

Get Active Today

Your complete guide to staying active in Maribyrnong

Where to find local fitness centres, paths, open spaces and more!





(03) 9689 9170

We care, we support, we empower



Australian
Multicultural
Community
Services

Home Care Support Services

Entry-level or comprehensive care for seniors to live safely and independently at home.

Volunteer Visiting Programs

Enjoy visits from volunteers who speak your language and share your interests.

Social Support Groups

Socialise with seniors from your own or other cultures through fun, physical and wellbeing activities.

Centre-based Day Respite Program

Carers, take a break with the comfort of knowing AMCS is supporting your care recipient.

Information, Referral and Support

Assistance to understand, access and navigate the aged care service system and connect you with the right service.

Help to Find Work

Employment placement, career guidance, skills development, internship education and training.

Adult Community Further Education

Free pre-accredited and industry-recognised courses to gain new skills and improve your career options.

This guide is supported by Australian Multicultural Community Services

www.amcservices.org.au | info@amcservices.org.au

ACN 657 306 431 | ABN 69 022 519 263

About this guide

From exercise tips, free public equipment, group classes or hunting down a community garden there's something in the City of Maribyrnong for everyone.

activemaribyrnong.com.au

Explore your neighbourhood and get active while doing it!

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Acknowledgement of Country

We acknowledge that we are on traditional lands of the Kulin Nation. We offer our respect to the Elders of these traditional lands, and through them to all Aboriginal and Torres Strait Islander peoples past, present and emerging.

Physical activity and exercise guidelines



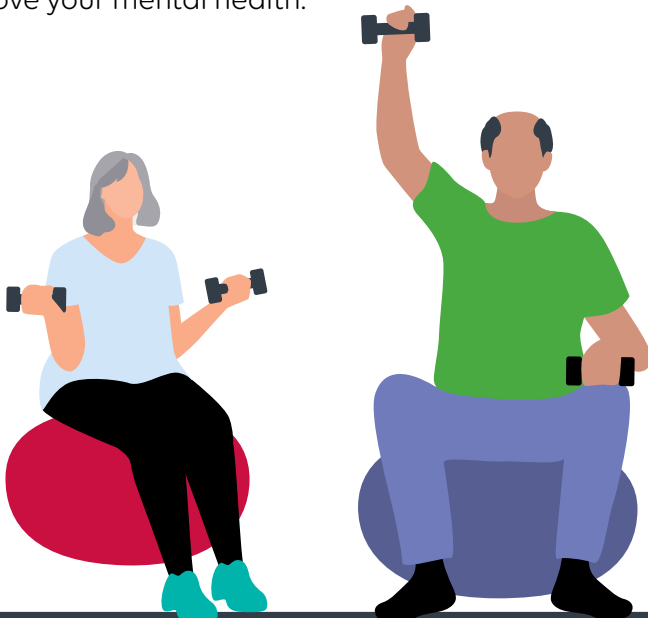
30
minutes

Staying active is important for good mental and physical health. It reduces the risk of many diseases and helps maintain a healthy weight. Read about how much activity adults should do, and how to build activity into your day.

Benefits of being active

Just a slight increase in activity each day can improve your health and wellbeing. It can help:

- reduce the risk of health issues, such as high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems and heart disease
- maintain a healthy weight
- reduce the risk of falls and injury
- give you more energy
- improve your sleep
- reduce stress and anxiety
- improve concentration
- improve your mental health.



Physical activity guidelines

- We recommend at least 30 minutes of moderate intensity physical activity every day.
- If you find 30 minutes difficult right now, start with just 10 minutes once or twice a day. After 2 weeks, increase to 15 minutes twice a day.
- If you can do more than 30 minutes, you will experience additional benefits.
- Over the course of the week, try to incorporate different types of activities.
- Try to reduce the time you spend sitting down – break that time up as often as you can.

Visit the Australian Government Department of Health website for further information about physical activity guidelines for all Australians





Moderate fitness activities

Fitness activities are beneficial for your heart, lungs and blood vessels, and can include:

- brisk walking
- swimming
- golf with no cart
- aerobics or water aerobics
- cycling
- yard and garden work
- tennis
- mopping and vacuuming.

Strength activities

Strength exercises help maintain muscle and bone strength, and can include:

- weight, strength or resistance training
- lifting and carrying (for example, groceries or small children)
- climbing stairs
- moderate yard work (for example, digging and shifting soil)
- calisthenics (for example, push-ups and sit-ups).

Flexibility activities

Activities that focus on your flexibility help you move more easily, and can include:

- tai chi
- bowls (indoor and outdoor)
- mopping or vacuuming
- stretching exercises
- yoga
- dancing.

Balancing activities

Activities that help improve your balance can prevent falls and injuries, and can include:

- side leg raises
- half squats
- heel raises.



Building activity into your day

Building physical activity into your everyday life doesn't have to be difficult. You can set aside a specific time each day, or fit some exercises in while waiting for the kettle to boil or watching TV.

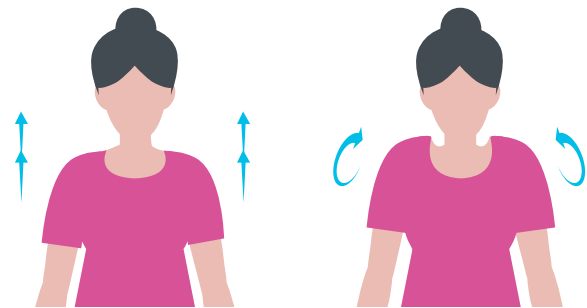
Stand up and sit down – for strength and balance

- Sit on a chair with your feet flat on the floor and slightly apart.
- Try to keep your back and shoulders straight.
- Slowly stand up, trying not to use your hands (or as little as possible).
- Slowly sit back down and pause.
- Do this 8 to 15 times.



Shoulder roll – for flexibility

- Using a gentle circular motion, hunch your shoulders upwards, backwards, downwards and forwards.
- Do this slowly 5 times.
- Reverse the direction, and do the same 5 times.



Knee lifts – for strength

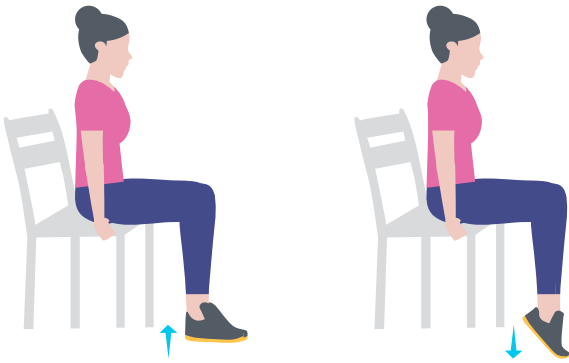
- Sit back in your chair with your back straight.
- Bend your knee and lift your left leg towards your chest.
- Hold for a few seconds then lower slowly.
- Do this 8 to 10 times with each leg.



There are lots of exercises you can incorporate into your day!

Heels up toes up – for flexibility

- While seated, start with feet flat on the floor.
- Lift heels as high as you can, keeping the balls of your feet on the floor.
- Slowly lower heels until feet are flat, then lift toes until they point upwards.
- Repeat these up and down movements for 30 seconds.



Half squats – for leg strength

- Stand facing a chair or table with your feet about shoulder width apart, feet facing forward and holding on with both hands.
- Leaning slightly forward, but keeping your back straight, slowly bend both legs, keeping your knees over your feet. Do not go down too far.
- As you return to the up position, squeeze your buttocks together.
- Repeat 8 times at first, increasing to 15.



Side leg raises – for strength and balance

- Stand sideways to a chair or table and hold on with your right hand to support yourself.
- Slowly take your left leg out to your left side.
- Keep your back and both legs straight.
- Hold the position for 1 second then slowly lower.
- Repeat 8 times at first, increasing to 15.
- Turn around and hold on with your left hand, and repeat with your right leg.



Heel raises – for strength and balance

- Stand sideways to the bench, feet apart (shoulder width) holding on with your hand for support.
- Slowly rise up on to your toes, hold for a second and lower again.
- Do this 8 times to begin with, increasing to 15.
- Don't rush your movements.





Active Maribyrnong programs

Active Maribyrnong has been designed to improve the health and wellbeing of the Maribyrnong community through physical activity.

Get Active! Expo




The Get Active! Expo is a free four-and-a-half week program full of 'come and try' style sessions designed to showcase a range of sport, recreation and wellbeing opportunities throughout the City of Maribyrnong. Activities are offered for everyone to enjoy: infant (0-2), toddlers (2-5), children (5-12), youth (12-17), adults and seniors (55+). We also include women only sessions.

Previous activities have included:

- Yoga
- Basketball
- Tennis
- Taekwondo
- Zumba



More information

-  9688 0200
-  active@maribyrnong.vic.gov.au
-  maribyrnong.vic.gov.au/Get-Active-Expo

Sons of the West




This free, 10-week men's health program is open to men living, working or recreating in the City of Maribyrnong, and aims to give that sense of community. Men learn about a range of health topics, increase physical activity, enjoy eating healthier food and make improvements to mental wellbeing, delivered in partnership with Western Bulldogs Community Foundation.

Some of the health topics covered include:

- Nutrition and mental health
- Cultural diversity and gender equity
- Cancer prevention
- Alcohol habits and gambling harm
- Heart health



More information

-  9688 0200
-  active@maribyrnong.vic.gov.au
-  maribyrnong.vic.gov.au/Sons-of-the-West





Community
FOUNDATION



Daughters of the West



The Daughters of the West program is a free 10 week health program that aims to empower women to eat healthier, be more active and improve their overall wellbeing. The program is also a great way to meet new people and discover opportunities to become more involved and connected to your local community.

Some of the health topics covered include:

- Gender equity
- Inspirational women in leadership
- Mental fitness
- Nutrition
- Women’s sexual and reproductive health
- Cultural diversity
- Alcohol cultures
- Heart health
- Cancer prevention



More information

- ☎ 9688 0200
- ✉ active@maribyrnong.vic.gov.au
- 🌐 maribyrnong.vic.gov.au/Daughters-of-the-West

Spring into Summer Series



The Spring into Summer Series offers a range of 5-week free physical activity and wellbeing programs, delivered by experienced local health, fitness and sport professionals with options for all ages and fitness levels. Programs are offered across Maribyrnong’s beautiful parks, reserves, and facilities, or online in the comfort of your home.

Previous activities have included:

- Dancing
- Drawing
- Gymnastics
- Meditation
- Pilates
- Running
- Strength training
- Tai Chi
- Walking



More information

- ☎ 9688 0200
- ✉ active@maribyrnong.vic.gov.au
- 🌐 maribyrnong.vic.gov.au/Spring-Into-Summer



Parks, reserves and open spaces

Maribyrnong is home to over 100 beautiful parks, gardens, recreation areas and playgrounds. Discover our wonderful parks and gardens including the 15 hectare Footscray Park, located between the Maribyrnong River and Ballarat Road.

Maribyrnong, Maidstone and Braybrook

- 1 Braybrook Park, Braybrook
- 2 Cranwell Reserve, Braybrook
- 3 Rogers Reserve, Maidstone
- 4 Scovell Reserve, Maidstone
- 5 Coulson Gardens, Maribyrnong
- 6 Pipemakers Park, Maribyrnong
- 7 Jensen Reserve, Maribyrnong
- 8 Robert Barrett Reserve, Maribyrnong
- 9 Pennell Reserve, Braybrook
- 10 Dobson Reserve, Maidstone
- 11 Kindersmith Reserve, Braybrook

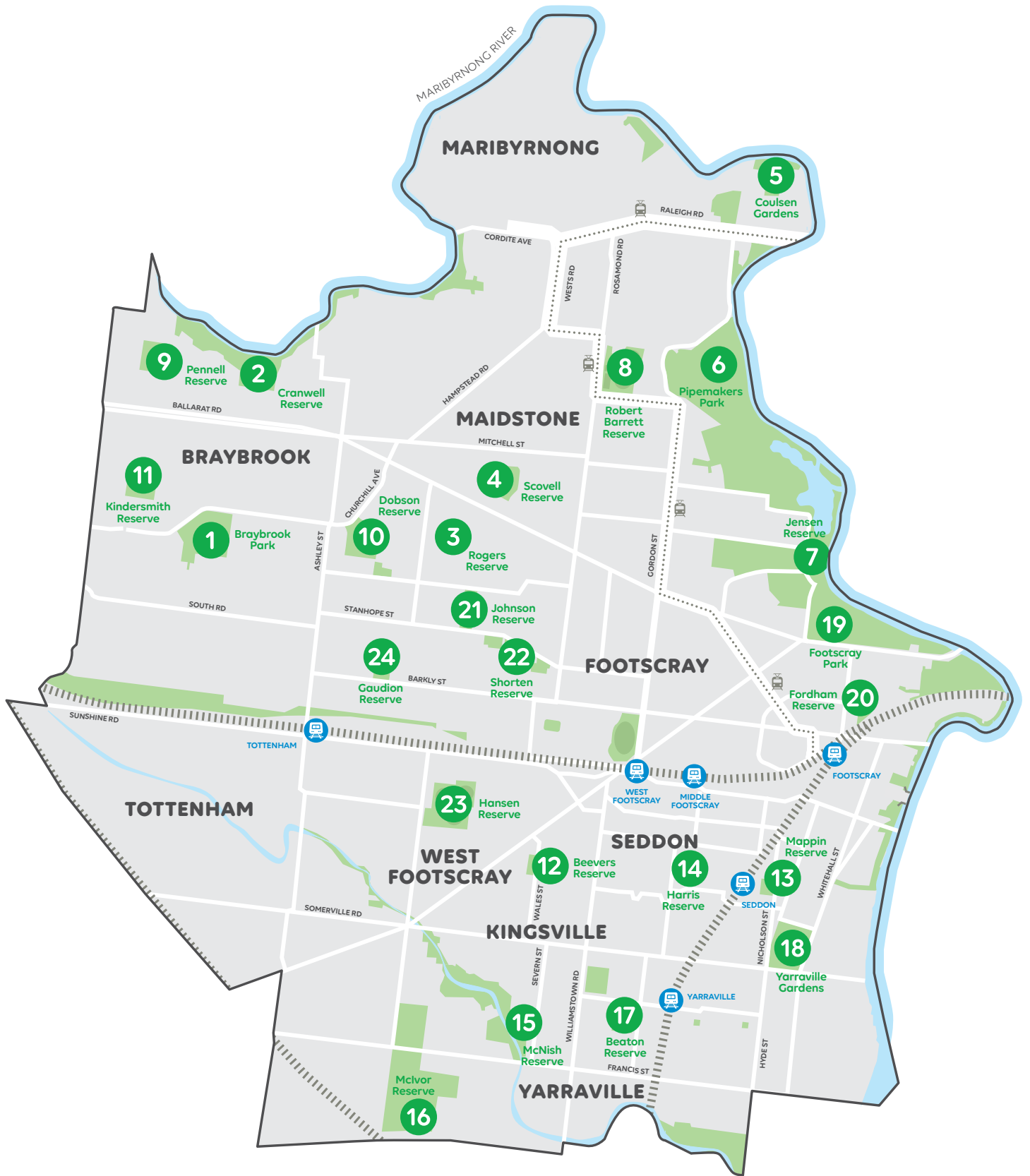
Kingsville, Seddon and Yarraville

- 12 Beevers Reserve, Kingsville
- 13 Mappin Reserve, Seddon
- 14 Harris Reserve, Seddon
- 15 McNish Reserve, Yarraville, more commonly known as Cruickshank Park
- 16 Mclvor Reserve, Yarraville
- 17 Beaton Reserve, Yarraville
- 18 Yarraville Gardens, Yarraville

Footscray and West Footscray

- 19 Footscray Park, Footscray
- 20 Fordham Reserve, Footscray
- 21 Johnson Reserve, West Footscray
- 22 Shorten Reserve, West Footscray
- 23 Hansen Reserve, West Footscray
- 24 Gaudion Reserve, West Footscray





Maribyrnong, Maidstone, Braybrook

	Playground	BBQ	Drinking Water	Public Toilets
1 Braybrook Park Braybrook	✓	✓	✓	✓
2 Cranwell Reserve Braybrook	✓	✓	✓	✗
3 Rogers Reserve Maidstone	✓	✓	✓	✗
4 Scovell Reserve Maidstone	✓	✓	✓	✗
5 Coulson Gardens Maribyrnong	✓	✓	✓	✓
6 Pipemakers Park Maribyrnong	✓	✓	✓	✓
7 Jensen Reserve Maribyrnong	✓	✓	✓	✗
8 Robert Barrett Reserve Maribyrnong	✓	✓	✗	✗
9 Pennell Reserve Braybrook	✓	✗	✗	✗
10 Dobson Reserve Maidstone	✓	✗	✗	✗
11 Kindersmith Reserve Braybrook	✓	✗	✗	✗



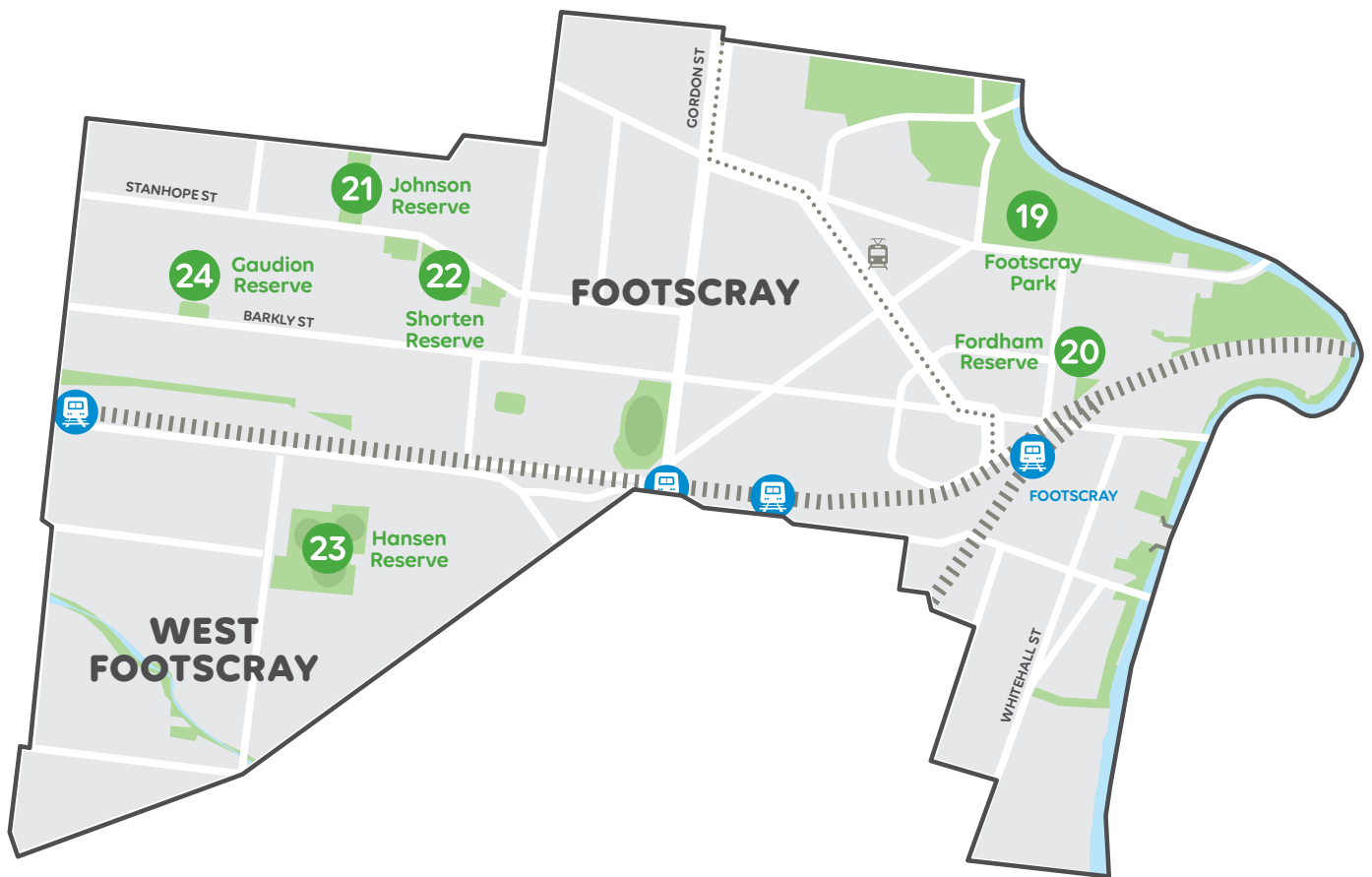
Kingsville, Seddon and Yarraville

	Playground	BBQ	Drinking Water	Public Toilets
12 Beevers Reserve Kingsville	✓	✗	✗	✗
13 Mappin Reserve Seddon	✓	✗	✓	✗
14 Harris Reserve Seddon	✓	✓	✓	✗
15 McNish Reserve Yarraville	✓	✓	✓	✓
16 McIvor Reserve Yarraville	✓	✓	✓	✗
17 Beaton Reserve Yarraville	✓	✓	✓	✗
18 Yarraville Gardens Yarraville	✓	✓	✓	✓



Footscray and West Footscray

	Playground	BBQ	Drinking Water	Public Toilets
19 Footscray Park Footscray	✓	✓	✓	✓
20 Fordham Reserve Footscray	✓	✗	✓	✗
21 Johnson Reserve West Footscray	✓	✓	✓	✗
22 Shorten Reserve West Footscray	✓	✓	✓	✗
23 Hansen Reserve West Footscray	✓	✓	✓	✓
24 Gaudion Reserve West Footscray	✓	✓	✓	✗





Website for full list of parks :
maribyrnong.vic.gov.au/Park





Walking trails

Walk to Williamstown

Use Hyde Street under the Westgate, get a different view of the city and the docks from the path alongside the mouth of the mighty Yarra.

Walk Cruickshank Park loop

Enjoy the Cruickshank Park loop, listen for the Pobblebonk frogs calling in spring and bring the pooch for a play. If you continue south across Francis and Benbow Streets, there is a lovely hidden playground on The Boulevard to stop and rest.

Walk the Maribyrnong River

Enjoy 7.5kms of river trail between Grimes Reserve in the south and Chifley Drive in the north. Special mentions to the historic Footscray park Gardens, the burndap wetlands at Edgewater and Frog's Hollow at Pipemakers Park. You can continue your walk further north across Afton Street Bridge into Essendon West to get around the Maribyrnong defence site, and continue walking along the river, all the way north to Brimbank.

Walk Cranwell to Brimbank

Experience a bushwalk feeling in the city! Majestic gums, birdsong and peace. From Cranwell park follow the secluded river trail north. As with the Footscray/Maribyrnong section of the river trail you can cross the river trail at the pipe bridge to make your way east.

Stony Creek Backwash

The Stony Creek backwash boasts mangroves and birdwatching opportunities. There's also the chance to have a go at disc golf!

Walking resources



Victoria Walks

 [victoriawalks.org.au/
WalkingMaps](http://victoriawalks.org.au/WalkingMaps)

Walking is a great way to learn about your city, neighbours and local community. Put on your shoes, wear something comfortable, and head out the door!







Free to public exercise equipment

Maribyrnong City Council offers six public exercise equipment stations across the municipality for members of the community to utilise at anytime.

Maidstone and Maribyrnong

- 1 Chifley Drive
- 2 Burton Crescent Reserve

Kingsville, Seddon and Yarraville

- 3 Cruikshank Park

Footscray

- 4 Footscray Park
- 5 Hopkins Bridge

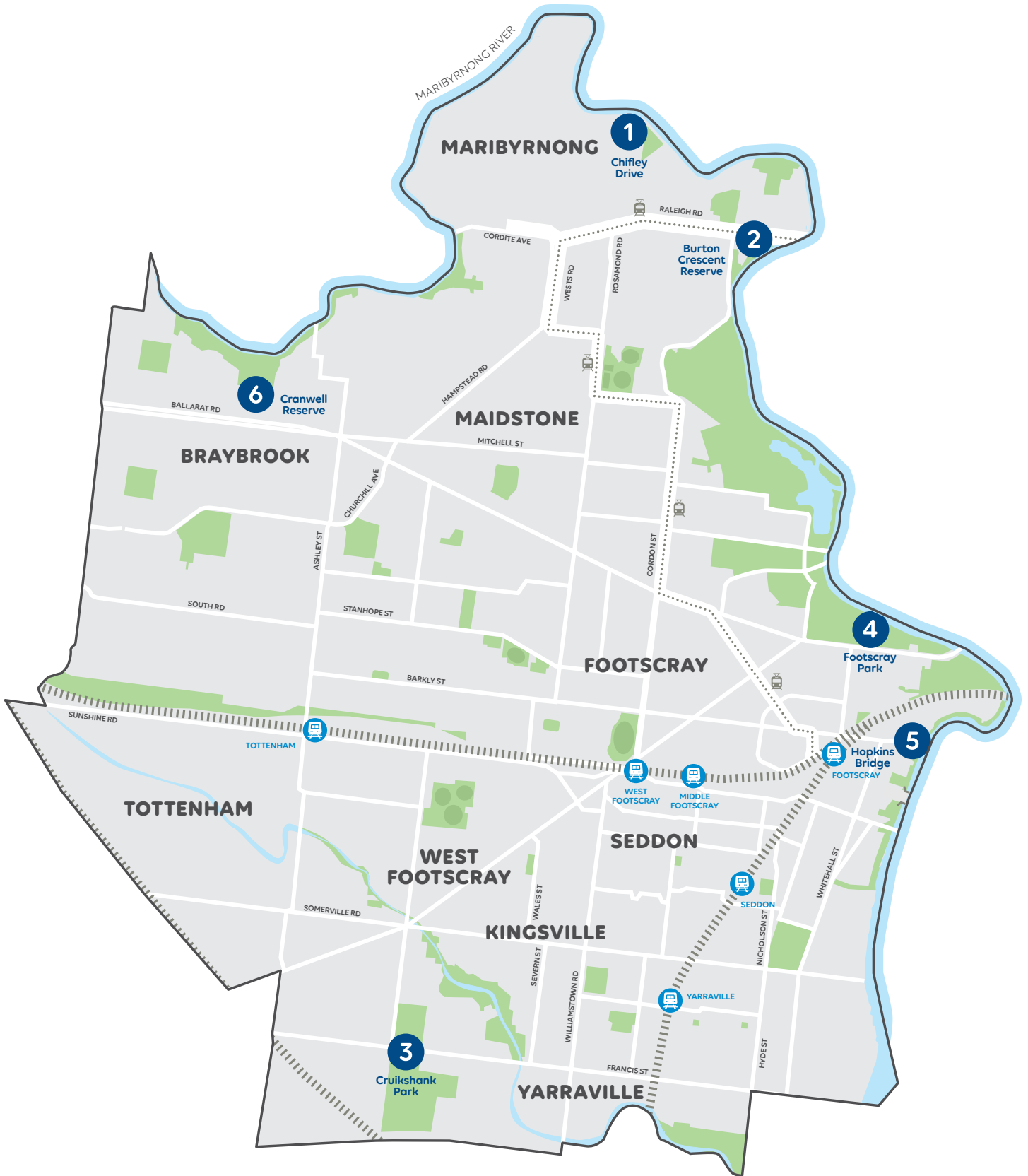
Braybrook

- 6 Cranwell Reserve

By being more active, you can enjoy the outdoors, meet new people, have fun and improve your health and fitness.



Cruikshank Park Fitness Station





Bike riding trails

Maribyrnong/Footscray River Trail

This 7.5km long uninterrupted section of trail allows you to view Maribyrnong to the newly completed Footscray Wharf. You can continue further south along the Hyde Street shared user path until Williamstown to check out the beach, or follow the **Green link** through Essendon to connect to the Braybrook Section.

Braybrook Section of the River Trail

This section of the Maribyrnong River trail is a lovely secluded section of the river trail which can be followed all the way to Brimbank. You can access the trail via a curved path through Cranwell Reserve. There's even a bicycle pump down the bottom to keep your tyres inflated.

Rail Trail

This is a popular commuter trail but it also makes for a nice recreational ride. From West Footscray it is approximately a 10km return trip to Sunshine and back. There are lovely new facilities on Matthews Hill reserve, and Barkly Village shops are very close for a coffee or snack.

Cruickshank Park Trail

Cruickshank park is a lovely section of path with birdlife, frogs and many people loving the open space. This path will soon connect up to the West Gate Tunnel veloway which is scheduled for completion in 2025.

Riding etiquette and resources

Shared path riding

Many of Maribyrnong bike rides involve riding on shared user paths. It is important that all users respect and are courteous to each other. When riding your bike it is common practice to ring your bell to alert other users of your presence, and only ever overtake when it is clear and safe to do so.

Please ride at a safe speed and ride single file when appropriate. You must also give way to pedestrians. Dogs must be kept on lead on the River Trail.

Bike riding resources



Cycling in Maribyrnong

🌐 [maribyrnong.vic.gov.au/
Cycling-in-Maribyrnong](http://maribyrnong.vic.gov.au/Cycling-in-Maribyrnong)




Bicycle Network

🌐 bicyclenetwork.com.au





 Bike repair station locations



Dogs off-lead parks

There are 12 designated dog off-lead areas within the City of Maribyrnong, which are listed below. The *Domestic Animals Act 1994* requires all dog owners and people in charge of a dog to ensure the dog is securely confined on a lead in public, unless the area specifically states it is a dog off-lead area.

- 1 **Braybrook Park:** 107 Churchill Ave, Braybrook
- 2 **Chifley Drive Reserve:** 151 Chifley Drive, Maribyrnong
- 3 **Cranwell Reserve:** 56-82 Cranwell St, Braybrook
- 4 **Cruickshank Park:** 5 Court St, Yarraville
On-lead between 8-10am and 3-5pm
- 5 **Footscray Park:** Ballarat Rd, Footscray
- 6 **Hansen Reserve:** 35A Roberts Way, West Footscray
- 7 **Martin Reserve:** 91-109 Essex St, West Footscray
- 8 **McIvor Reserve:** 339A-339C Francis St, Yarraville
- 9 **Scovell Reserve:** 31 Scovell Grove, Maidstone
- 10 **Thompson Reserve:** 32 Van Ness Ave, Maribyrnong
- 11 **Waterford Green:** 17A Central Park Ave, Maribyrnong
On-lead between 8am-8pm
- 12 **Yarraville Gardens:**
Barbara Beyer Reserve: Corner of Whitehall and Harris Streets, Yarraville. On-lead all times
Lower Oval: Corner Whitehall St and Somerville Rd, Yarraville. On-lead Saturday and Sunday between 10am-6pm from 1 November – 30 April

Dog signage in parks

Dogs Off-Lead



The image of the running dog indicates a designated off-lead area. Dogs must be supervised at all times when off-lead.

Dogs On-Lead



Dogs on-lead areas are identified by the image of the walking dog that is clearly on a lead.

Dogs Clean Up After



In all areas of all parks and reserves, dog owners/handlers must clean up after their dogs.

Information for dog owners/handlers

When dogs are off-lead it is the responsibility of the owner/handler to:

- Observe park signage at all times.
- Clean up after dogs.
- Carry a chain, cord or leash and be able to bring your dog under effective control if the dog behaves in a manner which causes any person or animal to feel threatened or worried.
- Remain in effective voice or hand control of your dog so that the dog can be brought under effective control should it become necessary.
- Ensure that dogs do not cause worry or threaten any person or animal.

When dogs are on-lead it is the responsibility of the owner/handler to:

- Clean up after their dog.
- Ensure that the dog is under effective control of the owner/handler by means of a chain, cord, or leash no longer than three metres which is held by the owner/handler and attached to the dog.

Any breach of the above provisions can result in an infringement notice being issued.

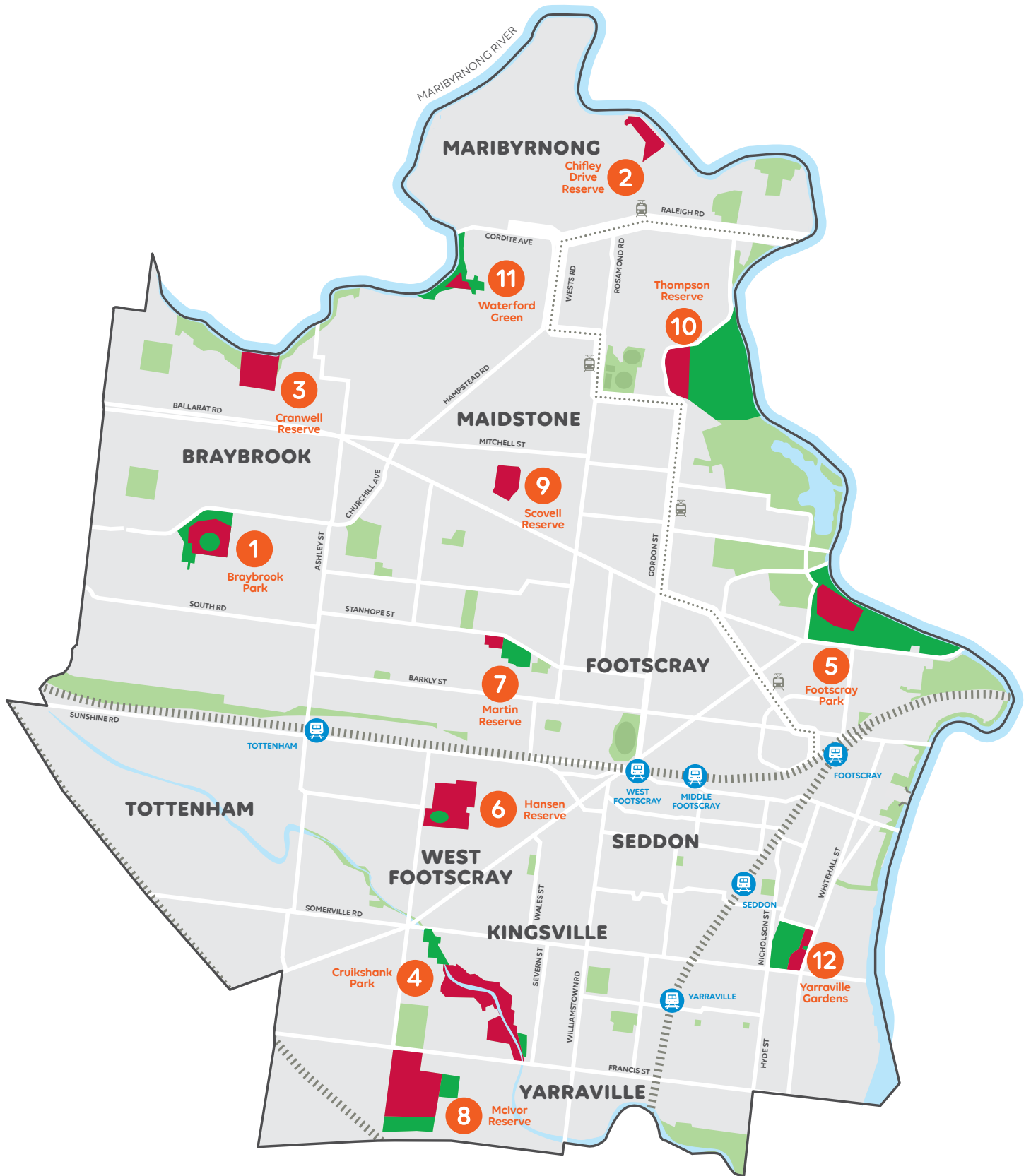
Dogs in playgrounds

Under no circumstances are dogs permitted to enter playground areas without being on a lead. Dogs that are off-lead are not permitted to be within 30 metres of any playground area.

More information

☎ 9688 0200

✉ email@maribyrnong.vic.gov.au



 Off-lead areas



Community gardens

Maribyrnong City Council has numerous community gardens across the municipality creating a safe and inclusive meeting space for local residents to socialise and share their produce and gardening tips.

1 Braybrook Commons Community Garden

107-139 Churchill Avenue, Braybrook

✉ info@bccgarden.org.au

🌐 bccgarden.org.au

2 Maribyrnong Edible Garden

Hortense Street, Maribyrnong, (on the old Bowling Green behind the Raleigh Road Activity Centre)

✉ megcommittee@gmail.com

3 Yarraville Community Garden

McNish Reserve, Court Street, Yarraville

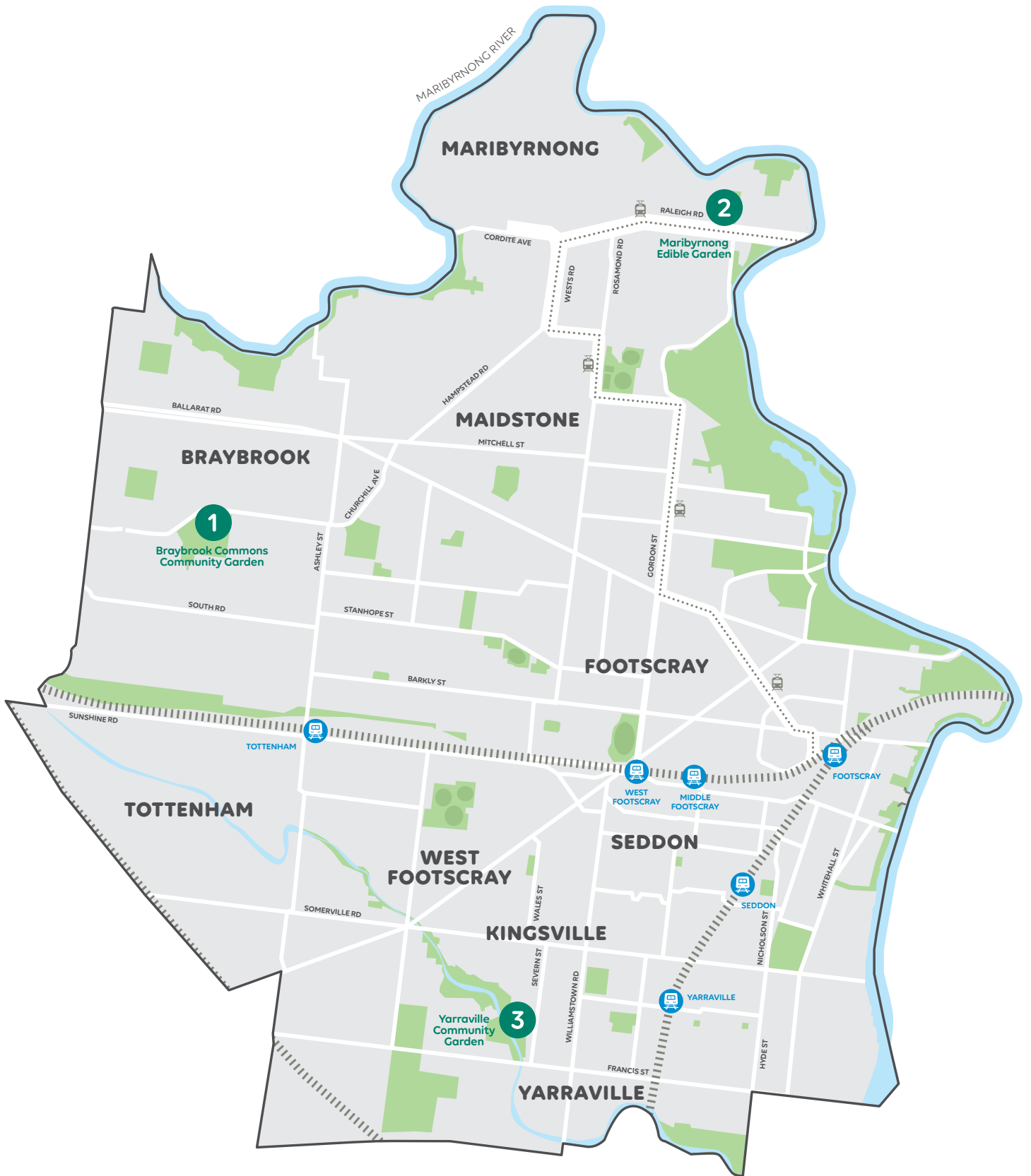
✉ yarravillecommunitygarden@gmail.com



For further information

🌐 maribyrnong.vic.gov.au/
Community-Gardens

The community garden is a meeting place for all local residents to not only share their produce and gardening tips but also an opportunity to socialise with each other.





Leisure and aquatic centres

Maribyrnong Aquatic Centre

The Maribyrnong Aquatic Centre (MAC) is the City of Maribyrnong's premier aquatic and recreation facility providing leisure, health, fitness and educational programs, facilities and services for the community. Open every day (with the exception of Christmas Day, Boxing Day and Good Friday), MAC is a fully accessible facility with trained staff focused on supporting people to achieve their health and fitness goals and teaching swimming and water safety to all ages and abilities.

1 Aquatic Drive, Maribyrnong 3032

☎ 03 9032 4100

🌐 maribyrnong.vic.gov.au/mac

📘 facebook.com/maribyrnongaquatic

Key facilities

Aquatic facilities:

- 50 x 8 lane pool with boom
- Leisure pool
- Warm water exercise pool
- Sauna and steam room
- Spa

Dry health and fitness facilities:

- Gymnasium
- Exercise studio

Support facilities:

- Amenities and change rooms
- Reception
- Occasional child care
- Café
- Multi-purpose room (available for hire)

RecWest Braybrook

RecWest Braybrook is a recreation centre and sports complex located in Kinder Smith Reserve, Braybrook, Melbourne. We offer facility hire along with hosting a variety of fun programs and activities to suit both adults and children: from basketball and futsal, to gymnastics, soccer and our school holiday sports clinic.

39 Lily Street, Braybrook 3019

☎ 9311 3400

🌐 recwestbraybrook.ymca.org.au

📘 facebook.com/Recwestbraybrook

Key facilities

- Four court stadium (3/1)
- Multipurpose room
- Dance studio
- Café
- Meeting rooms

RecWest Footscray

RecWest Footscray is a recreation centre located between Barrett Reserve and Shorten Reserve in Footscray, Melbourne. We offer facility hire along with running a variety of fun fitness programs and memberships to suit both adults and children: from the gym, group fitness classes, personal training sessions; to children's tennis and basketball.

Corner Essex and Market Streets,
West Footscray 3012

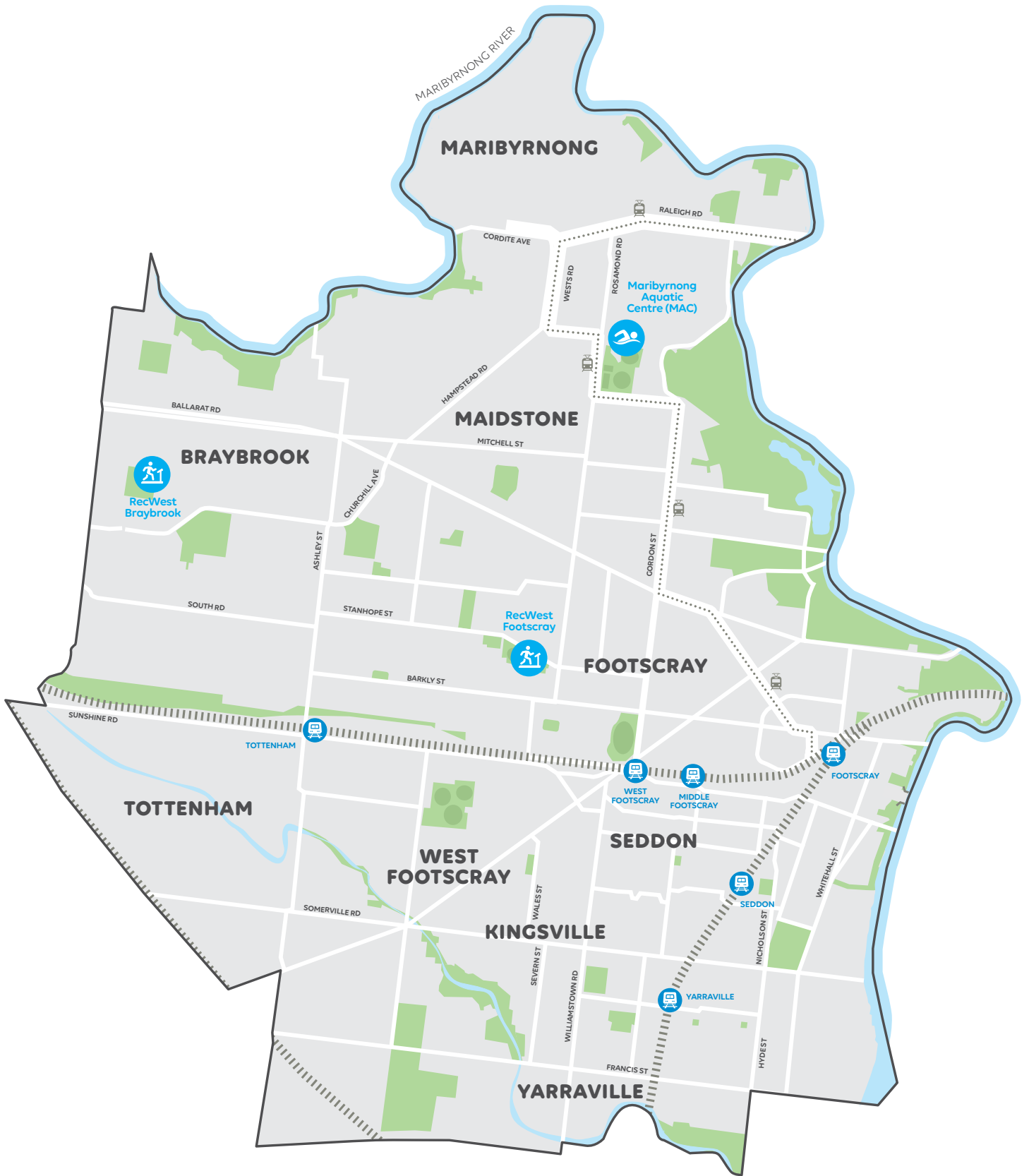
☎ 9689 1322

🌐 recwestfootscray.ymca.org.au

📘 facebook.com/RecWestYMCA

Key facilities

- Health club (gym)
- Functional training space
- Single court
- Large hall
- Cycle studio
- Multipurpose rooms
- Meeting rooms





Sporting infrastructure

Maribyrnong, Maidstone, Braybrook

Public Tennis Courts

- 1 **Braybrook Park Public Tennis Courts** Braybrook
- 2 **Maidstone Public Tennis Courts** Maidstone

Basketball & Netball Rings/Courts

- 3 **Ash Reserve Basketball Ring** Braybrook
- 4 **Braybrook Park Basketball Ring** Braybrook
- 5 **Pritchard Reserve Basketball Ring** Braybrook
- 6 **Deighton Park Basketball Ring** Maidstone
- 7 **Dobson Reserve Basketball Ring** Maidstone
- 8 **Coulson Gardens Basketball Ring** Maribyrnong
- 9 **Harmony Park Basketball Ring** Maribyrnong
- 10 **Jensen Reserve Basketball Ring** Maribyrnong

Cricket Nets

- 11 **Kindersmith Reserve Cricket Net** Braybrook
- 12 **Pennell Reserve Cricket Net** Braybrook
- 13 **Dobson Reserve Cricket Net** Maidstone
- 14 **Scovell Reserve Cricket Net** Maidstone
- 15 **Maribyrnong Reserve Cricket Net** Maribyrnong

Games Tables

- 16 **Village Green** Maribyrnong
Table Tennis table

Skate Parks

- 17 **Robert Barrett Reserve** Maribyrnong





Kingsville, Seddon and Yarraville

Public Tennis Courts

- 18 Cruikshank Park Tennis Courts Yarraville
- 19 Yarraville Oval Tennis Courts Yarraville

Basketball & Netball Rings/Courts

- 20 Beavers Reserve Basketball Ring Kingsville
- 21 Mappin Reserve Basketball Ring Seddon
- 22 Beaton Reserve Basketball Ring Yarraville
- 23 Cruikshank Park Basketball Ring Yarraville
- 24 Goods Yard Basketball Ring Yarraville

Cricket Nets

- 25 Angliss Reserve Cricket Net Yarraville
- 26 Hanmer Reserve Cricket Net Yarraville
- 27 McIvor Reserve Cricket Net Yarraville
- 28 Yarraville Oval Cricket Net Yarraville

Soccer Goals

- 29 Goods Yard Yarraville

Bike Sport facilities

- 30 Cruikshank Park Yarraville
Pump track for BMX

Games Tables

- 31 Beaton Reserve Yarraville
Foosball table and table tennis table

Disc Golf

- 32 Stony Creek Reserve Hyde Street, Yarraville

Skate Parks

- 33 Yarraville Oval Yarraville



Footscray and West Footscray

Public Tennis Courts

- 34 Henry Turner South Reserve Public Tennis Courts Footscray
- 35 Johnson Reserve Tennis Courts West Footscray

Basketball & Netball Rings/Courts

- 36 Ercildoune Reserve Basketball Ring Footscray
- 37 Heatley Reserve Basketball Ring Footscray
- 38 Newells Paddock Basketball Ring Footscray

Cricket Nets

- 39 Henry Turner Memorial Reserve North Cricket Net Footscray
- 40 Hansen Reserve Cricket Net West Footscray
- 41 Shorten Reserve Cricket Net West Footscray

Soccer Goals

- 42 Heatley Reserve Footscray
- 43 Gaudion Reserve West Footscray

Bike Sport facilities

- 44 Quarry Park Footscray Mountain bike trails
- 45 Hansen Reserve West Footscray Junior bike skills track

Bouldering Wall

- 46 Footscray Bouldering Wall Hopkins Bridge, Footscray





Libraries

For further information please visit maribyrnong.vic.gov.au/library

1 Footscray Library

56 Paisley Street, Footscray

☎ (03) 9688 0290

✉ library@maribyrnong.vic.gov.au

2 Braybrook Library

107-109 Churchill Avenue, Braybrook

☎ (03) 9188 5850

✉ library@maribyrnong.vic.gov.au

3 Maribyrnong Library

200 Rosamond Road, Maribyrnong

☎ (03) 9688 0231

✉ library@maribyrnong.vic.gov.au

4 West Footscray Library

539 Barkly Street, West Footscray

☎ (03) 9688 0292

✉ wfootscray.library@maribyrnong.vic.gov.au

5 Yarraville Library

32 Wembley Avenue, Yarraville

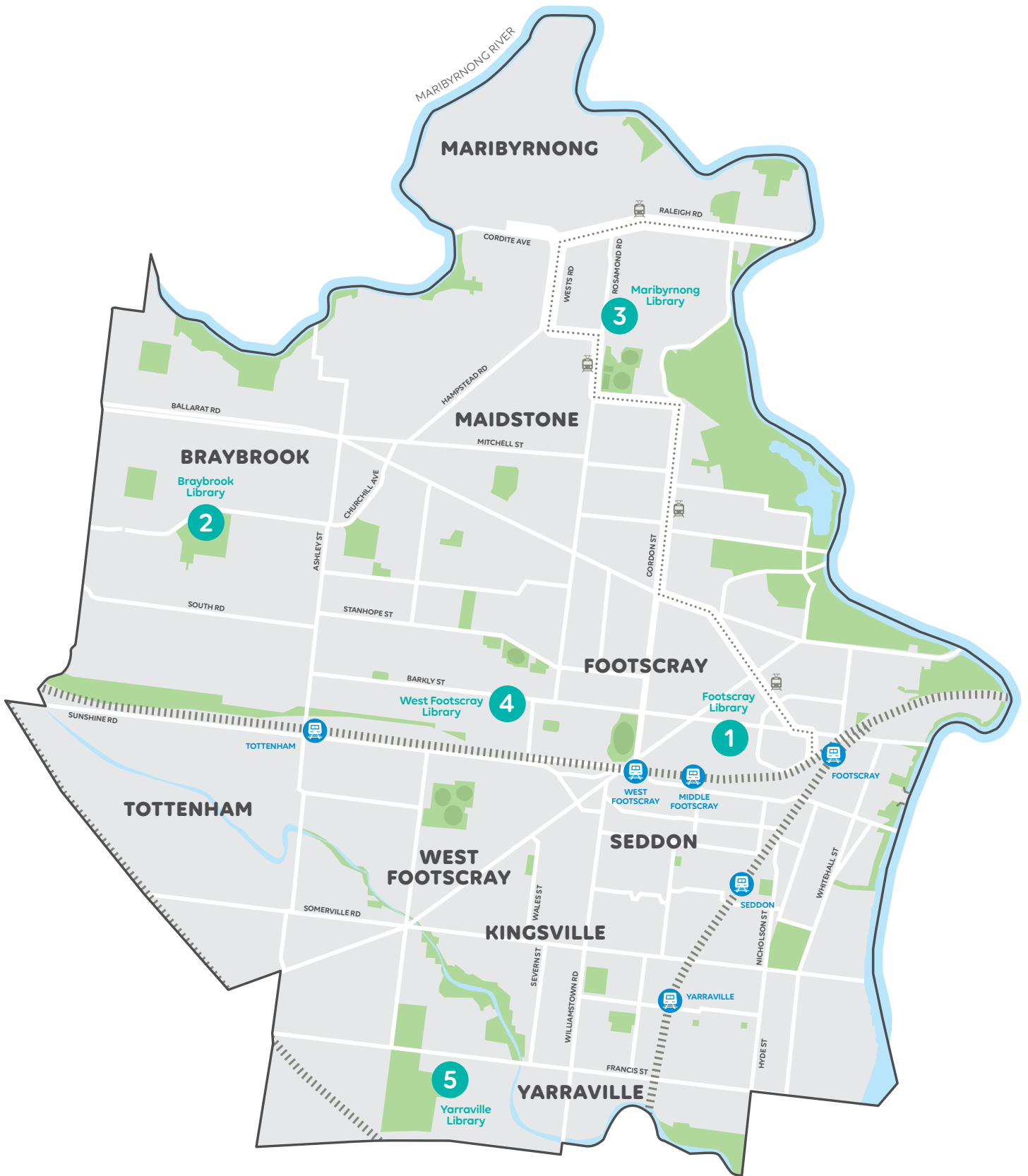
☎ (03) 9688 0294

✉ yarraville.library@maribyrnong.vic.gov.au

Membership of
the Maribyrnong
Library Service is
free and available
to all residents
of Victoria.



Braybrook Library





Community centres

1 Braybrook Community Hub

107-139 Churchill Avenue, Braybrook

☎ 03 9188 5800

✉ braycomm@maribyrnong.vic.gov.au

🌐 maribyrnong.voc.gov.au/braycomm

Programs available:

- Yoga for All
- Hatha Yoga on line
- Mindfulness and Meditation
- Tai Chi

2 Maidstone Community Centre

21 Yardley Street, Maidstone

☎ 9688 0543

✉ maidcomm@maribyrnong.vic.gov.au

Programs available:

- Slow Flow Yoga Class for Men and Women
- Women's Only Yoga
- Tai Chi for Mind Power & Memory
- Pilates
- Drop in Table Tennis
- Martial Arts – Vovinam Viet Vo Dao

3 Maribyrnong Community Centre

9 Randall Street, Maribyrnong

☎ 03 9032 4305

✉ maricomm@maribyrnong.vic.gov.au

Programs available:

- Use it or Lose it – Gentle Yoga
- Gentle Exercise for Older Adults
- Carpet Bowls
- Line Dancing
- Maribyrnong Walking Group

Other community centres

4 Yarraville Community Centre

59 Francis Street, Yarraville

5 Angliss Neighbourhood House

2/11 Vipont Street, Footscray

6 West Footscray Neighbourhood House

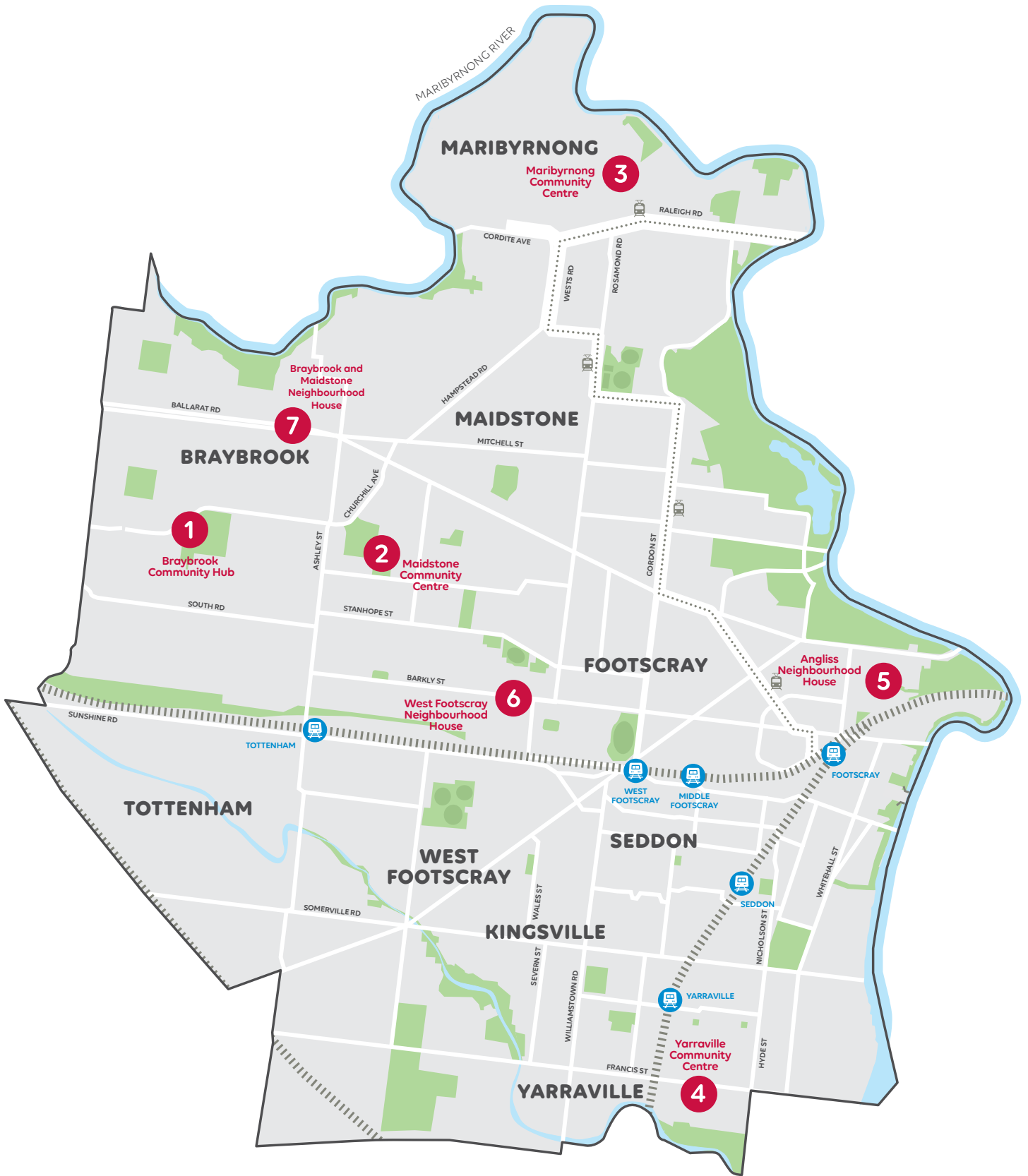
Level 1, 539 Barkley Street, West Footscray

7 Braybrook and Maidstone Neighbourhood House

113 Melon Street, Braybrook

By walking in our doors, you could discover a new hobby, learn a new skill and meet interesting new people from your neighbourhood.







Sporting clubs

Winter Sport

Club Name	Sport/s	Club Location	Age/Gender
Braybrook Sporting Club	AFL/Netball	Pennell Reserve	M W
North Footscray Football Club	AFL/Netball	Hansen Reserve	M W J
Parkside Football Club	AFL/Netball	Henry Turner North Reserve	M W J
Seddon Auskick	AFL	Hanmer Reserve	J
Sunshine Football Club	AFL/Netball	Kindersmith Reserve	M W J
West Footscray Football Club	AFL/Netball	Shorten Reserve	M W J
Yarraville Auskick	AFL	Mclvor Reserve	J
Yarraville Seddon Eagles Football Club	AFL/Netball	Yarraville Oval	M W J
Footscray Lacrosse Club	Lacrosse	Angliss Reserve	M W J
Footscray Rugby Union Club	Rugby Union	Henry Turner South Reserve	M W J
Footscray Rangers Soccer Club	Soccer	Hansen Reserve	M W J
Maidstone United Soccer Club	Soccer	Scovell Reserve	M J
Maribyrnong Greens Soccer Club	Soccer	Skinner Reserve	M J
Maribyrnong Swifts Soccer Club	Soccer	Johnson Reserve	W J
Melbourne Knights Soccer Club	Soccer	Dobson Reserve	J
Melbourne Lions Soccer Club	Soccer	Maribyrnong Reserve	M
Yarraville Glory Soccer Club	Soccer	Mclvor Reserve	M W J

M Men

W Women

J Juniors

E Elite

Summer Sport

Club Name	Sport/s	Club Location	Age/Gender
Barkly Street Uniting Cricket Club	Cricket	Maribyrnong Reserve	M W J
Druids Cricket Club	Cricket	Shorten Reserve	M W J
Footscray Angliss Cricket Club	Cricket	Angliss Reserve	M J
Footscray Cricket Club	Cricket	Henry Turner North Reserve	M
Footscray United Cricket Club	Cricket	Scovell Reserve	M
Kingsville Cricket Club	Cricket	Dobson Reserve	M
Seddon Cricket Club	Cricket	Hanmer Reserve	M J
St Andrews Cricket Club	Cricket	Pennell Reserve	M W
Sunshine YCW Cricket Club	Cricket	Kindersmith Reserve	M J
Yarraville Club Cricket Club	Cricket	Hansen Reserve	M W J
Yarraville Cricket Club	Cricket	Yarraville Oval	M J
Western Crusaders Gridiron Club	Gridiron	Henry Turner South Reserve	M W J

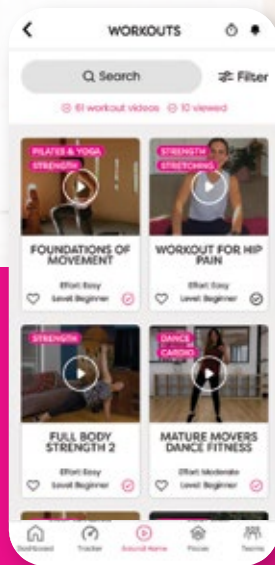
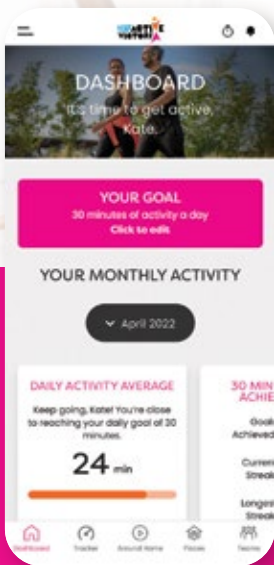
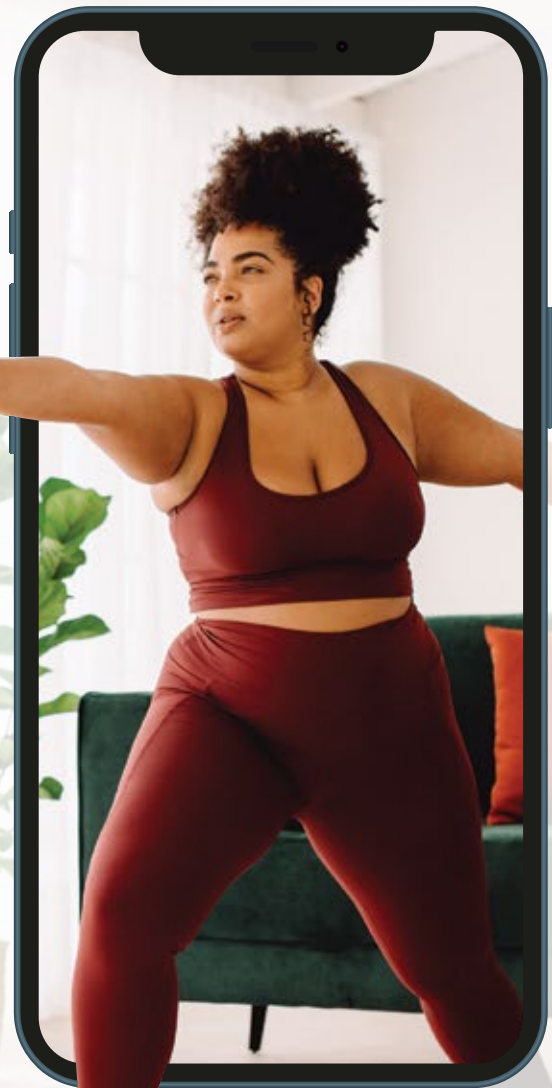
Annual Sport

Club Name	Sport/s	Club Location	Age/Gender
Southern Cross Archery Club	Archery	Pennell Reserve	M W J
Footscray Baseball Club	Baseball	Mclvor Reserve	M W J
Maribyrnong Basketball Association	Basketball	RecWest Braybrook	M W J
Westgate Basketball Association	Basketball	RecWest Braybrook	M W J
Footscray Youth Club	Boxing	Footscray Youth Club	J
Maribyrnong Youth Club	Boxing	Maribyrnong Reserve	J
Footscray Park Bowling Club	Bowling	Footscray Park Bowling Club	M W
Rosamond Bowling Club	Bowling	Robert Barrett Reserve	M W
Yarraville Footscray Bowling Club	Bowling	Mclvor Reserve	M W
Footscray Canoe Club	Canoeing	Farnsworth Avenue	M W J
Footscray Hockey Club	Hockey	Mclvor Reserve	M W J
Footscray City Rowing Club	Rowing	Farnsworth Avenue	M W J
Footscray Swimming and Water Polo Club	Swimming/ Water Polo	Maribyrnong Aquatic Centre	M W J
Maribyrnong Swimming Club	Swimming	Maribyrnong Aquatic Centre	M W J
Kingsville Tennis Club	Tennis	Hansen Reserve	M W J
Maidstone Tennis Club	Tennis	Maidstone Tennis Courts	W J
Rosamond Tennis Club	Tennis	Robert Barrett Reserve	M W
Yarraville Tennis Club	Tennis	Yarraville Tennis Club	M W J
Footscray Trugo Club	Trugo	Footscray Trugo Club	M W
Yarraville Trugo Club	Trugo	Beaton Reserve	M W



An easy way to step into everyday activity.

Getting your body moving every day can significantly improve your mental and physical wellbeing. The Get Active Victoria mobile app focuses on small steps and easy activities to help everyday people move their bodies a little bit more, every day.



+ Download the free Get Active Victoria app today

- Set your own goals and track progress
- Online videos – yoga, dance, low impact + more
- Quick 10 minute activities
- Free to install and use, plus no ads!



For more information visit www.getactive.vic.gov.au/mobile





Work towards 30 minutes of activity every day with the help of Get Active Victoria. It's **free to join**, and gives you access to a huge resource of workout videos, educational tips and interactive tools to assist you to be more physically active in a way that suits you.

Account features and tools to help you

Places

Places is an easy way to find trails, parks, playgrounds, exercise stations and skateparks located across Victoria. Discover new places to be active where you live, work and play on the interactive map.

Set your daily activity goal

With our goal-setting tool you can choose the number of minutes that you want to be active each day.

Plan, time and track your physical activity

Our tracker helps you reach your goals. Record your daily activity and see progress over time. It can sync automatically to a Fitbit, or you can easily enter it manually. To time and plan your activity with ease, use our mobile app and hit go on the Timer when you start your activity or schedule your workouts with the Planner.

Try a guided workout, challenge or game

Access over 135 workout videos, challenges and games guided by professional instructors. The activities range from 5 to 25 minutes and include easy, beginner classes or moderate and intermediate for those looking for a challenge.

There is something for everyone. Try yoga, Pilates, stretching or modified low impact workouts. Or mix it up with strength, cardio, dance, and family activities.

Team up for support and compare results

Getting active with others is a motivation booster and our teams feature makes it easy to set up or join a team. Set your team goal, log activity with the tracker, follow what your team is doing, and compare your results. Encourage each other to achieve, whether it's a workplace team, a group of friends, a family challenge or a team of people that share similar interests to you.

Get moving

Whether you are starting out, time poor, returning from injury, or easing back into physical movement, we have a range of activities to try. Forget the fancy gear and expensive equipment, all you need is yourself.



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