



SCHS
Sunraysia Community
Health Services

**SPRING
2024**



SOCIALLY ACTIVE SUNRAYSIA

Find new ways to enjoy
moving your body!

LOOKING FOR SOMETHING SPECIFIC?

Check the contents to click through & save time!

Special Features

Featured active events.....3-4

Social Sport

All Abilities.....5

Basketball.....6

Hockey.....7

Netball.....8

Racquet sports.....9

Tennis.....10

Other sports.....11

Free Ways to Move

Walking groups.....12

Community spaces.....13-14

Exercise classes & other free offerings.....15

Move for Fun!

Make it your own.....16

Classes & lessons.....17-18

SYMBOLS TO LOOK FOR:

 Free

 Group registration

 Cost involved

 Solo registration

 School age suitable

 Toddler suitable

FEATURED ACTIVE EVENTS

CHECK OUT WHAT'S COMING UP!

READY STEADY GO KIDS

Kick off your week with a free Ready Steady Go Kids event at Mildura City Heart.

Monday 23rd & 30th September 10am - 2pm
Langtree Mall

MORE INFO



SCHOOL HOLIDAY TENNIS CLINICS

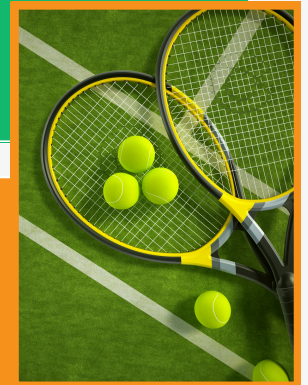
5-10yr old HOT SHOTS clinic from 9am-10:30am
8-12yr old TENNIS FOR TWEENS clinic 10:30am-12:30pm
12-17yr old TENNIS FOR TEENS clinic 12:30-2:30pm
All standards welcome! Please call or email
lisa.joy.hill70@gmail.com to book.

Tuesday 24th September
Red Cliffs Lawn Tennis Club

\$16 - \$18 per child



0400 726 824



GIRLS COME AND TRY GOLF DAY

Calling all girls aged 6-16! Whether you're a beginner or have some experience, this is your chance to learn the basics of golf for FREE, in a fun and supportive environment. Equipment is available, please call to arrange.

Thursday 3rd October 9:30am - 11:30am
Riverside Golf Club

REGISTER BY 30TH SEPT



(03) 5023 4255



FEATURED ACTIVE EVENTS

CHECK OUT WHAT'S COMING UP!

ALL ABOARD SKATEBOARDING SESSION

An opportunity to learn some new skills, in this inclusive and accessible skateboarding workshop for all ages. Offered by Mildura Rural City Council's Youth Engagement Services in partnership with All Aboard Skateboarding sessions, Skate Australia, the Victorian Skateboard Association, FreeZA and The Y.

Friday 4th October 1pm-3pm
Mildura Skate Park, Hugh King Drive



[REGISTER HERE](#)

RED CLIFFS LAWN TENNIS CLUB FAMILY OPEN DAY

Come along for a social morning of tennis for juniors and seniors! There will be a FREE Junior Hot Shots clinic running from 9am, with sectional tennis for seniors and the serving speed gun on site! Free sausage sizzle from 10:30am, just bring a plate of morning tea to share.

Saturday 12th October 9am
Red Cliffs Lawn Tennis Club



[REGISTER JUNIORS - 0408 563 016](#)

[REGISTER SENIORS OR HOT SHOTS - 0400 726 824](#)



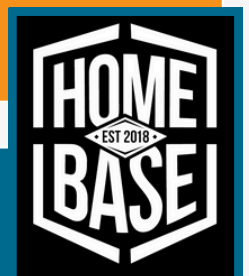
DANCE BOOTCAMP

Come and try dance with a qualified fitness and dance instructor, suitable for ages 10-17 yrs.

Wednesday 16th October 4pm - 6:30pm
HomeBase Youth Hub



[REGISTER HERE](#)



SOCIAL SPORT

ALL ABILITIES



NETBALL FOR ALL

A fun and inclusive All-Abilities netball program run indoors, starting October 24. To register, or for more information, you can email or call Lachlan, lachlan@malleesportsassembly.org.au.

Thursdays 3:30pm - 4:15pm

Mildura Sporting Precinct

\$20 p/person for 6 week program



03 5021 3463

TENNIS FOR ALL

A nine-week All-Abilities tennis program starting October 16. Bring your own drink bottle, sunscreen and hat! To register, or for more information, you can email or call Lachlan, lachlan@malleesportsassembly.org.au.

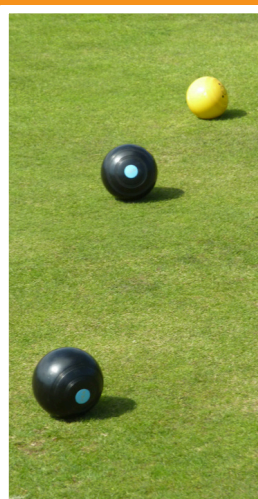
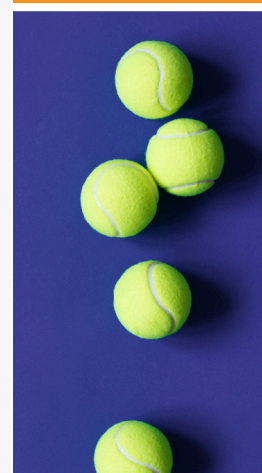
Wednesday evenings 6pm - 7pm

Mildura Lawn Tennis Club

\$25 p/person for 9-week program, or \$5 per week



03 5021 3463



LAWN BOWLS

An inclusive Lawn Bowls program that is not only fun but also FREE. Starting on October 8, All Abilities Lawn Bowls will run each week until Dec 7. To register, or for more information, you can email or call Lachlan, lachlan@malleesportsassembly.org.au.

Tuesdays 6pm - 7pm

Mildura Workers Bowls Club



03 5021 3463



SOCIAL SPORT

BASKETBALL



SOCIAL BALL - IRYMPLE BASKETBALL ASSOCIATION

It's Sunday night social ball at the Hot House! You'll just need a crew of 5 or more to register your team. Summer season runs across Term 4 & Term 1. Suitable for ages 16 and over.

Tuesday evenings - Mens

Thursday evenings - Womens

Sunday evenings - Mixed

Mildura Hot House

\$ Check website for up to date fees



BY 13TH OCT

[ENTER YOUR TEAM](#)

HOMEBASE HOOPS

Do you experience barriers, limiting your ability to participate in regular team sport? HomeBase Hoops runs 6 weeks of basketball games each school term, with participants being provided an evening meal and the option of a bus ride home. For ages 10-17 years.

Friday evenings 6pm - 10pm

Chaffey Secondary College



[REGISTER HERE](#)



AUSSIE HOOPS

A fun, safe basketball program for ages 5-8 years. Designed to build not only basketball skills but also promote being active and social! Suitable for beginners Aussie Hoops runs each term for 8 weeks.

See website for details

Mildura Hot House

\$123 (new participants)

\$90 (returning participants)



[REGISTER HERE](#)



SOCIAL SPORT

HOCKEY



SUMMER HOCKEY - SUNRAYSLIA HOCKEY

Get together with your friends/family/clubmates to form a social team and register to participate. Choose a name, choose a uniform, and make it fun! U12's play at 5:30pm and Seniors/Mixed ages at 6:30pm.

Wednesday evenings - Mixed

Old Aerodrome Ovals - Eleventh St

\$ 20 per person

Covers games 16th Oct-4th Dec



ENTER YOUR TEAM

WALKING HOCKEY - SUNRAYSLIA HOCKEY

Walking Hockey will be on offer for anyone that is interested in some low impact fun and fitness! No need to form a team to participate, teams will be made up randomly each week based on numbers.

Wednesday evenings - Mixed

Old Aerodrome Ovals - Eleventh St

\$ 20 per person

Covers games 16th Oct-4th Dec



REGISTER



SOCIAL SPORT

NETBALL




NETBALL - MILDURA NETBALL ASSOC.

Prefer your netball social? Grab 7 or more friends and play 8 weeks of social netball! With umpires and equipment provided you can choose to play social ladies or social mixed. For ages 16 and over. Contact competitions@milduranetball.com.au for more info.

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](#)

STARTS 14TH OCTOBER

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](#)

STARTS 13TH OCT



SOCIAL SPORT

RACQUET SPORTS

BADMINTON MILDURA

Join a friendly group of locals who get together for a hit of Badminton twice a week. With no structured competition, players rotate around playing in games that go to 21. Come along on the day that suits you, equipment is available, and all skills are welcome!

**Thursdays 7:30pm-9:30pm and
Sundays 6:30pm-8:30pm**

Mildura Sporting Precinct

\$ 8 p/person (\$2 racquet hire)



[MORE INFO](#)



SQUASH - MILDURA SQUASH

Come and try Squash in a friendly, non-competitive environment. A simple rock up and have a hit model, with no prior experience of Squash required. Equipment available and all ages and skills are welcome!

Mondays 6pm-7:30pm

Mildura Sporting Precinct

\$10 p/player, p/week



[MORE INFO](#)



SOCIAL SPORT

TENNIS

TWILIGHT TENNIS

Evening tennis is back with Term 4 Twilight Tennis! This hugely social tennis offering is structured with multiple games of doubles, in a 'timed tennis' format. Get together 2 males and 2 females to form your team or leave your name to go into a team or on the fill in list. All skills levels are welcome to join.

Thursdays 6pm-8pm

Red Cliffs Lawn Tennis Courts

\$ 8 p/person, per week
(\$50 upfront registration)



0400 726 824

STARTS 17TH OCT



NO LIMITS TENNIS

A tennis program tailored specifically for girls that is safe, inclusive, welcoming and an all-round fun way to play tennis with your friends and develop new skills. Delivered by women coaches and free for term 4! Suitable for 7-12 year-olds, all levels of skill are welcome. Email Lisa at lisa.joy.hill70@gmail.com or call to register.

Wednesdays 4pm-5pm

Mildura Lawn Tennis Club

Thursdays 4pm-5pm

Red Cliffs Lawn Tennis Club



0400 726 824

STARTS 16TH OCT



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](#)



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

COMMUNITY SPACES

WATER PLAY PARK

A free facility designed for everyone to enjoy. Available from mid Sept- late April each year. Hugh King Drive, Mildura



[MORE INFO](#)



SHOOT HOOPS

Grab a ball and a friend and get into Langtree Mall to shoot hoops for free!



[MORE INFO](#)

PUMP TRACK

A sealed 150m Pump Track at the Buronga Riverfront, west of the George Chaffey Bridge near the Discovery Caravan Park.



[MORE INFO](#)



NETBALL

Head to the outdoor netball courts at Mildura Sporting Precinct for a practice shot or a game with friends. They're free to use when not booked by sporting groups.



[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

LOCAL LIBRARIES

With libraries located in Mildura, Red Cliffs, Merbein and Irymple, there are new opportunities each term to combine light activity with a visit to the library. From Baby Play to Mum's & Bubs Yoga, check the website regularly for up-to-date information on what's on offer.



MORE INFO



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 - 4-12 year olds

Mondays 3:30pm - 4 & 5 year olds

Mondays 4pm - 5 to 12 year olds

Tuesdays 4.15pm - 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 5pm

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](#)



CARDIO TENNIS

Tennis based fitness class for 18yrs and over.

Contact Lisa to register lisa.joy.hill70@gmail.com or call 0400 726 824

Tuesdays 6pm

Red Cliffs Lawn Tennis Club

\$10 per person, per week



[CALL TO BOOK](#)



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](#)