



TAI CHI

Fridays, 12pm – 1pm
Mayer Park
143 Leinster Grove, Thornbury

Experience this ancient Chinese art developed as a tranquil way of keeping fit and improving your health. The class includes breathing and meditation techniques, focus on flexibility, balance and coordination through movement. Suitable for all ages and fitness levels. Meet at Leinster Grove. Sessions are held near the soccer field. No registration required.

Starts Friday 2 May (runs 6 weeks)



PARK RUN

Saturdays 8am
CT Barling Reserve
Plenty Road, Reservoir

Join the regular community event initiated and organised entirely by volunteers. Experience Darebin Creek while you walk, jog or run the five (5) kilometre course. The path is paved, so it is suitable for people of all ages and abilities. Children are welcome (must be supervised by a parent/carer). Optional registration at www.parkrun.com.au/darebin

Starts Saturday 3 May (runs 6 weeks)



PARENT & CHILD SWIM SESSION

Saturdays (half hour sessions)
1.30pm (6 months – 1 year)
2pm (1 – 2 years)
2.30pm and 3pm (2 – 3 years)

Reservoir Leisure Centre
2A Cuthbert Road, Reservoir

Join your child (6 months to 3 years) in water familiarisation classes at RLC! Learn water safety and ways to teach your child to feel at ease in the water, guided by an experienced swim instructor. Limited spots—book the Friday before at RLC or call 9496 1050.

Starts Saturday 3 May (runs 6 weeks)



ZUMBA

Sundays, 4.30pm – 5.30pm
Reservoir Leisure Centre
2A Cuthbert Road, Reservoir

Join our Zumba™ class. It's a medium impact class that fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Enjoy the way your body moves and don't worry if you forget the steps – it's meant to be fun! Spaces are limited, so book at reception or call 9496 1050 to secure your spot.

Starts Sunday 4 May (runs 6 weeks)



Get Active in Darebin is a FREE community-based exercise program boosting activity levels for residents, including under-represented groups. Most activities are led by qualified instructors who tailor the sessions to participants' age, ability, and fitness level.

Activities are free but spaces are limited and most require registration.

A text-only format of the activity listing is available upon request as well as translations in a number of languages. For details, email leisure@darebin.vic.gov.au or call 8470 8305. Scan the QR code for info and bookings.



The City of Darebin acknowledges the Wurundjeri Woi-wurrung people who are the Traditional Owners of the land on which Darebin stands. We recognise their continuing connection to land, waters and culture. We pay our respects to Elders past and present.



AUTUMN

MONDAY 28TH APRIL UNTIL SUNDAY 8TH JUNE 2025

ACTIVITY	LOCATION	SUBURB	START	FINISH	TIME
MONDAY					
Outdoor Exercise	TW Andrews Reserve	Reservoir	28 April	2 June	9.15am – 10am
Come N Try Womens AFL	W Ruthven VC Reserve	Preston	28 April	2 June	6pm – 7.30pm
Beginners Tennis for Adults	Narrandjeri Stadium	Thornbury	28 April	2 June	7pm – 8pm
TUESDAY					
Chair Yoga	Reservoir Neighbourhood House	Reservoir	29 April	3 June	10am – 11am
Walking Basketball	Narrandjeri Stadium	Thornbury	29 April	3 June	10.30am – 11.30am
Youth walking group (18-25)	The Hub Northland	Preston	29 April	3 June	11am – 12pm
Post natal exercise group	Reservoir Leisure Centre	Reservoir	29 April	3 June	11.30am – 12.30pm
Barrefusion	Northcote Aquatic Recreation Centre	Northcote	29 April	3 June	4.30pm – 5.15pm
WEDNESDAY					
AquaFit	Northcote Aquatic Recreation Centre	Northcote	30 April	4 June	10.30am – 11.15am
Lunchtime Group Pickleball	Darebin Community Sports Stadium	Reservoir	30 April	4 June	12pm – 1pm
Come N Try AFL juniors	JC Donath Reserve - Central Pavilion	Reservoir	30 April	4 June	5pm – 6.30pm
All Abilities Soccer	BT Connor Reserve - Junior Pavilion	Reservoir	30 April	4 June	6pm – 7pm
THURSDAY					
Women's Beginners Tennis	Cranross Tennis Club	Preston	1 May	5 June	10am – 11am
Gentle Pilates	Keon Park Children's Hub	Reservoir	1 May	5 June	2pm – 3pm
Go Soccer Mums	JC Donath Reserve - West Pavilion	Reservoir	1 May	5 June	6pm – 7pm
Come N Try All Abilities AFL	CH Sullivan Memorial Reserve	Reservoir	1 May	5 June	6.30pm – 7.30pm
QSA Q League Pickleball	Narrandjeri Stadium	Thornbury	1 May	5 June	7pm – 9pm
FRIDAY					
Qigong	The Regent Centre	Reservoir	2 May	6 June	10am – 11am
Tai Chi	Mayer Park	Thornbury	2 May	6 June	12pm – 1pm
SATURDAY					
Park Run	CT Barling Reserve	Reservoir	3 May	7 June	8am
Parent & Child swim lesson 6 months to 3 years	Reservoir Leisure Centre	Reservoir	3 May	7 June	1.30pm – 3.30pm (half hour lessons)
SUNDAY					
Zumba	Reservoir Leisure Centre	Reservoir	4 May	8 June	4.30pm – 5.30pm

DAREBIN.VIC.GOV.AU/GETACTIVE

CITY OF DAREBIN

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T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au

National Relay Service

relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.

Speak your language

T 8470 8470

العربية Italiano Soomalii
繁體中文 Македонски Español
Ελληνικά नेपाली اردو
हिंदी ਪੰਜਾਬੀ Tiếng Việt



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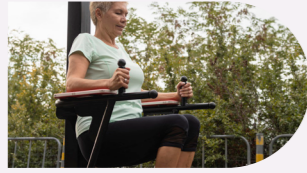
GET ACTIVE IN DAREBIN

AUTUMN ACTIVITIES 2025

WITH FREE EXERCISE AND FAMILY FRIENDLY CLASSES

CHECK OUT ALL THE ACTIVITIES AT
DAREBIN.VIC.GOV.AU/GETACTIVE

FIND US ON FACEBOOK
[DAREBIN.LEISURE](https://www.facebook.com/DAREBIN.LEISURE)



OUTDOOR EXERCISE HOW TO USE EQUIPMENT

Mondays, 9.15am – 10am
TW Andrews Reserve, Corner Fordham Road and Strathmerton Street, Reservoir
Are you unsure about how to use the outdoor gym equipment in our public parks? This circuit-style class at TW Andrews led by RLC gym instructor is for all ages and abilities, helping you build confidence, improve fitness, and connect with locals. You'll be able to confidently use the outdoor gym equipment whenever you want! Limited spots - register by calling RLC on 9496 1050.
Starts Monday 28 April (runs 6 weeks)



COME N TRY WOMENS AFL

Mondays, 6pm – 7.30pm
W Ruthven VC Reserve
Malpas Street, Preston
Try Senior Women's AFL with Preston Bullants Amateur football club for fun, fitness, and friends! Whether you're new to sports or experienced, Aussie Rules is a great way to challenge yourself, build confidence as part of a supportive team. Open to all fitness and skill levels. Call Coach Trevor Robinson at 0423 534 546 to register.
Starts Monday 28 April (runs 6 weeks)



BEGINNERS TENNIS FOR ADULTS

Mondays, 7pm – 8pm
Narrandjeri Stadium
281 Darebin Road, Thornbury
Join our friendly coach for a beginners tennis lesson on the outdoor courts at Narrandjeri Stadium. Perfect for those wanting to learn about all aspects of tennis in a fun, social environment. All ages welcome. Register online or by calling 9989 5800.
Starts Monday 28 April (runs 6 weeks)



POST NATAL EXERCISE GROUP

Tuesdays, 11.30am – 12.30pm
Reservoir Leisure Centre
2A Cuthbert Road, Reservoir
A session that combines elements of cardio, toning, strengthening, and core work tailored for birthing parents to return to exercise. Excellent for Beginners. Suitable for all fitness levels. Babies' that are not yet crawling are welcome! Spaces are limited, so book at reception or call 9496 1050 to secure your spot.
Starts Tuesday 29 April (runs 6 weeks)



BARRE FUSION

Tuesdays, 4.30pm – 5.15pm
Northcote Aquatic Recreation Centre
180 Victoria Road, Northcote
Join us for a fusion of ballet, yoga and Pilates. Designed to challenge core stability and balance using body weighted movements, with light hand weights, Pilates rings and balls. Suitable for all fitness levels. Registration required by calling 9088 4600.
Starts Tuesday 29 April (runs 6 weeks)



AQUAFIT

Wednesdays, 10.30am – 11.15am
Northcote Aquatic Recreation Centre
180 Victoria Road, Northcote
Class held in shallow end of 25m pool. A high-energy water workout, suitable for all levels, designed to protect joints with low-impact movements. Improve your muscular strength, cardiovascular fitness, flexibility and overall health. Registration required by calling 9088 4600.
Starts Wednesday 30 April (runs 6 weeks)



WOMEN'S BEGINNERS TENNIS LESSONS

Thursdays, 10am – 11am
Cranross Tennis Club
151A Albert Street, Preston
Learn the fundamentals of tennis with fun, team-based activities in a relaxed setting at Cranross Tennis Club. Perfect session to build your tennis confidence. Suitable for women and gender-diverse people of all ages and abilities. Register by emailing admin@fdtennis.com.au with your first and second name, email address and mobile number.
Starts Thursday 1 May (runs 6 weeks)



GENTLE PILATES

Thursdays, 2pm – 3pm
Keon Park Children's Hub
1-7 Dole Avenue, Reservoir
Join us for Gentle Pilates! This class is ideal for older adults or anyone seeking light stretching and strength exercises to boost balance and stability. You can choose between mat or chair options. Bring your yoga mat if you have one; limited mats available on-site. No registration needed!
Starts Thursday 1 May (runs 6 weeks)



GO SOCCER MUMS

Thursdays, 6pm – 7pm
JC Donath Reserve - West Pavilion, Harmer St, Reservoir
Go Soccer Mums gives mothers an opportunity to learn and enjoy the game of soccer while learning to kick, dribble, get active, build self confidence and have fun with other mums. This is a great chance to be part of the Reservoir United community. Go Soccer mums is the place to be! Email Tess at reservoirunited@gmail.com
Starts Thursday 1 May (runs 6 weeks)



CHAIR YOGA

Tuesdays, 10am – 11am
Reservoir Neighbourhood House
2B Cuthbert Road, Reservoir
Chair yoga is a low-impact exercise for older adults or those who want to avoid putting pressure on their joints. Chair yoga can help people not used to exercising to improve their strength and balance which can help to reduce the fear of falling. No registration required, but spaces will be limited.
Starts Tuesday 29 April (runs 6 weeks)



WALKING BASKETBALL

Tuesdays, 10.30am – 11.30am
Narrandjeri Stadium
281 Darebin Road, Thornbury
Enjoy low-impact fitness with indoor Walking Basketball! Improve your coordination, stability and balance in a fun, supportive session. Finish with a social game and a cuppa. Perfect for all ages and abilities. Register online or by calling 9989 5800.
Starts Tuesday 29 April (runs 6 weeks)



YOUTH WALKING GROUP (18 - 25 YR OLDS)

Tuesdays, 11am – 12pm
Reservoir Neighbourhood House
2B Cuthbert Road, Reservoir
Get active while enjoying a walk along Darebin Creek. Starting from the Hub, the Youth Services team will make sure you are fuelled for the walk. This is a great chance to meet other youth from the area and immerse yourself in nature. No registration required.
Starts Tuesday 29 April (runs 6 weeks)



LUNCHTIME GROUP PICKLEBALL LESSON

Wednesdays, 12pm – 1pm
Darebin Community Sports Stadium
875 Plenty Road, Reservoir
Are you wanting to learn more about pickleball? Join us at Darebin Community Sports Stadium for a fun lesson where you'll get to know more about the game in a fun and relaxed environment. Perfect for people of all ages and abilities. Register online or by calling 9471 4935.
Starts Wednesday 30 April (runs 6 weeks)



COME N TRY AFL JUNIORS

Wednesdays, 5pm – 6.30pm
JC Donath Reserve - Central Pavilion
Harmer St, Reservoir
Bring a friend to Keon Park Stars for a junior AFL training session. Have fun, learn more about the game, make friends and build your footy skills. This one-hour session, led by a qualified coach is for all juniors – boys and girls. Don't worry if you haven't played before, this session is for all abilities! Register by calling Terry on 0404 160 808.
Starts Wednesday 30 April (runs 6 weeks)



ALL ABILITIES SOCCER

Wednesdays, 6pm – 7pm
BT Connor Reserve - Junior Pavilion
200 Broadhurst Avenue, Reservoir
Coached by two of Preston Lions leading female footballers, these sessions are for anyone interested in learning the basics of soccer in a friendly and inclusive environment. Catering to all, this six week program will be held at BT Connor Reserve in Reservoir, please meet at the junior pavilion. If interested, please register for free by emailing Jason@plfc.com.au or calling 0432 784 990.
Starts Wednesday 30 April (runs 6 weeks)



COME N TRY ALL ABILITIES AFL

Thursdays, 6.30pm – 7.30pm
CH Sullivan Memorial Reserve - east oval, Blake Street, Reservoir
Join the fun of AFL Football with Keon Park Football Netball Club's All Abilities training session! Suitable for ages 14+. Socialise with like-minded people and get active with fun ball play. Opportunities to join our FIDA AFL Team and play games are available. To register, text Jason at 0434 196 796.
Starts Thursday 1 May (runs 6 weeks)



QSA Q LEAGUE PICKLEBALL

Thursdays, 7pm – 9pm
Narrandjeri Stadium
281 Darebin Road, Thornbury
Join us for social Q league pickleball hosted by Queer Sporting Alliance at Narrandjeri Stadium's outdoor courts. Pickleball is a fun way to get active and connect with others. Games are beginner-friendly, so everyone can participate at their own pace. All equipment provided. Register by calling 9989 5800 or using the QR form below.
Starts Thursday 1 May (runs 6 weeks)



QIGONG

Fridays, 10am – 11am
The Regent Centre
4 Robinson Road, Reservoir
Qigong is a holistic practice that harmonises the body, mind, and breath. Rooted in ancient China with a history spanning over 2,000 years, it is a time-honored method of cultivating health and vitality. Qigong can be practiced as gentle exercise, meditative movement, or still meditation, making it both versatile and deeply restorative for people of all ages and abilities. No Registration required.
Starts Friday 2 May (runs 6 weeks)



ALL ACTIVITIES ARE FREE!

R REGISTRATION MAY BE REQUIRED.

