

2021

GET ACTIVE! EXPO

Come and try a range of sport, recreation and wellbeing programs available around the City of Maribyrnong!

21 MARCH – 28 APRIL 2021

Registrations open Monday 8 March

FREE



Register at activemaribyrnong.com.au

For further information email active@maribyrnong.vic.gov.au or call 9688 0200



Find us on Facebook **Active Maribyrnong**

Calendar of events 2021 (All sessions are 'Access all Abilities')

T Toddlers (2-5)

C Children (5-12)

Y Youths (12-17)

A Adults

S Seniors (60+)

W Women Only

Weekday

Weekend

School Holidays

Date	Event	Suburb	Time	Category
Day 1 Sun 21 Mar	Get Active! Expo Launch Event	Footscray	10am-2pm	All
Day 2 Mon 22 Mar	Body Balance 'Come & Try'	Maribyrnong	11.30am-12.15pm	Y A S
	Junior Soccer Academy	Braybrook	4-4.45pm	C
Day 3 Tue 23 Mar	Experienced Taekwondo (Adults/Teens)	Maidstone	6.30-7.30pm	Y A S
	Yoga 'Come & Try'	Maribyrnong	11.30am-12.15pm	Y A S
Day 4 Wed 24 Mar	Cricket Victoria Junior Clinic	Yarraville	4-5pm	C
	Street Orienteering	Maribyrnong	6.30-8pm	All
Day 5 Thu 25 Mar	Zumba 'Come & Try'	Maribyrnong	12.30-1.15pm	Y A S
	Junior Hockey (U6 & U8)	Yarraville	5.15-6pm	T C
Day 6 Fri 26 Mar	Junior Hockey (U10 & U12 and above)	Yarraville	6-6.45pm	C Y
	Tai Chi 'Come & Try'	Maribyrnong	12-12.45pm	Y A S
Day 7 Sat 27 Mar	Barefoot Bowls	Maribyrnong	6-8pm	All
	Trugo 'Come & Try' & BBQ	Yarraville	11am-1pm	All
Day 8 Sun 28 Mar	Release Stress, Depression & Anxiety	Online	11.30am-12.15pm	Y A S
	Scooters 'Come & Try' (5-15yo)	Braybrook	1-2pm & 2-3pm	C Y
Day 9 Mon 29 Mar	Gentle Aqua 'Come & Try'	Maribyrnong	9.30-10.15am	Y A S
	Archie Thomson Junior Soccer Clinic	Braybrook	10-11.30am	C Y
	Junior Hot Shots Tennis 'Come & Try'	Yarraville	12-1pm	C
	Barefoot Bowls 'Come & Try'	Footscray	2-4pm	All
Day 10 Tue 30 Mar	Junior Basketball Academy	Braybrook	4-4.45pm	C
	Beginner Kids Taekwondo	Maidstone	4.30-5.15pm	C
Day 11 Wed 31 Mar	Cricket Clinic – Girls Only	Yarraville	4-5pm	C
	Beginner Family Taekwondo	Maidstone	5.30-6.30pm	All
Day 12 Thu 1 Apr	Foundational Yoga for Beginners	West Footscray	10-11.15am	Y A S
	Junior Hockey (U6 & U8)	Yarraville	5.15-6pm	T C
Day 13-16 Fri 2-Mon 5 Apr	Junior Hockey (U10 & U12 and above)	Yarraville	6-6.45pm	C Y
	Easter Break			
Day 17 Tue 6 Apr	Beginner Kids Taekwondo	Maidstone	4.30-5.15pm	C
	Experienced Taekwondo (Adults/Teens)	Maidstone	6.30-7.30pm	Y A S
Day 18 Wed 7 Apr	Bollywood Dance Fitness	Braybrook	6-7pm	Y A S
	Embrace Self-worth & Self-care	Online	6.30-7.15pm	Y A S
Day 19 Thu 8 Apr	Zumba 'Come & Try'	Maribyrnong	12.30-1.15pm	Y A S
	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S
Day 20 Fri 9 Apr	Tai Chi 'Come & Try'	Maribyrnong	12-12.45pm	Y A S
	Basketball Clinic – Girls Only	Braybrook	4-5pm	C
Day 21 Sat 10 Apr	Twilight Family Barefoot Bowls	Yarraville	6-8pm	All

Date	Event	Suburb	Time	Category
Day 21 Sat 10 Apr	Group Exercise Class	West Footscray	11.15am-12pm	Y A S
	Release Sadness, Grief, Guilts	Online	11.30am-12.15pm	Y A S
	Music and Dance for Kids	Online	3-3.45pm	C
Day 22 Sun 11 Apr	Gentle Aqua 'Come & Try'	Maribyrnong	9.30-10.15am	Y A S
	Disc Golf	Yarraville	10-11am	All
	Footscray Trugo 'Come & Try'	Footscray	12-3pm	All
Day 23 Mon 12 Apr	Senior's Dance 'Come & Try'	West Footscray	11-11.45am	A S
	Foundational Yoga for Beginners	West Footscray	1.30-2.45pm	Y A S
	Melbourne Victory FC Junior Soccer Clinic	Braybrook	4.30-5.30pm	C
Day 24 Tue 13 Apr	Junior Lacrosse 'Come & Try'	Yarraville	4.45-5.45pm	C
	Bollywood Dance Fitness	Braybrook	6-7pm	Y A S
	Ladies Only Social Tennis	Yarraville	7-9pm	W
Day 25 Wed 14 Apr	Zumba 'Come & Try'	Maribyrnong	12.30-1.15pm	Y A S
	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S
Day 26 Thu 15 Apr	Tai Chi 'Come & Try'	Maribyrnong	12-12.45pm	Y A S
	Western Bulldogs Junior Football Clinic	Footscray	4.30-5.30pm	C
Day 27 Fri 16 Apr	Twilight Family Barefoot Bowls	Yarraville	6-8pm	All
Day 28 Sat 17 Apr	Flag Gridiron 'Come & Try' – Juniors	Footscray	9.30-10.30am	C Y
	Flag Gridiron 'Come & Try' – Women Only	Footscray	10.30-11.30am	W
	Release Fear and Anger	Online	11.30am-12.15pm	Y A S
Day 29 Sun 18 Apr	Gentle Aqua 'Come & Try'	Maribyrnong	9.30-10.15am	Y A S
	Disc Golf	Yarraville	10-11am	All
	Barefoot Bowls 'Come & Try'	Footscray	2-4pm	All
Day 30 Mon 19 Apr	Senior's Dance 'Come & Try'	West Footscray	11-11.45am	A S
	Body Balance 'Come & Try'	Maribyrnong	11.30am-12.15pm	Y A S
Day 31 Tue 20 Apr	Melbourne UTD Junior Basketball Clinic	Braybrook	4-5pm	C
	Bollywood Dance Fitness	Braybrook	6-7pm	Y A S
Day 32 Wed 21 Apr	Foundational Yoga for Beginners	West Footscray	10-11.15am	Y A S
	Zumba 'Come & Try'	Maribyrnong	12.30-1.15pm	Y A S
	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S
Day 33 Thu 22 Apr	Tai Chi 'Come & Try'	Maribyrnong	12-12.45pm	Y A S
Day 34 Fri 23 Apr	Get Stronger with Chair Yoga	Yarraville	1-1.45pm	A S
	Twilight Family Barefoot Bowls	Yarraville	6-8pm	All
	Ladies Only Social Tennis	Yarraville	7-9pm	W
Day 35 Sat 24 Apr	Release Worry and Insecurity	Online	11.30am-12.15pm	Y A S
Day 36 Sun 25 Apr	Skateboarding 'Come & Try' (5-15yo)	Braybrook	1-2pm & 2-3pm	C Y
	BMX 'Come & Try' (5-15yo)	Braybrook	3-4pm & 4-5pm	C Y
Day 37 Mon 26 Apr	Body Balance 'Come & Try'	Maribyrnong	11.30am-12.15pm	Y A S
	Foundational Yoga for Beginners	West Footscray	1.30-2.45pm	Y A S
Day 38 Tue 27 Apr	Yoga 'Come & Try'	Maribyrnong	11.30am-12.15pm	Y A S
	Bollywood Dance Fitness	Braybrook	6-7pm	Y A S
Day 38 Wed 28 Apr	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S

What is the Maribyrnong Get Active! Expo?

The Maribyrnong Get Active! Expo is a **COMPLETELY FREE** five-and-a-half week program designed to showcase a range of sport, recreation and wellbeing opportunities available throughout the municipality.

GET ACTIVE! EXPO LAUNCH EVENT

Sunday 21 March, 10am-2pm
Footscray Park (behind Victoria University)

ALL DAY ACTIVITIES:

- Collect your Expo Event Passport
- Free coffee van
- Free BBQ
- Cricket Victoria Bowling Tunnel & Catching Pillow
- Melbourne Victory Target Zone
- Airbrush Tattoos
- Balloon Animals

LAUNCH EVENT SCHEDULED ACTIVITIES:

- 10.15am Archie Thompson Junior Soccer Clinic
- 11am Mayor's Speech
- 11.45am Bollywood Dancing
- 12.30pm Kendo Demonstraion
- 1.15pm Taekwondo Demonstraion

What do I get for registering?

- FREE access to a range of sport and recreation clinics and events
- FREE Event Passport (your Event Passport will get you access to all of the Expo sessions)
- The chance to win MAJOR prizes including gift vouchers and signed sports memorabilia

How to get involved

- Register online at activemaribyrnong.com.au
- OR

- Register at our **launch day** on Sunday 21 March at Footscray Park (behind Victoria University)

Once you've registered

- Book into the individual Expo sessions by visiting activemaribyrnong.com.au
- Come and collect your **Event Passport** at our launch day, Sunday 21 March at Footscray Park (behind Victoria University), between 10am-2pm.*

*Other collection times will also be made available.



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