

SPRING INTO SUMMER SERIES

A range of 4-week physical activity and wellbeing programs delivered around the City of Maribyrnong



**Monday 10 November –
Sunday 7 December 2025**

Registrations open Friday 17 October

Register at activemaribyrnong.com.au

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
Swim Safe and Social Week 1: Water Safety Talks: Monday 10 November 6-8pm, Thursday 13 November 6-8pm, Sunday 16 November 3-5pm Weeks 2-4: Participants will receive swim vouchers to redeem once per week at any time Maribyrnong Aquatic Centre						
HIIT 6.15-7am RecWest Braybrook	Strength and Conditioning 6.15-7am RecWest Braybrook	HIIT 6.15-7am RecWest Braybrook	Strength and Conditioning 6.15-7am RecWest Braybrook	Nature Warriors 9.30-11.30am Newells Paddock Wetlands	Pump 8-8.45am RecWest Braybrook	Volleyball Youth 9-10am Junior 10-11am Adult 11am-12pm Footscray High School
	Kanga Mums and Bubs 9.30-10.30am Cruickshank Park	 Play Skills 9.30-10.15am RecWest Braybrook		 Play Gymnastics 10-10.45am RecWest Braybrook	Parkrun 8-9am Burton Crescent Reserve	
Family Yoga 10:30-11am Yarraville Library	Nature Warriors 9.30-11.30am Burndap Park	Learn2Ride in the Park 10-11am Beaton Reserve	Public Art Walk 11am-12pm Footscray Station		 Swim Fit 8.30-9.30am Maribyrnong Aquatic Centre	
 Social Racquet Sport 11am-1pm RecWest Braybrook	Move, Flex, Strengthen 10-11am Yarraville Community Centre		Mums and Bubs Class 11.45am-12.30pm Maribyrnong Aquatic Centre	Pre-natal Yoga 10-11am Beaton Reserve		
	Family Yoga 10:30-11am Braybrook Library	Meditation 10-11am Braybrook Park		Post-natal Yoga 11am-12pm Beaton Reserve	Yin Yoga 10-11am Coulson Gardens	
	Drop in Table Tennis 1.30-3pm Maidstone Community Centre	Family Yoga 10:30-11am Footscray Library	Junior Girls Fitness 5-5.45pm RecWest Braybrook			Gym Ready for Women 9.30-10.30am Maribyrnong Aquatic Centre
AQUA 11.30am-12.30pm Maribyrnong Aquatic Centre	Sensory Nature Trail for Aged Care 3pm and 5pm Pipemakers Park	 Hatha Yoga 11.30am-12.30pm Braybrook Park		Beginners Circuit Strength and Cardio 2.30-3.30pm MS Plus Footscray		
	Brazilian Jiu Jitsu 4-6 yrs 4.15-5.15pm 7-9 yrs 5.15-6.15pm 10+ yrs 6.15-7.15pm Adults 7.15-8.15pm CPABJJ Maidstone		HIIT Fit Cardio Tennis 6.30-7.30pm Henry Turner Reserve	Intro to Bouldering 11am-12pm, 12-1pm and 1-2pm Footscray Bouldering Wall		
Hatha Flow Yoga 6.30-7.30pm Beaton Reserve	Go Family Football 5.30-6.30pm Hansen Reserve	Draw and Walk 1-3pm Braybrook Park		Swim Strong: Men's Intro 7-7.45pm and 7.45-8.30pm Maribyrnong Aquatic Centre	Bike Maintenance Class 12-1pm and 1-2pm Bike Hub West Footscray	
		Gym Ready for Women 6.30-7.30pm Maribyrnong Aquatic Centre	Intro to STRONG Pilates 7.30-8.15pm STRONG Highpoint	 Swim Fit 7-8pm Maribyrnong Aquatic Centre		Gym Ready for Men 10.30-11.30am Maribyrnong Aquatic Centre
Swim Fit 7-8pm Maribyrnong Aquatic Centre	Bollywood Dance 7-7.30pm Beaton Reserve	Gym Ready for Men 7.30-8.30pm Maribyrnong Aquatic Centre	Underwater Hockey 8-9pm Maribyrnong Aquatic Centre	Social Table Tennis 7-9pm RecWest Braybrook	Group African Drumming 2-3.30pm Kindred Studios	
	Yoga 7.45-8.15pm Beaton Reserve					