

# Spring

INTO

# Summer



Class	Information	Contact Details
No Lights, No Lycra	FREE Dance event for the whole family. A dance class held in a dimly lit room, so you can dance like no one is watching!	Click the register button.  Bannockburn Cultural Centre High Street
All aboard Skate Program	FREE Bannockburn Recreation Reserve – Skate Park	Helena Walsh– GPS 5220 7177
All over Meredith, Skate, Scoot, Blade	FREE Meredith Recreation Reserve – Skate Park	Helena Walsh– GPS 5220 7177
Skate Park Leagues Event	FREE Smythesdale Recreation Reserve – Skate Park	Helena Walsh– GPS 5220 7177
Soft Tennis 50+	FREE* Soft tennis is a program that uses motor skills when hitting a ball that is softer and larger than your average tennis ball.	YMCA Bannockburn Jess Claridge 5281 2316 <a href="mailto:bannockburn@ymca.org.au">bannockburn@ymca.org.au</a>
GenkiFit	FREE* GenkiFit is a community fitness program dedicated to helping people of all ages and abilities achieve their fitness goals in a relaxed, fun environment.	Jaymee Ellis 0434 194 972  Woody Yaloak Recreation Reserve
Yoga	FREE* \$16.00 session afterwards Bookings essential – Bannockburn Community Stadium	Jess Claridge 5281 2316 <a href="mailto:bannockburn@ymca.org.au">bannockburn@ymca.org.au</a>
Kyokushin Karate	FREE Teesdale Community Hall	Wayne Murphy <a href="mailto:wmurphy134@bigpond.com">wmurphy134@bigpond.com</a> 0409 556 732
Steady Feet 60+	FREE* Meredith Community Centre Steady feet session is a specifically designed exercise program for 60+ to take part in a safe, fun, and social way.	Jess Claridge 5281 2316 <a href="mailto:bannockburn@ymca.org.au">bannockburn@ymca.org.au</a>

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Casual Basketball Shooting	FREE* YMCA Bannockburn Recreation Reserve	YMCA Bannockburn Jess Claridge 5281 2316 <a href="mailto:bannockburn@ymca.org.au">bannockburn@ymca.org.au</a>
Fishing @ Lethbridge Lake	FREE Family fishing Day. Rods and equipment available to loan. Meredith Angling Club on site to teach and help. BBQ, Facepainting and Coffee Van.	Troy 0417 365 686
Petanque	FREE Petanque (sometimes called Boules) is a target sport, where participants throw metal balls as close as possible to a small wooden ball	Jeff 0411 552 862 Waody Yaloak Recreation Reserve
Walking Group – Bannockburn	FREE Meet at the Bannockburn Shire Hall.	Cathy 0418 169 608
Walking Group – Smythesdale	FREE Meet at the Smythesdale Gardens	Denny <a href="mailto:nuidatvet@gmail.com">nuidatvet@gmail.com</a> 0419 666 860
Walking Group – Inverleigh	FREE Meet at Sony Cafe	5267 1200
Walking Group – Dereel	FREE Meet at Dereel Community Hall	Liz 0491 085 342
Pickleball	FREE* Pickleball is a racket sport, played indoors on a small court.	Andrew 0427 776 607 Waody Yaloak Recreation Reserve
Tai Chi	Cape Clear Recreational Reserve Hall \$8.00 per class. Afternoon tea provided. Meredith Community Centre in the Studio Meredith Sessions FREE during the school holidays. \$15.00 per class	Sandra Pearce <a href="mailto:sandrataichi@hotmail.com">sandrataichi@hotmail.com</a> 0409 662 106

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Park Run	FREE A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!	Bannockburn Bush Old Base Rd, Bannockburn <a href="mailto:bannockburnbush@parkrun.com">bannockburnbush@parkrun.com</a>
BurnFit Classes – Bannockburn	FREE* Various small group classes available, 30 minutes duration. Bookings essential	Anna 0402 467 121 info@burnfit.com.au
Come & Try Tennis - Grenville Tennis Club	FREE	Hayley 0403 668 029
Junior Open Tennis Hit & Senior Social Tennis - Bannockburn Tennis Club	FREE*	Pierce Johnson 0424 891 737
Pilates & Group Fitness – Inverleigh Recreation Reserve	Something to suit everyone. Costs associated with individual programs. Contact Narelle to see what works best for you.	Booking Essential Narelle 0401 873 166
Lawn Bowls - Inverleigh Bowls Club	FREE Come and try Lawn Bowls. Stay for a complimentary BBQ.	Michele Shields 0417 150 548
Junior Hot Shots Tennis, Tennis Lessons & Cardio Tennis - Bannockburn Tennis Club	FREE	Julian Arnold 0402 265 780

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