

Physical Activity Options for Primary School Aged Children

	Activity	Details	Contacts
Swan Hill Little Athletics Inc.	Little Athletics and Cross Country	Suitable: Ages 5-15 Location: Ken Harrison Reserve, Yana Street Swan Hill Time and cost: Athletics - October to March, Friday night competitions 5:00pm – 7:00pm Cross Country - Sunday mornings fortnightly. Come and try nights in October.	Lisa Thompson: T: 5033 2739 M: 0418 519 886 Email: swanhill@lavic.com.au Website: www.lavic.com.au
Swan Hill Badminton Association Inc.	Badminton-Junior	Suitable: All ages Location Swan Hill Indoor Sport and Recreation centre, 15 Gray St Time: Thursday evening 6-7.30pm Cost: Contact association	Max Baldwinson 03 5032 4024
Swan Hill Basketball Association Inc.	Basketball	Suitable: U10's upwards, boys and girls Location: Basketball Stadium, Gray St Time: Summer- October to March season Cost: Contact association	Pauline Halligan T: 03 5033 1402 Email: shba@bigpond.net.au Website: www.swanhill.basketball.net.au
Swan Hill Boxing Club	Boxing	Suitable: 11 years up, boys and girls Location: Swan Hill Leisure Centre (Chook Shed) Time: Monday and Wednesday night from 6-7pm, Thursday Nights Ladies only 5:15pm Cost: \$5 each night Mats and gloved provided	Junior Kelly M: 0427 942 960 Leisure Centre: T: 03 5032 5222
Swan Hill Bowls Club	Bowls	Suitable: All ages Location: Gray St Swan Hill Time: Junior bowls run on application/ groups Cost: on application	Club rooms T: 03 5032 1772
Swan Hill Calisthenics Club Inc.	Calisthenics	Suitable: 3-16 years Location: Swan Hill Guide Hall, High St Swan Hill and Anglican Church Main Hall, Splatt Street Swan Hill Time: Monday Evenings, times depending on class taken (contact club for times) Cost: on application/depends on age	Carlie Goodwin T: 03 5030 2080 Or Amanda Gilbee M: 0407 192 729
Swan Hill Canoe Club Inc.	Canoe	Suitable: All ages (U18 require parent consent) Location: Riverside Time: Programs upon request Cost: on application Come and try days, available for school groups, easy parking, food and drinks nearby, instructor's available, showers on site or near by, toilets.	Graham Jarvie (Secretary) M: 0427 364 490 Email: jarvie@active8.net.au
Swan Hill Cricket Club	Cricket – Junior	Suitable: U12, U14 and all ages for Milo In2Cricket, Just4Girls, Location: Swan Hill recreation Reserve, Stradbroke Avenue Swan Hill. Time: Start September/ October and one off	Gerald Lanigan (Junior Coordinator) M: 0400 609 478 Email: swanhill@club.cricketvictoria.com.au , gerad.lanigan@bigpond.com.au



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		events around year Cost: Contact Club	Website: http://swanhillcc.cricketvictoria.com.au
St Mary's Tyntynder Cricket Club Inc.	Cricket – Junior	Suitable: U12, U14 and all ages for Milo In2Cricket, Just4Girls, Location: Ken Harrison Reserve, Yana Street Time: Start September/ October and one off events around year Cost: Contact Club	Ray Power M: 0448 844 383 Website: http://www.stmarystyntynder.vic.cricket.com.au
Swan Hill RSL	Cricket – Junior	Suitable: U12, U14 and all ages for Milo In2Cricket, Just4Girls, Location: 1 Purtons Lane Swan Hill. Time: Start September/ October and one off events around year Cost: Contact club	Dwayne Hinton M: 0407 368 378 Email: dwaynehinton@live.com Website: http://swanhillrsl.vic.cricket.com.au
Ultima TUF	Cricket – Junior	Suitable: U12, U14 and all ages for Milo In2Cricket Location: Alan Garden Recreation Reserve, Pritchard St Swan Hill Time: Start September/ October and one off events around year Cost: In2Cricket approximately \$75	Kyle Symons M: 0428 104 185
Danceforce Studio	Dance	Suitable: aged 3 and up Location: DanceForce Dance Studio which is located at the Swan Hill Show Society Hall on McCallum Street. Time: Classes run weekdays in the afternoons. Cost: Fees depend on length of class and number of classes taken. Contact for details.	Joanne Shippides M: 0408 845 920 Website: www.danceforce.websyte.com.au
Richardson's Dance Studio	Dance	Suitable: aged 3 and up. Location: Masonic Hall Beverage St, Swan Hill Time: Monday-Thursday, 3:30-9.00pm depending on the class taken Classes: Classical ballet, funk, hip hop, acrobatics, jazz and movement to music Cost: fees payable per term, family discounts apply, enquire for more details	M: 0438 504 750 or 0459 783 787 Email: dancestudiosh@gmail.com Website: www.richardsondancestudio.com
Strike a Pose Dance Academy	Dance	Suitable: aged 3 years and up. Location: Nyah Memorial Hall and Swan Hill Senior Citizens Hall Time: Mondays/Thursdays in Swan Hill and Tuesday in Nyah 4:15- 8:15 Classes include; jazz, tap children's creative movement. Cost: Enquire for details	Natasha Gerakis T: 03 5033 0129 Email: missnatasha.gerakis@gmail.com
Swan Hill Football Netball Club	Football	Suitable: U12 U14 U16 U18 Location: Train at Swan Hill Football Ground. Play at Alan Garden Reserve Swan Hill Time: Season April to September. Training Tuesdays & Thursdays, play on Saturdays Cost: contact club	Alistair Ward (President) M: 0408 588 902 Or Clubs Rooms T: 5032 1001



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Tyntynder Football Club	Football	Suitable: U12's and U17.5's, youngest are under 10 years Location: Alan Garden Reserve Time: Thursday night training sessions, games on Saturday mornings/lunch-time Cost: Contact club representatives (as mentioned) for specific information.	Max Carroll: M: 0448 303 366 tyntynderfc@bigpond.com.au Website: www.cmnl.org.au/tyntynder.htm
North Magpies Junior Football Club	Football	Suitable: U12 U14 U16 Location: Ken Harrison Recreation reserve, Yana St, Swan Hill Time: Season April to September. Training once each week, game on Saturdays Cost: Contact Club	Alison Murley T: 5037 2342
Woorinen Tigers Junior Football Club	Football	Suitable: U12 U14 U16 Location: Train at Ken Harrison Recreation reserve, Yana St Swan Hill, Play games at Woorinen oval. Time: Training: U16's Tuesday & Thursday afternoon at 5:30pm, U12's and U14's Thursday 5:00-6:00pm. Saturday morning games. Cost: Contact club	Contact us via email or phone Email: info@woorinenfnc.com.au T: 03 50 376 482 Website: http://www.woorinenfnc.com.au
Futsal	Junior Futsal	Suitable: 5-17yrs Location: Indoor Sport and Recreation Centre Gray Street, Swan Hill 3585 Time: 6pm onwards, Friday nights Cost: Not set at this time	Sue Fox M: 0419 535 641
Swan Hill Gymnastics Club Inc	Gymnastics	Suitable: 5 and up Location: St Mary's Stadium, St Mary's Primary school, Murlong st Swan Hill. Time: Tuesday afternoon 4-5pm for 5-9years and 5-6pm for 9+ years. Cost: Contact Club	Nerida Hoare T: 5030 2167 Or Venue: T: (03) 5032 5222 Email: swanhillgymnasticsclub@hotmail.com
Swan Hill Rural City Council	Active After School	Suitable: 5 - 12 Location: Swan Hill Primary School, Gray Street, Swan Hill. Time: During school terms from 3.15pm to 6.15pm, Vacation care 8:00-6:00pm (holidays) A bus service is available for children at: <ul style="list-style-type: none"> • Swan Hill North Primary • St Mary's Primary School • Son Centre Christian School • Swan Hill Specialist School. • Woorinen Primary school Nutritious snacks are provided at the program (except on Pupil Free Days) Cost: Dependant on Childcare Benefit, contact Rebecca on 0418 558 994.	For more information Out of School Hours Care T: (03) 5036 2321 For bookings and cancellations M: 0409 236 541
Swan Hill Football Netball Club	Netball	Suitable: U13, U15 & U17 Location: Alan Garden Reserve	T: 5032 1001 Bianca Brown: 0408 577 749



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		Time: Thursday night training, games on Saturday Cost: Varies with age group, Contact club	Website: www.swanhillfnc.com/
Tyntynder Netball Club	Netball	Suitable: U12's and U17.5's, youngest are under 10 years Location: Alan Garden Reserve Time: Thursday night training sessions, games on Saturday mornings/lunch-time Cost: Contact club representatives (as mentioned) for specific information.	Caitlin Bartalotta M: 0447 483 624 tyntynderfc@bigpond.com.au Website: www.cmn1.org.au/tyntynder.htm
Swan Hill Pony Club	Pony Club	Suitable: 4 years+ Location: Feltdmann Lane Swan Hill Time: 1st and 3rd Sunday of each month and other club competitions A variety of disciplines are on offer including; show jumping: cross country, dressage, and grooming. Cost: contact club	Corina Farrar (Secretary) Phone: 0448 376 707 Website: www.swanhill.ponyclubvic.org.au Email: swanhillponyclub@gmail.com
Swan Hill Skate Park	Skate	Suitable: all ages Location: Riverside, near boat ramp	
Swan Hill Soccer	Soccer	Suitable: 5 and up Location: Ken Harrison Recreation reserve Yana St Swan Hill Time: Training varies for each team, games on Sundays and Saturdays– Winter comp 11.00am onwards Cost: Contact Club	Sue Fox M: 0419 535 641 Email: admin@swanhillsoccer.com Website: http://www.swanhillsoccer.com
Swan Hill Outdoor Swimming Pool	Swimming	Suitable: All ages Location: Swan Hill Swimming Pool Time: Open March 1pm-7pm from Monday to Friday. December/January/February 11am-7pm each day + 6-8am on Monday, Wednesday, Friday Some programs are run through summer including; Family days, mega splash holiday program, Vic Swim programs. Cost: Daily Admission is possible. Child \$2.70 Adult \$3.70 Concession \$2.70 Facilities: 50m pool, 25m pool, toddlers pool, Dive pool 1 and 3 meters diving boards, waterslide, kiosk, changing rooms, showers, toilets	Outdoor Pool T: 5032 2264
Swan Hill Leisure Centre	Swimming	Suitable: 6 months and up Location: Swan Hill Leisure centre, 21 Pritchard	Swan Hill Leisure Centre T: 03 5032 5222



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		<p>St, Swan Hill</p> <p>Time: Pool Hours: Monday: 6am-8pm, Tuesday-Friday: 6am-11am, 1pm-2pm, 3pm-8pm (Friday close @ 6:45) Saturday: 9am-5pm, Sunday: 10am-5pm Classes/Lessons available depending on age.</p> <p>Cost: Infants (0-3): \$10.70 per week, 3 and up: \$12.30 per week.</p>	
Nyah Two Bays / Swan Hill Amateur Swimming Club	Swimming	<p>Suitable: All ages as long as they are competent swimming freestyle, backstroke and breaststroke.</p> <p>Location: Leisure Centre, or outdoor pool</p> <p>Time: Monday, Tuesday, Thursday 5:30 – 7pm Monday, Wednesday, Friday 6am- 7.30am</p> <p>Cost: Competitive Swimmer \$150 Recreational Swimmer \$75</p>	<p>President: Kendall Atkinson M: 0429325161 Email: katkinsn@bigpond.net.au For any coaching/squad enquiries Head Coach: Hayden Collins M: 0432 103 595 Email: hayden.collins@live.com Website: www.twobaysswimming.org.au</p>
Swan Hill Lawn Tennis Club	Tennis	<p>Suitable: 4 years+, group lessons</p> <p>Location: Yana St, Swan Hill</p> <p>Time: Tennis lessons are available all year round after school hours.</p> <p>Cost: See website or call David Jonkers</p>	<p>T: (03) 5032 1823 Email: info@swanhilltennis.com.au For Tennis Lessons Contact: David Jonkers M: 0411 635 907 Email: david@vidatennis.com.au Website: http://www.swanhilltennis.com.au/</p>
YOGAone	Yoga	<p>Suitable: All ages</p> <p>Location: 2 Settlers Crt, Swan Hill</p> <p>Time: 10:15-11am Tuesday (kid-friendly yoga for the grown-ups), 11:30-12pm (3-5 year olds) and Wednesday 4:00- 4:30pm (juniorYOGA for primary school kids)</p> <p>Cost: \$8-15 casually or cheaper school term options available</p>	<p>Nicole Cutri M: 0411 051 184</p>



Updated: March 2017



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