bannockburn YMCA First Class FREE	

#### Register at goldenplains.vic.gov.au

For further information contact Council's Recreation and Development team on 5220 7111 or **recreation@gplains.vic.gov.au**.



