

FOR MORE INFORMATION



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Call Council's Active Living
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On weekends call Greater
Shepparton Visitor Centre
(03) 5832 9330 or
Toll Free 1800 808 839

FREE AND LOW COST ACTIVITIES
FROM SEPTEMBER – APRIL



activities in the park

200+
ACTIVITIES



DOWNLOAD
OUR **FREE** APP
TO STAY UP TO
DATE ON ALL
ACTIVITIES!



EDITION 2
NOVEMBER – DECEMBER 2018



WWW.GETMOOVINGSHEPPARTON.COM.AU
#GETMOOVING #ACTIVITIESINTHEPARK

PROUDLY PRESENTED BY



The Activities in the Park program provides an opportunity for Greater Shepparton residents and visitors to participate in free and low cost activities encouraging everyone to be healthy, active, happy and connected.

The program offers a variety of different activities that suit a range of ages, abilities, interests and locations.

So Get Mooving and visit one of our many parks, playgrounds, facilities and pools and join in the fun today!

The program runs for September 2018 – April 2019 and flyers are released every two months listing the upcoming activities:

Edition 3 – released in January

Edition 4 – released in March

Copies of this and future flyers can be found at www.getmoovingshepparton.com.au or at Council's Welsford Street Office, Aquamoves, SPC KidsTown and the Shepparton Sports Stadium.

HOW TO GET INVOLVED

- Check out the program (on reverse) and find an activity the suit you.
- Most activities require registrations at the time of the activity however some require pre-registration as identified in the program.
- Wear comfortable clothing and footwear and remember to be sunsmart by bringing a hat, sunscreen and a water bottle.

THINGS TO REMEMBER

- Majority of activities are held outdoors and therefore may be subject to poor weather. Please monitor our 'Get Mooving Greater Shepparton' Facebook Page, Download the Free Get Mooving app or contact the activity facilitator directly.
- Children participating in our Activities must be supervised by a parent or guardian aged 16 years or older at all times.
- Requirements such as dietary, wheelchair access, mobility aid or vision impairment can be catered for. A portable hearing loop is also available on request. Please contact us on (03) 5832 9431.
- Guide dogs are welcome.

SUPPORTED BY





activities in the park



NOVEMBER – DECEMBER 2018

DATE	ACTIVITY	LOCATION	TIME
Thu 1/11	Outdoor Classroom Day *	Mooroopna	10.00am - 2.00pm
Fri 2/11	Walk to Pilates *	Shepparton	8.00am - 9.15am
Sat 3/11	Outdoor Fitness Equipment Circuit	Shepparton	9.00am - 10.00am
Sun 4/11	Labyrinth Walk	Kialla	4.00pm - 5.00pm
Mon 5/11	FIT45 Session *	Shepparton	5.00pm - 5.45pm
Wed 7/11	Active for Life - Strength Training	Shepparton	9.30am - 10.30am
Wed 7/11	Native Fish Info Night *	Shepparton	6.00pm - 7.00pm
Thu 8/11	Storytime in the Park - Opposites	Shepparton	10.30am- 11.30am
Sat 10/11	Outdoor Fitness Equipment Circuit	Shepparton	9.00am - 10.00am
Sat 10/11	Orienteering	Tatura	1.00pm - 2.30pm
Sun 11/11	Old School Yard Games	Shepparton East	9.00am - 10.30am
Sun 11/11	Nature Photography *	Shepparton	6.00pm - 8.00pm
Mon 12/11	FIT45 Session *	Shepparton	5.00pm - 5.45pm
Wed 14/11	Spotlight Walk *	Shepparton	8.00pm - 10.00pm
Thu 15/11	Active for Life - Self Defence	Shepparton	9.30am - 10.30am
Sat 17/11	Outdoor Fitness Equipment Circuit	Shepparton	9.00am - 10.00am
Sat 17/11	Hoopercise	Shepparton	12.00pm - 1.00pm
Sun 18/11	Plogging in the Park	Mooroopna	9.00am - 11.00am
Sun 18/11	Loose Parts	Shepparton	11.00am - 1.00pm
Mon 19/11	FIT45 Session *	Shepparton	5.00pm - 5.45pm
Tue 20/11	Labyrinth on the River *	Shepparton	6.00pm - 7.00pm
Thu 22/11	Active for Life - Table Tennis	Shepparton	1.00pm - 3.00pm
Sat 24/11	Outdoor Fitness Equipment Circuit	Shepparton	9.00am - 10.00am
Sun 25/11	Orienteering	Katandra West	10.00am - 11.30am
Sun 25/11	Paddlehub *	Shepparton	11.00am - 3.00pm
Mon 26/11	Water Waves Aqua Aerobics ⁵	Tatura	12.30pm - 1.15pm

DATE	ACTIVITY	LOCATION	TIME
Mon 26/11	FIT45 Session *	Shepparton	5.00pm - 5.45pm
Wed 28/11	Herb Basket	Shepparton	4.30pm - 5.30pm
Thu 29/11	Storytime in the Park - House and Homes	Tatura	10.30am- 11.30am
Thu 29/11	KLT	Shepparton	5.30pm - 6.00pm
Fri 30/11	Active for Life - Strength Training	Shepparton	9.30am - 10.30am
Sat 1/12	Yoga in the Park	Shepparton	8.00am - 9.00am
Sat 1/12	Connect and Build	Murchison	3.00pm - 4.30pm
Sun 2/12	Kayak Polo - Just For Teens *	Shepparton	11.00am - 1.00pm
Sun 2/12	Lake Rumble - Just For Women *	Shepparton	1.30pm - 3.30pm
Sun 2/12	Labyrinth Walk	Kialla	4.00pm - 5.00pm
Mon 3/12	Water Waves Aqua Aerobics ⁵	Tatura	12.30pm - 1.15pm
Tue 4/12	Spotlight Walk *	Shepparton	8.45pm - 10.30pm
Thu 6/12	Storytime in the Park - Christmas Cheer	Shepparton	10.30am- 11.30am
Thu 6/12	KLT	Shepparton	5.30pm - 6.00pm
Fri 7/12	Active for Life - Strength Training	Shepparton	11.00am - 12.00pm
Sat 8/12	Yoga in the Park	Shepparton	8.00am - 9.00am
Sun 9/12	Pedal Karts	Shepparton	10.00am - 11.30am
Sun 9/12	Ergo Training - Basic Bike Handling Skills	Shepparton	10.00am - 12.00pm
Mon 10/12	Water Waves Aqua Aerobics ⁵	Tatura	12.30pm - 1.15pm
Thu 13/12	KLT	Shepparton	5.30pm - 6.00pm
Fri 14/12	Munzee in the Park	Mooroopna	5.45pm - 6.45pm
Sat 15/12	Yoga in the Park	Shepparton	8.00am - 9.00am
Sun 16/12	Captain Crazy Dance	Mooroopna	11.00am - 12.00pm
Mon 17/12	Water Waves Aqua Aerobics ⁵	Tatura	12.30pm - 1.15pm
Sat 22/12	Yoga in the Park	Shepparton	8.00am - 9.00am

* Activity requires registration
⁵ Activity has a fee



For more information and location details on any listed activity go to

WWW.GETMOVINGSHEPPARTON.COM.AU/APP