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ACTIVE

IN DAREBIN

ABORIGINAL &
TORRES STRAIT
ISLANDER
EDITION

AUTUMN
ACTIVITIES 2024

WITH FREE EXERCISE AND FAMILY FRIENDLY CLASSES

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



FIND US ON FACEBOOK
DAREBIN.LEISURE



MUMS & BUBS

Tuesdays, 9.15am – 10.15am
Northcote Aquatic and Recreation Centre
– Aquatics area

Our Mums & Bubs Program caters for children aged 6 mths to 3 yrs and designed to develop basic water familiarisation skills while promoting water safety. Skill-based games and songs are used while encouraging children to paddle, kick, float, blow bubbles and submerge depending on age and ability. Please call Kristen Munro on 0423 063 737 or email Kristen.Munro@banyule.vic.gov.au to register as number are limited.



Starts 9th April (runs 6 weeks)



GYM SESSIONS

Tuesdays, 10.30am – 11.30am
Reservoir Leisure Centre
2A Cuthbert Rd, Reservoir

Hey you Mob, Free Gym sessions at Reservoir Leisure. Head on down and work on your fitness and personal goals. A gym based workout, including a cardio warm up and a full body workout. Participants can go at their own pace! Instructor can modify exercises to suit individuals experience level and any restrictions. Please call Jamie Baxter on 84708326 or email jamie.baxter@darebin.vic.gov.au to register as number are limited.



Starts 9th April (runs 6 weeks)

Activities are free but places are limited.

Registration required for most activities.

Check out the schedule online.

For general enquiries about the program email leisure@darebin.vic.gov.au or call 8470 8305.



ABORIGINAL MEN'S GOLF

Thursdays, 10am – 12.30pm
Bundoora Golf Course, 1069 Plenty Road, (off Fairway Drive)
Darebin, Golf Aus, VACSAL, MAYSAR and NM RAJAC invite Aboriginal and Torres Strait Islander Men to attend a 6 weeks Golf program at Bundoora Golf Course. Learn tips from a Golf Pro on the driving range, followed by 4 weeks on the Golf course, working on your skills and drive!

Additional support provided: Yarn with Troy. Please call Troy Austin on 0438 413 358 to register as number are limited.



Starts 11th April (runs 6 weeks)



ELDERS LINE DANCING

Thursdays, 10am – 12pm
Aboriginal Advancement League
2 Watt Street, Thornbury

Come and join in with Aunty Alice and learn how to Line Dance. Learn new dance steps and have fun with other Elders while staying healthy.



Starts 11th April (runs 5 weeks)
Not available 25th April (Public Holiday)



BRING A WATER BOTTLE



BRING A TOWEL



TOILETS ON SITE



REGISTRATION REQUIRED



REGISTRATION NOT REQUIRED