

2022

# GET ACTIVE! EXPO

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

**SUNDAY 3 APRIL – WEDNESDAY 4 MAY 2022**

Registrations open Monday 28 March

All registered participants receive a **FREE** 10-visit pass to RecWest Footscray

**FREE**

Register at [activemaribyrnong.com.au](https://activemaribyrnong.com.au)

For further information email [active@maribyrnong.vic.gov.au](mailto:active@maribyrnong.vic.gov.au) or call 9688 0200



Find us on Facebook **Active Maribyrnong**

# Calendar of events 2022 (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

Public Holidays

Date	Event	Suburb	Time	Category
<b>Sun 3 Apr</b>	Get Active! Expo Launch Event		10am-2pm	All
<b>Mon 4 Apr</b>	Get Some Iyengar Yoga in Your Body	Yarraville	6.30-7.30am	Y A S
	Social Senior's Table Tennis & Badminton	Braybrook	12.30-3pm	S
	Tai Chi for Mind Power and Memory	Maidstone	1-2pm	Y A S
	Soccer Kids (5-10yo)	Braybrook	5-5.45pm	C
	Kids Taekwondo	Maidstone	4.30-5.15pm	C
	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S
<b>Tue 5 Apr</b>	Advanced Taekwondo	Maidstone	6.30-7.15pm	Y A S
	CardioHIIT Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Junior Lacrosse 'Come & Try' (5-18yo)	Yarraville	5.15-6.15pm	C Y
	Family Beginner Taekwondo	Maidstone	5.30-6.15pm	All
	Advanced Taekwondo	Maidstone	7.30-8.15pm	Y A S
<b>Wed 6 Apr</b>	Get Some Iyengar Yoga in Your Body	Yarraville	7.30-8.30pm	Y A S
	Get Some Iyengar Yoga in Your Body	Yarraville	6.30-7.30am	Y A S
	Active Seniors 'Come & Try'	West Footscray	10-11am	S
	GOLD Strength Online	Online	11.30am-12.05pm	S
<b>Thu 7 Apr</b>	Junior Netball (5-10yo)	Braybrook	4.30-5.15pm	C
	Junior Hockey (4-12yo)	Yarraville	5.30-6.30pm	C
	Strength and Conditioning Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Tiny T Gymnastics (2-4yo)	Braybrook	10-10.30am or 10.30-11am	T
	Online Tai Chi	Online	1-1.45pm	Y A S
	Junior Gymnastics 'Come & Try' (5-7yo)	Braybrook	4-4.45pm	C
<b>Fri 8 Apr</b>	Junior Gymnastics 'Come & Try' (8-10yo)	Braybrook	4.45-5.30pm	C
	Junior Lacrosse 'Come & Try' (5-18yo)	Yarraville	5.15-6.15pm	C Y
	Family Beginner Taekwondo	Maidstone	6-6.45pm	All
	Ladies Tennis 'Come & Try'	Yarraville	7-8.30pm	W
	Get Some Iyengar Yoga in Your Body	Yarraville	8-9am	Y A S
	Disc Golf	Yarraville	10-11am	All
	Social Bike Ride	Footscray	10-11.30am	Y A S
<b>Sat 9 Apr</b>	Min-Y Tennis (3-6yo)	West Footscray	10-10.30am	C
	Min-Y Tennis (6-8yo)	West Footscray	10.30-11am	C
	Min-Y Tennis (8-10yo)	West Footscray	11-11.30am	C
	Creative Dancing	Online	11.30am-12pm	All
	Get Some Iyengar Yoga in Your Body	Yarraville	8-9am	Y A S
	All Abilities Basketball (6-17yo)	Braybrook	12.30-1.30pm	C Y
<b>Sun 10 Apr</b>	All Abilities Basketball (18+)	Braybrook	12.30-1.30pm	A
	Social Senior's Table Tennis & Badminton	Braybrook	12.30-3pm	S
<b>Mon 11 Apr</b>	Kendo 'Come & Try'	Footscray	6.30-8pm	Y A S
	Online Yoga	Online	9-9.45am	Y A S
	CardioHIIT Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
<b>Tue 12 Apr</b>	Street Orienteering	Yarraville	6.30-8pm	All
	Table Tennis 'Come & Try'	Braybrook	7-8.30pm	All
	Active Seniors 'Come & Try'	Footscray	10-11am	S
<b>Wed 13 Apr</b>	GOLD Strength Online	Online	11.30am-12.05pm	S
	Basketball for Beginners	Braybrook	4-5pm	C
	AFL Umpiring 'Come & Try'	Yarraville	3-4pm	All
	Ladies Tennis 'Come & Try'	Yarraville	7-8.30pm	W

Date	Event	Suburb	Time	Category
Thu 14 Apr	Strength and Conditioning Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Online Tai Chi	Online	1-1.45pm	Y A S
	Basketball for Beginners	Braybrook	4-5pm	C
	All Abilities Basketball (6-17yo)	Braybrook	6-6.45pm	C Y
	All Abilities Basketball (18+)	Braybrook	6.45-7.30pm	A
Table Tennis 'Come & Try'	Braybrook	7-8.30pm	All	
Fri 15 Apr- Mon 18 Apr	<b>EASTER BREAK</b>			
Tue 19 Apr	Online Yoga	Online	9-9.45am	Y A S
	CardioHIIT Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Western Bulldogs Junior Football Clinic	Footscray	4-5pm	C
Wed 20 Apr	Active Seniors 'Come & Try'	West Footscray	10-11am	S
	GOLD Strength Online	Online	11.30am-12.05pm	S
	Cricket Victoria Junior Clinic	Yarraville	4-5.15pm	C
Thu 21 Apr	Strength and Conditioning Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Online Tai Chi	Online	1-1.45pm	Y A S
	Introduction Sensory Nature Walk	Maribyrnong	4-5pm or 5.15-6.15pm	Y A S
Fri 22 Apr	Barefoot Bowls & BBQ	Yarraville	5-7pm	All
Sat 23 Apr	Taekwondo Open Day	Maidstone	9-11am	All
	Social Bike Ride	Footscray	10-11.30am	Y A S
	Creative Dancing for Kids	Online	11.30am-12pm	T C
	Scooter 'Come & Try' (5-15yo)	Braybrook	1.30-2.30pm or 2.30-3.30pm or 3.30-4.30pm	C Y
Sun 24 Apr	Skateboarding 'Come & Try' (5-15yo)	Braybrook	1.30-2.30pm or 2.30-3.30pm or 3.30-4.30pm	C Y
Mon 25 Apr	<b>ANZAC DAY</b>			
Tue 26 Apr	Online Yoga	Online	9-9.45am	Y A S
	CardioHIIT Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Junior Lacrosse 'Come & Try' (5-18yo)	Yarraville	5.15-6.15pm	C Y
	Family Beginner Taekwondo	Maidstone	5.30-6.15pm	All
	Advanced Taekwondo	Maidstone	7.30-8.15pm	Y A S
Wed 27 Apr	Active Seniors 'Come & Try'	West Footscray	10-11am	S
	Meditation 'Come & Try'	Braybrook	10-11am	Y A S
	Yoga for All 'Come & Try'	Braybrook	11.30am-12.30pm	Y A S
	Junior Hockey (4-12yo)	Yarraville	5.30-6.30pm	C
Thu 28 Apr	Introduction Sensory Nature Walk	Maribyrnong	6.45-7.45am or 8-9am	Y A S
	Strength and Conditioning Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Online Tai Chi	Online	1-1.45pm	Y A S
	Junior Lacrosse 'Come & Try' (5-18yo)	Yarraville	5.15-6.15pm	C Y
	Family Beginner Taekwondo	Maidstone	6-6.45pm	All
Fri 29 Apr	GOLD Strength Online	Online	12.30-1.05pm	S
	Barefoot Bowls & BBQ	Yarraville	5-7pm	All
Sat 30 Apr	Social Bike Ride	Footscray	10-11.30am	Y A S
	Creative Dancing for Kids	Online	11.30am-12pm	All
Sun 1 May	Cardio Boxing 'Come & Try'	West Footscray	10-10.55am	Y A S
Mon 2 May	Tai Chi for Mind Power and Memory	Maidstone	1-2pm	Y A S
	Kids Taekwondo	Maidstone	4.30-5.15pm	C
	Advanced Taekwondo	Maidstone	6.30-7.15pm	Y A S
Tue 3 May	Online Yoga	Online	9-9.45am	Y A S
	CardioHIIT Circuit 'Come & Try'	West Footscray	9.30-10am	Y A S
	Table Tennis 'Come & Try'	Braybrook	7-8.30pm	All
Wed 4 May	Active Seniors 'Come & Try'	West Footscray	10-11am	S
	Junior Hockey (4-12yo)	Yarraville	5.30-6.30pm	C
	Closing Ceremony/Movie Night	Yarraville	6-9pm	All

# What is the Maribyrnong Get Active! Expo?

The Maribyrnong Get Active! Expo is a **COMPLETELY FREE** four-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 3 April, 10am-2pm  
Footscray Park (behind Victoria University)

### ALL DAY ACTIVITIES:

- Collect your Expo Event Passport
  - Free coffee van
  - Jumping Castles
  - Face Painting
  - Balloon Animals

### 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](http://activemaribyrnong.com.au)
- OR
- Register at our **launch day** on Sunday 3 April at Footscray Park (behind Victoria University)

### Once you've registered

- Book into the individual Expo sessions by visiting [activemaribyrnong.com.au](http://activemaribyrnong.com.au)
- Come and collect your **Event Passport** at our launch day, Sunday 3 April at Footscray Park (behind Victoria University), between 10am-2pm.\*

\*Other collection times will also be made available.



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