

Physical Activity Options for Adults

The Australian Government has developed the following guidelines for adults:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities at least 2 days each week.
- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

For more information go to [Physical Activity Guidelines](#). Below is a list of local options for planned and unplanned physical activity for adults in Swan Hill and surrounds.

GENERAL EXERCISE	Address	Day/Time	Cost	Contact Info
Swan Hill Aquatic and Recreation Centre	21 Pritchard St, Swan Hill	Monday - Thursday: 6am-9pm Friday: 6am - 7pm Saturday: 8am - 5pm Sunday: 10am – 5pm Public Holiday: 8am-6pm 24/7 access for members Class timetable available on website	Causal non-member entry <u>Gym Health Club</u> Adult - \$16.00 Concession - \$12.00 10 visit pass - \$134.00 <u>Classes</u> Adult -\$11.00 Concession - \$8.20 Contact centre for membership details	Phone: 5032 5222 Website: sharc.com Facebook: SwanHillAquatic&RecreationCentre



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Voyage Fitness	121-123 Campbell St, Swan Hill	Hours vary, check Facebook 24/7 access for members Class timetables are available on the website or visit facility.	\$10 casual non-member entry/group classes Contact Club for membership costs and details	Phone: 5032 5468 Email: swanhill@voyagefitness.com.au Website: voyagefitness.com Facebook: VoyageFitnessSwanHill
Healthy Mates Conditioning Program	Mallee Physio 360 Beveridge St, Swan Hill	30 min HIIT Session, Contact Mallee Physio for day and time class run.	Contact Mallee Physio	Mallee Physio & Hydrotherapy Phone: 5032 5888 Website: malleephysio.com
Healthy Mates Mums + Bubs Group	Mallee Physio 360 Beveridge St, Swan Hill	Thursdays 9:30am	Contact Mallee Physio	Mallee Physio & Hydrotherapy Phone: 5032 5888 Website: malleephysio.com
Specialized Performance and Recovery	1 Campbell St, Swan Hill	Staffed hours: Monday: 10:30am – 12:30pm Tuesday - Thursday: 3:30pm-5:30pm Friday: please contact facility 24/7 access for members Check website for group class timetable.	Causal Entry for non-members <u>Gym/group fitness</u> - \$10 <u>Recovery</u> -Ice bath/spa - \$10 <u>Recovery</u> – infrared sauna - \$15 More packs available online. Contact Club for membership costs and details	Brodie Bennett Phone: 0418 355 840 Website: specializedperformance.com Facebook: SpecializedPerformace
Walking Group	Riverside Park Café	Sun 9am (~3km walk) Or contact us to make your own group!	FREE!	Shirley Phone: 0439 321 004
KB Exercise Physiology	107 McCallum St, Swan Hill	Monday-Wednesday: 9am-3pm Thursday: 8am-3pm Friday - Sunday: Closed Various classes and locations, visit website for more information	Contact facility	Phone: 0418 775 312 Email: kbexphys@gmail.com Website: kbexercise.com Facebook: KBexercise
Mandy's Fitness Depot	Various locations	Contact Mandy/see Facebook for class timetable	\$10 per class \$40 for a 6-week block	Mandy Wells Phone: 0448 061 633 Email: fitnessdepot@msn.com Facebook: MandyFitnesDepot



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SWIMMING	Address	Day/Time	Cost	Contact Info
Aqua Aerobics	Swan Hill Aquatic and Recreation Centre, 21 Pritchard St, Swan Hill	Tuesday: 8am – 8:45am Wednesday: 5:45pm-6:30pm	Adult \$9 per class Concession \$8 per class Membership options available	Swan Hill Aquatic & Recreation Centre Phone: 5032 5222 Website: sharc.com
Swan Hill Outdoor Pool	Monash Drive, Swan Hill	November to March <u>Early swimming</u> Monday, Wednesday & Friday: 6am–8am <u>Regular swimming</u> Monday–Sunday: 11am–7pm	Infant: \$2 Child/Concession: \$3.30 Adult: \$4.30 Family: \$17 Visit website for all entry fees and season passes	Phone: 5032 2264 Website: swanhillpool.com Facebook: SwanHillOutdoorPool
Indoor Swimming Pool	Swan Hill Aquatic and Recreation Centre, 21 Pritchard St, Swan Hill	Monday-Thursday: 6am-8pm Friday: 6am-7pm Saturday: 8am-5pm Sunday: 10am-5pm *Pool closes to public 11am – 3pm during school terms	<u>General:</u> Infant (under 4): \$2.40 Child/Concession \$4.90 Adult \$7.20 Family: \$20.60 Swim club: \$8 <u>10 visit pass</u> Adult \$63.70 Child/Concession: \$43	Swan Hill Aquatic & Recreation Centre Phone: 5032 5222 Website: SwanHillAquatic&RecreationCentre

SPORTS	Address	Day/Time	Cost	Contact Info
Swan Hill Basketball Association	The Stadium, 15 Gray St, Swan Hill	<u>Summer Competition</u> October – March <u>Winter Competiton</u> May - August Varies for each grade, check websites for more information/programs	Contact association	Email: shba@bigpond.net.au Phone: 0461 596 947 Website: https://shba.org.au/ Facebook: SwanHillBasketball
Swan Hill Basketball Association	The Stadium, 15 Gray St, Swan Hill	<u>Summer Competition</u> October – March <u>Winter Competiton</u> May - August	Contact association	Email: shba@bigpond.net.au Phone: 0461 596 947 Website: https://shba.org.au/ Facebook: SwanHillBasketball



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		Varies for each grade, check websites for more information/programs		
Lakers Cricket Club (Lake Boga and Mystic Park)	57 Marraboor St, Lake Boga	October - March Training 1-2 nights per week and play Saturdays	Contact Club	Luke Dear Phone: 0438 522 073 Email: Lakerscc3584@gmail.com Website: playhq_lakerscricketclub.com
Nyah District Cricket Club	42 River St, Nyah	October - March Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Ritchie Boulton Phone: 0427 302 819 Email: nyahdistrictcc@gmail.com Website: playhq_nyahdistrictcricketclub.com
St Mary's Tyntynder Cricket Club	Ken Harrison Reserve, 58 Yana St, Swan Hill	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Lisa Ryan Phone: 0419 515 520 Email: stmarystyntyndercc@gmail.com Facebook: StMarysTyntynderCricketClub Website: playhq_stmarystyntyndercricketclub
Swan Hill RSL Cricket Club Inc.	Gurnett Oval (Swan Hill Secondary College), 1 Purtons Ln, Swan Hill	October - March Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Patrick Caldwell Phone: 0493 682 799 Email: petrina86@hotmail.com Website: playhq_swanhillrslcricketclub.com
Tooleybuc/Manangatang District Cricket Club	Tooleybuc Sporting Reserve, Murray St, Tooleybuc	October – March Training 1-2 nights per week and play Saturdays	Contact Club	Mark Kentish Phone: 048368058 Email: markkentish23@bigpond.com Facebook: Tooleybuc/ManangatangCricketClub Website: playhq_tooleybucmanangatangdistrictcricketclub.com



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Ultima/TUF Cricket Club	Alan Garden Reserve, Pritchard St, Swan Hill	October – March Training 1-2 nights per week and play Saturdays	Contact Club	Leigh Matthews Phone: 0407 848 321 Email: ultimatufcricketclub@gmail.com Facebook: UltimaTUFCricketClub Website: playhq.ultimatufcricketclub
Woorinen Cricket Club	119 Reserve Road, Woorinen	October – March Training 1-2 nights per week and play Saturdays	Contact Club	Dean Morpeth – Senior Coach Phone: 0418 364 446 Email: dean@morpethfarms.com.au Website: playhq.woorinencricketclub.com Facebook: WoorinenCricketClub
Swan Hill Croquet Club	Ken Harrison, 58 Yana St, Swan Hill,	Wednesdays and Saturdays at 1pm	Contact club	Julie Barber Phone: 0473 964 276 Or 03 5037 6766
Swan Hill Futsal	Swan Hill Aquatic and Recreation Centre, 21 Pritchard St, Swan Hill	Play Monday, Tuesday and Wednesday nights	Contact Club	Phone: 0409 058 846 Email: admin@swanhillsoccer.com Facebook: Futsal Swan Hill – Senior
Lakeside Golf Club Lake Boga	Lalbert Rd, Lake Boga	Open all year round <u>Competiton</u> March – September Wednesdays & Sundays Contact club for more information	<u>Competiton fee</u> \$10 + \$5 green fee <u>Social golf</u> \$10	Phone: 5037 2728 Facebook: LakesideGolfClubLakeBoga
Murray Downs Golf & Country Club	Murray Downs Drive NSW	Open 7am-7pm for casual visits	9 Holes - \$35 18 Holes - \$60 Reciprocal Green Fee-\$30 Cart Hire - \$55 Pull Buggy Hire-\$5 BYO cart - \$5/day	Phone: (03)5033 1422 Email: clubinfo@mdclubs.com.au Website: murraydowns.com Facebook: MurrayDownsGolf&CountryClub



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			See website for all membership deals and golf fees	
Nyah West Golf Club & Disc Golf	202 Yarraby Road, Nyah West	April – September Contact club for more information	Contact Club	Graham Muir Phone: 0418 350 280 Email: nyahwestgc@gmail.com Facebook: Nyah West Golf Club
Swan Hill Rugby Club	Gurnett Oval (Swan Hill Secondary College), 1 Purtons Ln, Swan Hill	<u>Competiton</u> April-October Tuesdays 5pm	Contact Club through Facebook page	Facebook: SwanHillRugbyClub
Swan Hill Soccer League	Ken Harrison Reserve, 58 Yana St, Swan Hill	Play Saturdays Contact Sue for more information.	Contact Association	Sue Fox Phone: 0419 535 641 Facebook: SwanHillSoccerLeague Email: admin@swanhillsoccer.com Website: swanhillsoccer.com
Swan Hill Squash Club Inc.	The Stadium, 15 Gray St, Swan Hill	Wednesday nights during school terms	Contact Club	Phone: 5032 4722 Email: elaine.mac@bigpond.com
Swan Hill Table Tennis Club	St Mary's Primary School Gymnasium2 Murlong St, Swan Hill	April – September Mondays 7pm	Contact Club	Phone: 0417 303 820 Email: althompson3@bigpond.com Facebook: SwanHillTennisAssociation
Nyah District Tennis Association	Covering districts of Manangatang, Goodnight, Tooleybuc, Nyah West, Koraleigh and Murraydale	Contact Club or check out the Facebook page	Contact Club	Adam Gilbee Phone: 0447 192 733 Email: agilbee@gmail.com Facebook: NyahDistrictTennis Association
Swan Hill Lawn Tennis Club	58 Yana St, Swan Hill	Various competitions running on Wednesdays, Thursdays and Saturdays	\$10 for casual use of courts Club membership required + weekly playing	Phone: 5032 1823 Email: secretary@swanhilltennis.com.au Website: www.swanhilltennis.com.au



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		Visit Website for more information	fees of up to \$6 for competitions	
Central Murray Football & Netball League	The Stadium, 15 Grey St, Swan Hill	April - September	Contact Association	Phone: 0494072327 Email: jessie.chester@alfcentralvic.com.au Website: https://www.centralrivers.com.au Facebook: CentralMurrayFootballNetballLeague

CENTRAL MURRAY FOOTBALL & NETBALL LEAGUE	Address	Day/Time	Cost	Contact Info
Swan Hill Football & Netball Club Inc.	Swan Hill Football oval + Alan Garden Reserve Netball Courts, Pritchard St, Swan Hill	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Carl Hufer (President) Phone: 0427 227 144 Website: shfnc.com Facebook: SwanHillFNC
Lake Boga Football Netball Club	Lake Boga Recreation Reserve, 57 Marraboor St, Lake Boga	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Phone: 0459 247 700 Email: lakebogaafnc@gmail.com Website: lakebogaafnc.com Facebook: LakeBoagFNC
Nyah/Nyah West United Football Netball Club	Nyah Recreation Reserve, 37 River St, Nyah	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Phone: 0437 246 319 Email: admin@nnwufnc.com.au Website: nyahnyahwestunitedfnc.com Facebook: NyahNyahWestUnitedFNC
Mallee Eagles Football Netball Club	Lalbert Recreation Reserve, Evelyn St, Lalbert	April – September Train 1 - 2 nights a week and play on Saturdays	See members page on website	Tony Holloway (Committee Member) Phone: 0401 484 616 Email: malleeeagles@outlook.com Website: malleeeagles.com Facebook: MalleeEaglesFNC
Tooleybuc/Manangatang Football Netball Club	Manangatang/Tooleybuc Football Oval, Murray St, Tooleybuc	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Taylah Morris (President) Phone: 0418 306 960 Email: president.tmfnc@outlook.com Website: tooleybucmanangatangfnc.com



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				Facebook: TooleybucManangatangFNC
Tyntynder Football Netball Club	Tyntynder Football Oval, Pritchard St, Swan Hill	April –September Train 1 - 2 nights a week and play on Saturdays	See memberships page on website	Peter Hawkins (President) Phone: 0402 247 983 Email: enquiries@tyntynder.com Website: tyntynderfnc.com Facebook: TyntynderFNC
Woorinen Football Netball Club	Woorinen Netball Courts, 119 Reserve Rd, Woorinen	April – September Train 1 - 2 nights a week and play on Saturdays	Contact club	Tim Phillips (President) Phone: 0417 397 698 Email: info@woorinentigers.com.au Facebook: WoorinenFNC
Balranald Football Netball Club	Balranald football Netball Recreation, 135 Church St, Balranald	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tony Stead Phone: 0407 678 519 Email: balranaldfnc@outlook.com Website: balranaldfnc.com Facebook: BalranaldFNC
Cohuna Football Netball Club	Cohuna Football Netball Recreation, 55 Tennis Rd, Cohuna	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Wade Mathers (President) Phone: 0439 039 084 Email: cohunakangas@hotmail.com Facebook: CohunaKangasFNC
Kerang Football Netball Club	Kerang Football Netball Recreation, Scoresby St, Kerang	April – September Train 1 - 2 nights a week and play on Saturdays	See memberships page on website	Ashley Wise (President) Phone: 0403 689 389 Email: secretary.kfnc@outlook.com Website: kerangfnc.com Facebook: KerangFNC
Koondrook Barham Football Netball Club	Koondrook Barham Football Netball Recreation, Penglase St, Koondrook	April –September Training 1-2 nights a week and play on Saturdays	Contact Club	Phone: (03) 5453 2324 Email: secretary@riverraiders.com.au Facebook: KoondrookBarhamFNC

CYCLING	Address	Day/Time	Cost	Contact Info
Swan Hill Cycling Group (not an official Club)	See sign on Bikes + Trikes window (73 McCallum St, Swan Hill) for meeting areas	See sign at bikes and trikes or on website under 'local rides & times'	No cost, just turn up!	Steve at Bikes and Trikes Phone: 5033 2032 Email: steve@bikesandtrikes.com.au There is also a notice board outside Bikes and Trikes or visit the website: swanhillbikesandtrikes localrides



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OTHER ACTIVITIES	Address	Day/Time	Cost	Contact Info
Lake Boga Yacht Club	73 Murray Valley Highway, Lake Boga	September - April Yacht Club sails most Sundays	Contact club	Peter Porter Phone: 0432 681 655 Email: buddy31.pp@gmail.com Website: http://lakebogayachtclub.org.au/
Swan Hill Canoe Club	15 Monash Drive, Swan Hill	Contact Club	Contact Club	Craig Harvey Phone: 0455 263 028 Email: aeroswan@bigpond.com Anthony Duffin Phone: 0418 590 540
Manangatang & District Bowling Club Inc.	16 Larundel St, Manangatang	Contact Club	Contact Club	Venue Phone: (03) 5035 1468
Swan Hill Bowls Club Inc	Corner of Curlewis St & McCallum St, Swan Hill	Contact Club	Contact Club	Venue Phone: 5032 1772 Email: swanhillbowlsclub@gmail.com Facebook: Swan Hill Bowls Club
Murray Downs Bowls club	Murray Downs Drive, NSW, 2734	Offers pennant, social bowls and tournaments see website for more	See costs on the website	Email: murraydownsbowls@gmail.com Website: https://murraydownsgolf.com.au/bowls/
Lake Boga Bowling Club	9 Jacaranda Cres, Lake Boga	Contact Club for pennant details. Social bowls held Wednesday and Saturday at 12.30	Contact Club	Ken Hamill Phone: 5037 2301 Facebook: LakeBogaBowlingClub
Swan Hill Racecourse Bowls Club	Racecourse, Gray St, Swan Hill	Contact Club	Contact Club	Phone: 0428 324 042 Email: shrbowls@bigpond.com Facebook: SwanHillRacecourseBowlsClub
Nyah District Bowling Club	110 Monash Ave, Nyah West	Contact Club for competition details Social Barefoot bowls available	Contact Club	Phone: 5030 2436 Facebook: Nyah District Bowling Club Email: nyahdistrictbowls@outlook.com
Swan Hill Mid Murray Flying Club	176 Back Boga Road, Swan Hill	Contact Club	Contact Club	Phone: 5032 2444 Email: mmfc.swanhill@gmail.com



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Swan Hill Motorcycle Racing Club	Chisholm Reserve 6370 Swan Hill – Sea Lake Rd	Times vary for events and riding.	See website for various memberships and racing event costs	Facebook: Swan Hill Motorcycling Club Website: www.swanhillmcc.com Email: swanhillmcc@gmail.com
Swan Hill Kart Club	Jack Chisholm Reserve, Sea Lake Rd, Swan Hill	Look on Swan Hill Kart Club Facebook and website for upcoming events	Contact Club	Phone: 0428 486 211 Club Contact: Paul Forster Email: swanhillkartclub@gmail.com Website: swanhillkartclub.com Facebook: SwanHillKartClub
Swan Hill Yoga Bliss	Contact Nat for more info regarding different locations of classes.	See website for schedule	Classes start from \$23 5 class pass - \$100 10 class pass - \$180	Natalie Jenkins Phone: 0413 092 452 Email: hello@swanyogabliss.com.au Website: swanhillyogabliss.com Facebook: SwanHillYogaBliss
Rock 'n' Roll Dance	Murray Downs Drive, NSW, 2734	1 st & 3 rd Monday of the month. Starting at 7:30pm	Free	Murray Downs Club Reception Phone: 5033 1422 Facebook: SwanHillRock'n'RollClub
Ballroom dancing (Tyntynder)	Tyntynder South Hall, 21 Tyntynder Rd, Tyntynder South	2 nd Saturday of each month starting at 8pm	Contact Garry	Garry Johnstone Phone: 0427 439 001 Email: beartalk1785@gmail.com
Swan Hill Boxing Club	Behind Swan Hill Aquatic and Recreation Centre, in chook shed, 21 Pritchard St, Swan Hill	Mixed Monday & Wednesday 5.15pm - 6pm. Women's only- Thursday 5.30pm - 6.15 pm	\$5.00 per session	Phone: 0437 002 429 Facebook: SwanHillBoxingClub
Swan Hill Jiu Jitsu	175-177 Beveridge St, Swan Hill	Beginners: Tuesday & Thursday 6pm Adults Gi: Monday & Wednesday 6pm Mixed: Tuesday 6pm	Adult membership \$33/week	Phone: 0497 808 686 Email: sh.jiujitsu@gmail.com Website: swanhilljiujitsu.com Facebook: SwanHillJiuJitsu
Dance It Up Swan Hill	Italian Social Club, Yana St Swan Hill	Thursdays 6:30pm-7:30pm	\$13 per week or \$130 per term	Nikki Capone Phone: 0439 322 283 Email: admin@danceitupswanhill.com



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				Website: danceitupswanhill.com
Richardson Dance Studio	The Masonic Hall – 118 Beveridge St, Swan Hill	Adult Dance Fitness Runs in 5-week blocks. Contact the studio to find when next block is running	Contact studio	Kaiti Phone: 0459 783 787 Website: richardsondancestudio.com Email: dancestudiosh@gmail.com
Golden Groovers chair-based exercise	Swan Hill Neighbourhood House, 98-100 Gray St, Swan Hill	Tuesday & Friday 9:30-10:30am	\$5 per class	Delia Baber Phone: 0427 332 052 Email: reception@shnh.org.au
Park Run Lake Boga - Foreshore	Lake Boga Foreshore, Willakool Drive, Lake Boga,	Every Saturday at 8:00am	Free	Email: lakebogaforeshore@parkrun.com Website: parkrun_foreshorelakeboga.com
Specialized Performance and Recovery Pilates	1 Campbell St, Swan Hill	24/7 access for members, contact club for timetable. Book through Bookamat platform	1 class pass - \$20 5 class pass - \$95 10 class pass- \$180 20 class pass -\$320	Brodie Bennett Phone: 0418 355 840 Website: https://www.specializedperformance.com.au/
One Body health & Wellness	139 & 139A Campbell Street, Swan Hill	24/7 access, self-guided Pilates workouts through your reformer.	\$35.00/week for two Pilates sessions 10 class pass- \$170 5 class pass- \$90 See website for intro deal details	Email: info@onebodyhw.com.au Website: https://www.onebodyhw.com.au/

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For more information contact:
Health Promotion team
Community Health
125 Campbell Street, Swan Hill
Ph: 5033 9337
Email: chreception@shdh.org.au
Fax: 03 5036 4561



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