



**SCHS**  
Sunraysia Community  
Health Services

**WINTER  
2024**



# SOCIALLY ACTIVE SUNRAYISIA

Find new ways to enjoy  
moving your body!

# LOOKING FOR SOMETHING SPECIFIC?

Check the contents to click through & save time!

## Special Features

|                                |   |
|--------------------------------|---|
| School holiday activities..... | 3 |
| Featured active events.....    | 4 |

## Free Ways to Move

|  |   |
|--|---|
| Walking groups.....                          | 5 |
| Community spaces.....                        | 6 |
| Exercise classes & other free offerings..... | 7 |

## Move for Fun!

|                        |      |
|------------------------|------|
| Make it your own.....  | 8    |
| Classes & lessons..... | 9-10 |

## Social Sport

|                   |    |
|-------------------|----|
| Netball.....      | 11 |
| Other sports..... | 12 |

## SYMBOLS TO LOOK FOR:



Free



Group registration



Cost involved



Solo registration



School age suitable



Toddler suitable

# SPECIAL FEATURES

## SCHOOL HOLIDAY ACTIVITIES

### ROLLER SKATING COME & TRY

Want to try something new without the commitment? This free come and try session is perfect! For ages 8 and over.

**Sunday 7th July 3pm**

**Irymple Leisure Centre**



[REGISTER HERE](#)



### PLAY PUTT PUTT

Don't miss the opportunity to enjoy a round of putt putt golf with friends! For ages 10-17 years.

**Tuesday 9th July 4pm**

**Putt Putt Fun Centre, 15-17**

**Orange Avenue, Mildura**



[REGISTER HERE](#)



### LASER FORCE

Don't miss out on the fun! Gather your squad and gear up for an exciting game of laser tag this school holidays!

**Monday 8th - Friday 12th July**

**Open 10am - 3pm each day**

**Langtree Mall, Mildura**

**\$ 2.00 p/person**

[NO BOOKING REQUIRED](#)



### FUN FRIDAY SPORTS DAY

Come and try pickleball, soccer and basketball. Learn the game from expert coaches and have fun in mini comps. For ages 12-17.

**Friday 12 July 11am - 1pm**

**Mildura Sporting Precinct**



[REGISTER HERE](#)



# FEATURED ACTIVE EVENTS

CHECK OUT WHAT'S COMING UP!



## SWEAT FEST

Participate in free active offerings in the heart of Mildura throughout August! Each Saturday in the month brings you a different active event to keep you moving this winter.

Langtree Mall, Mildura

MORE INFO



## SPRING TOURNAMENT

Join over 700 people per year who participate in the 10,000 steps challenge. Free to participate, with bragging rights & team prizes up for grabs.

Get your team together today! Registrations close 29th August 2024.

LEARN MORE





# FREE WAYS TO MOVE

## WALKING GROUPS

### PARENTS WALK & TALK

Runs during school term

**Thursdays 10am**

Mildura Sporting Precinct



[REGISTER HERE](#)



### MERBEIN WALKING GROUP

Runs year round (excl. PH)

**Tuesdays 9:30am**

Kenny Park Oval



[REGISTER HERE](#)



### MILDURA CENTRAL WALKING GROUP

Runs year round (excl. PH)

**Tuesdays & Thursdays  
7:30am**

Mildura Central



[REGISTER HERE](#)



### RED CLIFFS WALKING GROUP

Runs year round (excl. PH)

**Wednesdays 9am**

Red Cliffs Resource Centre



[REGISTER HERE](#)

### CULTURAL WALKING GROUP

Runs year round (excl. PH)

**Fridays 9:30am**

Norwingi Place



[REGISTER HERE](#)



# FREE WAYS TO MOVE

## COMMUNITY SPACES

### KICK A BALL

Old Aerodrome Sporting Complex  
Eleventh Street, Mildura  
Available for public use outside of sporting competition times.



[MORE INFO](#)



### WALKING TRAILS

Pick a walking loop and take a stroll with a podcast or with friends.



[CHOOSE A WALK](#)

### PLAYGROUNDS

Climb, run, slide or swing, at one of the many playgrounds around Sunraysia.



[FIND A SPACE NEAR YOU](#)



### SKATE PARK

There are professionally designed skate and BMX facilities available in Mildura, Merbein and Red Cliffs.



[MORE INFO](#)





# FREE WAYS TO MOVE

## EXERCISE CLASSES & OTHER OFFERINGS

### COMMUNITY PLAYGROUP

A fun, active playgroup for 0-5 years, that encourages movement and play!

**Thursdays 9:30am-12pm (during school term)**

Mildura Sporting Precinct



NO BOOKING REQUIRED



### SMOOTH MOVES

10 Week series of chair-based exercise classes.

**Wednesdays 10:30am**

Irymple Multi Cultural Senior Citizens Club



REGISTER HERE

### PARENT'S YOGA

Introductory yoga classes designed for parents to bring their baby while they participate.

**31st July 10am**

Red Cliffs Library

**27th Aug 9:30am**

Mildura Library

**11th Sept 10am**

Merbein Library



REGISTER HERE



### SMOOTH MOVES

10 Week series of chair based exercise classes.

**Thursdays 10am**

Merbein Library Hub



REGISTER HERE



# MOVE FOR FUN

## MAKE IT YOUR OWN



### CASUAL SHOOT

Work on your skills or have a casual shot with friends. Basketball or netball available.

**Daily between 11am and 4pm**

**Mildura Sporting Precinct**

**\$ 4.00 p/person, EFTPOS on arrival**



[MORE INFO](#)

### GO FOR A SWIM

Take the kids for a paddle in the wave pool or swim some laps in the heated pools.

**Open daily**

**Mildura Waves**

**\$4.90 - \$8.30 per person**



[MORE INFO](#)



### PLAY CAFE

Open to the public for general 'pay to play'. Stay as long as you like whilst the kids have fun. You can even relax and enjoy a coffee!

**Open daily 9am-4pm**

**24 Scott Cres, Mildura**

**\$10 - \$14 per child**



[MORE INFO](#)



### SPLIT A COURT HIRE

Reserve a court, grab a bunch of friends and play an informal game of FUTSAL, Netball, Basketball, Volleyball, Badminton Pickleball or Squash.

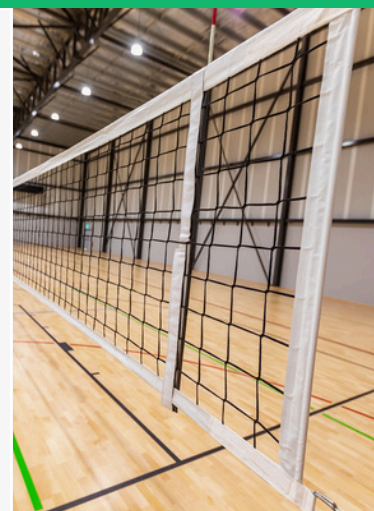
**Open Daily**

**Mildura Sporting Precinct**

**\$ 17.50 - \$37.60 per hour**



[BOOK NOW](#)





# MOVE FOR FUN

## CLASSES & LESSONS

### SWIMMING LESSONS

Swim and Survive lessons are great for safety and for getting active! Available for infants through to adults.

**Contact for a timetable**

**Mildura Waves**

**\$ 11.30 - \$15.60 per week**



[MORE INFO](#)



### HOT SHOTS TENNIS

Fun and non-competitive tennis lessons for kids. Join in the fun each week from 20th July-14th Sept, junior racquets provided.

**Saturdays 9am**

**St Andrews/Sacred Heart Tennis Courts**

**Mondays 3:30pm - 4 & 5 year olds,**

**Mondays 4pm - 6 to 12 year olds,**

**Tuesdays 3:45pm 5 to 12 year olds**

**Red Cliffs Lawn Tennis Courts**

**\$ 7 - \$10 per session**

(\$3 for optional game after)



[MORE INFO](#)

### TENNIS FOR TEENS

Fun and non-competitive tennis lessons for kids. Suitable for 12+ year olds.

**Mondays 4:45pm**

**Tuesdays 4:30pm**

**Red Cliffs Lawn Tennis Club**

**\$ 10 per session**

(\$3 for optional game after)



[MORE INFO](#)



# MOVE FOR FUN

## CLASSES & LESSONS



### ACTIVE MUMMA CLASSES

8 weeks of gentle exercise classes designed to help Mum's with bubs to return to exercise.

**Mondays 10am (during term time)**

**Mildura Sporting Precinct**

**\$10 p/class, free childminding**



[MORE INFO](#)



### AQUA CLASSES

Join a non-weight bearing exercise class, lead by qualified instructors in the indoor heated pool. Call ahead for availability.

**See timetable for days/times**

**Mildura Waves**

**\$10 per class**



[MORE INFO](#)



### FAB 50'S CLASSES

Gym based exercise classes for the golden years.

**Tuesdays 2pm, Wednesdays 11:30am, Thursdays 10:30am & Fridays 11:30am**

**Club Aquarius Fifteenth St**

**\$12-\$19 per class or included with membership**



[BOOK NOW](#)



### COMMUNITY SENIORS CLASS

Strength and mobility chair-based exercise class, to get the senior community moving.

**Tuesdays 10:30am (during school term)**

**Mildura Sporting Precinct**

**\$8 per class**



[MORE INFO](#)

# SOCIAL SPORT

## NETBALL




### NETBALL - MILDURA NETBALL ASSOC.

Prefer your netball social? Grab 7 or more friends and play 8 weeks of mixed social netball. With umpires and equipment provided you can choose to play social ladies or social mixed! For ages 16 and over.

**Monday evenings - Mixed**

**Wednesday evenings - Ladies**

Mildura Sporting Precinct

\$540 per team 

Covers the 8 weeks of games & the umpires.  
(approx \$9.65 p/person, p/ game)

[ENTER YOUR TEAM](#)

ENTRIES CLOSE 12TH JULY

### REC NETBALL - MILDURA SPORTING PRECINCT

Entry level indoor, social, mixed netball that is focused on fun! Whether it's the work crew, social crew or a random crew of 7, come and play 6 weeks of netball with short quarters, and loads of laughs. Umpires, bibs and balls provided. For ages 16 and over.

**Sunday mornings**

Mildura Sporting Precinct

\$10 p/player, p/week  OR 

[ENTER YOUR TEAM](#)

ENTRIES CLOSE 14TH JULY





# SOCIAL SPORT

## OTHER SPORTS




### **VOLLEYBALL - SUNRAYSIA VOLLEYBALL**

All you need is 6 or more friends to set, dig & spike with and you can join a fun social volleyball league. No uniform or prior experience needed, just a sense of humour and desire to learn something new! For ages 16 and over.

**Wednesday evenings**

**Mildura Sporting Precinct**

**\$500 per team** 

Covers the full term of games, each individual requires a \$60 VV registration


[ENTER YOUR TEAM](#)

### **TABLE TENNIS - STTA**

Have a social game of table tennis or just a practice hit, with Sunraysia Table Tennis Association. First session is free, and you can even loan a bat. Everyone welcome, juniors included. For further information contact Gavin Carmichael 0408 237 907, or just come down for a hit!

**Mondays 7:30pm-9:30pm (in school term)**

**Irymple Leisure Centre**

**\$5 for adults, \$3 for students**  

[LEARN MORE](#)

