

Physical Activity Options for Children 0-5 years

Being physically active is important for fine and gross motor skill development for children aged 0-5 years. For birth to 12 months babies should be physically active several times a day in various ways, with at least 30 minutes tummy time over the course of the day while awake, and supervised interactive floor-play, as examples. For toddlers (1 to 2 years) at least 3 hours of various physical activities each day, including energetic play is recommended. For pre-schoolers (3 to 5 years) they should be active for at least 3 hours each day and this should include 1 hour of energetic play like running, kicking, throwing and jumping, dancing or skipping.

For more information go to <https://www.health.gov.au/>

ACTIVITY	ADDRESS	DAY/TIME	COST	CONTACT INFORMATION
LAKE BOGA PLAYGROUP	Lake Boga Pre-School, 15 Lalbert Road Lake Boga	Wednesday 10am-12pm* Friday 9-11am *Located at 109 Campbell St, Swan Hill	Gold coin donation (Playgroup Vic membership required [\$25-\$40]) BYO fruit	April Fulton Phone: 0408 171 794 Playgroup Vic – https://www.playgroup.org.au/become-a-member/
MFC SWAN HILL CENTRAL BABY SUPPORTED PLAYGROUP (0-18 months)	The Child & Family Hub, 63 McCrae St Swan Hill	Tuesday 10-11:30am	Free	Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC SWAN HILL CENTRAL BABY SUPPORTED PLAYGROUP (0-5 years)	The Child & Family Hub, 63 McCrae St Swan Hill	Wednesday 10-11:30am OR 12:30-2pm	Free	Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC SWAN HILL NORTH SMALLTALK SUPPORTED PLAYGROUP (0-5 years)	118 Chapman St, Swan Hill	Tuesday 9am-12pm Thursday 1:30-3pm	Free	Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC SWAN HILL SOUTH SUPPORTED PLAYGROUP (0-5 years)	123 Gray St, Swan Hill	Tuesday 9am-12pm Thursday 9-11am	Free (Bookings required)	Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC NYAH WEST SMALLTALK SUPPORTED PLAYGROUP (0-5 years)	31 Lloyd St, Nyah West	Monday 10am-1pm	Free	Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC MANANGATANG SMALLTALK	1 Wattle St, Manangatang	Wednesday 12-1:30pm	Free	Courtney Tepper Phone: 0418 157 923 or 5032 4479

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eat fruit & veg move more often smile together

SUPPORTED PLAYGROUP				
DANCE FORCE STUDIO	10 Jennings Road, Swan Hill	<u>Baby ballet tots</u> (6mths-18mths) Monday, Friday & Saturday 9:30-10am <u>Baby ballet tinies</u> (18mths-3yrs) Monday, Friday & Saturday 10:15-10:45am <u>Baby ballet movers + tappers</u> (3&4yrs) Monday, Friday & Saturday 11-11:45am <u>Baby ballet groovers + tappers</u> (4-6 yrs) Monday, Friday & Saturday 12-12:45pm	\$130 per school term, or \$13 per class	Joanne Shippides Phone: 0408 845 920 Email: danceforceswanhill@gmail.com
RICHARDSON DANCE STUDIO	The Masonic Hall, 118 Beveridge St, Swan Hill	<u>Movement 2 Music</u> (3-5yrs) Wednesday 11:30am-12pm & Thursday 10-10:30am <u>Mini Movers</u> (18mths-3yrs) Thursday 9:15-9:45am	\$120 per school term	Kaiti Walters Phone: 0459 783 787 Website: www.richardsondancestudio.com Email: dancestudiosh@gmail.com
DANCE IT UP SWAN HILL	Italian Social Club, 66 Yana St, Swan Hill	<u>Kinder</u> Monday & Wednesday 10-10:30am	\$95 per school term	Nikki Capone Phone: 0439 322 283 Email: admin@danceitupswanhill.com Website: https://www.danceitupswanhill.com/
SWAN HILL LEISURE CENTRE SWIMMING LESSONS (6 months and above)	21 Pritchard Street Swan Hill	Various classes and times, contact facility	Child/concession - \$4.50 Infant (under 4) - \$2.10 Learn to swim – ranges from \$11.00 to \$14.10 Private lessons - \$33.70	Phone: 03 5032 5222 Website: https://swanhilllc.com.au/



SWAN HILL REGIONAL LIBRARY	53 Campbell St Swan Hill	<u>Move and Groove</u> (18mth – 3yrs) Wednesday 10:30-11:15am <u>Baby Rhyme Time</u> (0-18mths) Friday 10:30-11am	Free	Phone: 5036 2480 Website: https://library.swanhill.vic.gov.au/
SWAN HILL GYMNASTICS CLUB	19 Webster Drive Swan Hill, Vic 3585	*See website for class descriptions <u>ToddlerGym</u> (18mths-3yrs) Tuesday & Wednesday 9:30am <u>JuniorGym</u> (3-5yrs) Tuesday & Wednesday 10:30am <u>PreGym</u> (preschool age) Wednesday 2pm & Friday 11am	\$100 per term + \$40 insurance per year *plus additional merchant charges	Email: committee@swanhillgymnastics.org Website: https://www.swanhillgymnastics.org/
AUSSIE HOOPS BASKETBALL (5 Y)	Swan Hill basketball stadium	Monday 5pm	Contact facility	Phone: 03 5033 1402 Email: shba@bigpond.net.au
SWAN HILL RIVERSIDE PARK	11 Monash Drive, Swan Hill	Open 24 hours to the Public	Free	N/A
GEORGE LAY PARK	144 Chapman St, Swan Hill	Open 24 hours to the Public	Free	N/A
TOWER HILL PARK	Parkside Ave, Swan Hill	Open 24 hours to the Public	Free	N/A
BIG4 SWAN HILL SPLASH PARK/JUMPING PILLOW	186 Murray Valley Hwy, Swan Hill VIC 3585	Contact facility	Contact facility	Bookings Phone: 5032 4372 Website: https://big4swanhill.com.au/
SWAN HILL TENNIS COURTS	Yana Street Swan Hill, Victoria, Australia 3585	Courts open all day	Non-members court hire fee \$10 See website for membership details	Email: secretary@swanhilltennis.com.au Website: swanhilltennis.com.au
MALLEE PHYSIO SWIMMING LESSONS	360 Beveridge St, Swan Hill VIC 3585	Monday 9am-12pm Thursday 9am-12pm & 3-6pm Saturday 9-11:30am	\$153 (9 weeks) Classes are 30mins duration, running during school terms	Mallee Physio Phone: 5032 5888 Lesson instructors: Caleb Simpson & Melissa O'Toole



SWAN HILL OUTDOOR POOL VICSWIM SUMMER KIDZ SWIMMING LESSONS	Monash Drive, Swan Hill VIC, 3585	5 day intensive summer program teaching swimming and water safety to children from 4 years of age. Each program consists of 5 x 30 minute lessons starting at the same time each day throughout the week.	\$35 per week (additional entry fees may apply at some pools) See facilities website for entry fees	Phone: 5032 2264 Website: https://swanhillpool.com.au/
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Updated June 2023

For more information contact:

Health Promotion team

Community Health

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