

2023

# GET ACTIVE! EXPO

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

**SUNDAY 19 MARCH – WEDNESDAY 19 APRIL 2023**

Registrations open Monday 20 February



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 2023

**I** Infants (0-2)   **T** Toddlers (2-5)   **C** Children (5-12)   **Y** Youths (12-17)   **A** Adults   **S** Seniors (55+)   **W** Women Only

Weekday		Weekend		School Holidays	Public Holidays
Date	Event	Suburb	Time	Category	
Sun 19 Mar	Get Active! Expo Launch Event	Braybrook	10am-2pm	All	
	Evolt 360 Body Composition Scan Day	West Footscray	8am-4pm	Y A S	
	MAC Women's Swim night	Maribyrnong	7-9pm	W	
Mon 20 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Core and Stretch	West Footscray	1-1.30pm	Y A S	
	Older Adults Social Table Tennis/Badminton	Braybrook	1.30-3.30pm	S	
	Kids Taekwondo (5-10 years)	Maidstone	4.30-5.15pm	C	
	Youth Fit Sesh	West Footscray	5-5.45pm	Y	
	Bowls and BBQ	Yarraville	5.30pm	Y A S	
	Mini Hoopers (5-10 years)	Braybrook	5.30-6.15pm	C	
Tue 21 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Teen Super Hour	West Footscray	5-5.55pm	Y	
	Adults/Teens Taekwondo	Maidstone	6.30-7.30pm	Y A S	
Wed 22 Mar	Introduction to Iyengar Yoga	Yarraville	7-7.45am	A S	
	Basketball – Casual Shooting	Braybrook	9am-5pm	Y	
	Teen Group Fitness Class	Maribyrnong	4.30-5.15pm	Y A S	
	Teen Super Hour	West Footscray	5-5.55pm	Y	
	Social Running Group	Yarraville	5.45-6.30pm	A S	
Thu 23 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Core and Stretch	West Footscray	1-1.30pm	Y A S	
	Teen Super Hour	West Footscray	5-5.55pm	Y	
	All Abilities Basketball – Junior Training (6-17 years)	Braybrook	5.30-6pm	C Y	
	All Abilities Basketball – Senior Training (18+ years)	Braybrook	6.15-7pm	A S	
	Women's Only Taekwondo	Maidstone	8-9pm	W	
Fri 24 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Big Bang Sports (youth drop in sports program)	Braybrook	4-6pm	Y	
	Youth Fit Sesh	West Footscray	5-5.45pm	Y	
	Ladies Tennis Program	Yarraville	7-8.30pm	W	
Sat 25 Mar	Maribyrnong parkrun	Maribyrnong	8-9am	All	
	Evolt 360 Body Composition Scan Day	West Footscray	8am-2pm	Y A S	
	Full Body Circuit	West Footscray	9.30-10.15am	Y A S	
	Seniors Aqua	Maribyrnong	9.30-10.15am	S	
	Intro to Roller Skating	Braybrook	4-5pm	C	
Sun 26 Mar	Evolt 360 Body Composition Scan Day	West Footscray	8am-4pm	Y A S	
	Sensory Nature Walk (14+ years)	Maribyrnong	9-11am	Y A S	
	All Abilities Soccer (6-14 years)	West Footscray	10-11am	C	
	Women's Circus Teen Test Drive (13-17 years)	Footscray	10am-12pm	Y	
	Women's Circus Aerials Test Drive (18+ years)	Footscray	12.30-2.30pm	W	
	Family Taekwondo	Maidstone	11am-12pm	All	
	Trugo and BBQ – Come and Try	Yarraville	11am-2pm	All	
	Bowls – Come and Try	Maribyrnong	1-4pm	All	
	Sensory Nature Walk (14+ years)	Maribyrnong	3-5pm	Y A S	
Mon 27 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Family Taekwondo	Maidstone	11am-12pm	All	
	Core and Stretch	West Footscray	1-1.30pm	Y A S	
	Tai Chi	Maidstone	1-2pm	All	
	Pickleball	Braybrook	1.30-3.30pm	S	
	Older Adults Social Table Tennis/Badminton	Braybrook	1.30-3.30pm	S	
	Kids Taekwondo (5-10 years)	Maidstone	4.30-5.15pm	C	
	Youth Fit Sesh	West Footscray	5-5.45pm	Y	
	Bowls and BBQ	Yarraville	5.30pm	Y A S	
	Mini Hoopers (5-10 years)	Braybrook	5.30-6.15pm	C	
Tue 28 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Teen Super Hour	West Footscray	5-5.55pm	Y	
	Adults/Teens Taekwondo	Maidstone	6.30-7.30pm	Y A S	
	Breathwork – Balance Your Life	Online	8-8.40pm	All	
Wed 29 Mar	Introduction to Iyengar Yoga	Yarraville	7-7.45 am	A S	
	Basketball – Casual Shooting	Braybrook	9am-5pm	Y A S	
	Zumba in the Park	Maribyrnong	9.30-10.15am	All	
	Teen Super Hour	West Footscray	5-5.55pm	Y	
	Social Running Group	Yarraville	5.45-6.30pm	A S	

Date	Event	Suburb	Time	Category
Thu 30 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	YAS
	Gymnastics – Pre Gym (walking-4 years)	Braybrook	11.30am-12.15pm	T
	Gymnastics – Kinder Gym (4-6 years)	Braybrook	12.30-1.15pm	TC
	Core and Stretch	West Footscray	1-1.30pm	YAS
	Intro to Roller Skating	Braybrook	4.30-5.30 pm	C
	Teen Super Hour	West Footscray	5-5.55pm	Y
	All Abilities Basketball – Junior Training (6-17 years)	Braybrook	5.30-6pm	C
	All Abilities Basketball – Senior Training (18+ years)	Braybrook	6.15-7pm	AS
	Women's Only Taekwondo (12+ years)	Maidstone	8-9pm	W
	Cardio Tennis	Kingsville	7-8pm	AS
Fri 31 Mar	Basketball – Casual Shooting	Braybrook	9am-5pm	YAS
	Big Bang Sports	Braybrook	4-6pm	Y
	Youth Fit Sesh	West Footscray	5-5.45pm	Y
	Ladies Tennis Program	Yarraville	7-8.30pm	W
Sat 1 Apr	Maribyrnong parkrun	Maribyrnong	8-9am	All
	Evolt 360 Body Composition Scan Day	West Footscray	8am-2pm	YAS
	Walking Group	Maribyrnong	9-10am	All
	Full Body Circuit	West Footscray	9.30-10.15am	YAS
	Disc Golf – Come and Try	Yarraville	10am-12pm	All
Sun 2 Apr	Evolt 360 Body Composition Scan Day	West Footscray	8am-4pm	YAS
	Yoga in the Park with Natalija	Yarraville	10-11am	All
	Mums and Bubs Exercise Class	Maribyrnong	11.30am-12.15pm	WI
	Bowls – Come and Try	Maribyrnong	1-4pm	All
Mon 3 Apr	Older Adults Social Table Tennis/Badminton	Braybrook	1.30-3.30pm	S
	Core and Stretch	West Footscray	1-1.30pm	YAS
	Western Bulldogs Junior Football Clinic	Braybrook	4-5pm	C
	Youth Fit Sesh	West Footscray	5-5.45pm	AS
	Mini Hoopers	Braybrook	5.30-6.15pm	C
Tue 4 Apr	Breathwork – Balance Your Life	Online	8-8.40pm	All
	Teen Super Hour	West Footscray	5-5.55pm	Y
Wed 5 Apr	Introduction to Iyengar Yoga	Yarraville	7-7.45am	AS
	Zumba	Braybrook	11am-12pm	All
	Teen Super Hour	West Footscray	5-5.55pm	Y
	Social Running Group	Yarraville	5.45-6.30pm	AS
Thu 6 Apr	Core and Stretch	West Footscray	1-1.30pm	YAS
	Teen Super Hour	West Footscray	5-5.55pm	Y
	All Abilities Basketball – Junior Training (6-17 years)	Braybrook	5.30-6pm	CY
	All Abilities Basketball – Senior Training (18+ years)	Braybrook	6.15-7pm	AS
Fri 7 Apr- Mon 10 Apr	EASTER BREAK			
Tue 11 Apr	Yoga in the Park with Natalija	Yarraville	9-10am	All
	Teen Super Hour	West Footscray	5-5.55pm	Y
	Breathwork – Balance Your Life	Online	8-8.40pm	All
Wed 12 Apr	AFL Umpiring – Come and Try (11+ years)	Yarraville	4-6pm	CYAS
	Teen Super Hour	West Footscray	5-5.55pm	Y
	Social Running Group	Yarraville	5.45-6.30pm	AS
Thu 13 Apr	Silent Disco	Maribyrnong	11am-12pm	All
	Core and Stretch	West Footscray	1-1.30pm	YAS
	Teen Super Hour	West Footscray	5-5.55pm	Y
Fri 14 Apr	All Aboard Skate Park	Yarraville	10am-12pm	CY
	Youth Fit Sesh	West Footscray	5-5.45pm	Y
	Baby Sensory Class (birth-13 months)	Braybrook	10am, 11am, 12pm, 1pm	I
Sat 15 Apr	Maribyrnong parkrun	Maribyrnong	8-9am	All
	Evolt 360 Body Composition Scan Day	West Footscray	8am-2pm	YAS
	Full Body Circuit	West Footscray	9.30-10.15am	YAS
	Disc Golf – Come and Try	Yarraville	10am-12pm	All
Sun 16 Apr	Evolt 360 Body Composition Scan Day	West Footscray	8am-4pm	YAS
	Yoga in the Park with Natalija	Yarraville	10-11am	All
	Bowls – Come and Try	Maribyrnong	1-4pm	All
Mon 17 Apr	Core and Stretch	West Footscray	1-1.30pm	YAS
	Youth Fit Sesh	West Footscray	5-5.45pm	Y
	Zumba	Yarraville	5-6pm	AS
Tue 18 Apr	Teen Super Hour	West Footscray	5-5.55pm	Y
	Yoga	Yarraville	5-6pm	AS
Wed 19 Apr	Teen Super Hour	West Footscray	5-5.55pm	Y
	Closing Ceremony – Movie Night	Yarraville	6-9pm	All



# What is the Maribyrnong Get Active! Expo?

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

## GET ACTIVE! EXPO LAUNCH EVENT

**Sunday 19 March, 10am-2pm**

Skinner Reserve meeting point, Braybrook

**Bring a picnic and enjoy a family fun day out!**

### ALL DAY ACTIVITIES:

- Collect your Expo Event Passport
  - Free coffee van
  - Interactive kids corner
  - Activities from:
    - Western Bulldogs • Melbourne Victory
    - Cricket Victoria • Reclink Australia

PLACES  
ARE LIMITED,  
GET IN  
FAST!

FREE



### 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 19 March at Skinner Reserve, Braybrook between 10am-2pm

### 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 19 March at Skinner Reserve, Braybrook between 10am-2pm\*

\*Other collection times will also be made available.

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