

Physical Activity Options for Adults

The Australian Government has developed the following guidelines:

- 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 on 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 <https://www.health.gov.au/>

Below is a list of local options for planned and unplanned physical activity for adults.

GENERAL EXERCISE	Address	Day/Time	Cost	Contact Info
Swan Hill Leisure Centre	21 Pritchard St, Swan Hill Studio – 106 McCallum St, Swan Hill (some group classes here)	Timetable available at Swan Hill Leisure Centre and on website	<u>Gym Health Club</u> Adult - \$14.40 Concession - \$10.80 10 visit pass - \$120.00 <u>Group Fitness</u> Concession - \$7.10 Adult -\$9.60 <u>Pool</u> Concession - \$4.50 Adult - \$6.50 Family Pass \$18.50	Phone: 5032 5222 Website: http://www.swanhilllc.com.au/
Voyage Fitness	121-123 Campbell St, Swan Hill	Open 24 hours a day, 7 days a week, 365 days a year Class timetables for group classes available on website, or visit facility.	\$10 non-member – casual entry/group classes Contact Club for membership costs and details	Phone: 5032 5468 Email: swanhill@voyagefitness.com.au Website: www.voyagefitness.com.au/swan-hill/



eat fruit & veg move more often smile together

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: https://www.malleephysio.com.au/
Mums + Bubs Healthy Mates Group	Mallee Physio 360 Beveridge St, Swan Hill	Thursdays 9:30am	Contact Mallee Physio	Mallee Physio & Hydrotherapy Phone: 5032 5888 Website: https://www.malleephysio.com.au/
Specialized Performance and Recovery	1 Campbell St, Swan Hill	24/7 access for members, contact club for group class timetable.	Contact Club for membership costs and details	Brodie Bennett Phone: 0418 355 840 Website: https://www.specializedperformance.com.au/
Walking Group	Riverside park café	Sun 9am (~3km walk) Or contact us to make your own group!	FREE!	Shirley Phone: 0439 321 004
Xena fitness (Ladies only fitness centre)	Shed 2 number 7 Cobb Court Swan Hill	Monday, Tuesday & Thursday 6-11am and 2-6pm Wednesday 6-11am Friday 6am-2pm	Contact Centre	Corinne Barr Phone: 0423 654 290
KB Exercise Physiology	107 McCallum St, Swan Hill	Various classes and locations, visit website for more information	Contact facility	Phone: 0418 775 312 Email: kbexphys@gmail.com Website: www.kbexercise.com.au
Mandy's Fitness Depot	Various locations	Contact Mandy/see Facebook for class timetable	\$15 per class \$55 for a 1 on 1 session	Mandy Wells Phone: 0448 061 633 Email: fitnessdepot@msn.com Facebook: Mandy's Fitness Depot
Movement. Training.	Specialized Performance & Recovery 1 Campbell St. Swan Hill.	Monday & Tuesday		Contact Facility 0435243314 Email: millyopthoog97@gmail.com Instagram: @mil_movement



SWIMMING	Address	Day/Time	Cost	Contact Info
Aqua Aerobics	Swan Hill Leisure Centre, 21 Pritchard St, Swan Hill	Monday 5:45pm Tuesday 10:00am Wednesday 10:00am & 5:45pm Thursday 10:00am Friday 9:30am	Adult \$9 per class Concession \$8 per class Membership options available	Leisure Centre Phone: 5032 5222 Website: https://swanhilllc.com.au/
Swan Hill Outdoor Pool	Monash Drive, Swan Hill	Open from November to March. Early swimming: Monday, Wednesday & Friday 6:00am – 8:00am, Regular swimming: Monday – Sunday 11.00am – 7.00pm	Child \$3.30 Adult \$4.30 Concession \$3.30 (see website for full list of entry fees and season passes)	Phone: 5032 2264 Website: https://www.swanhillpool.com.au/
Indoor Swimming Pool	Swan Hill Leisure Centre, 21 Pritchard St, Swan Hill	Monday – Thursday 6am-8pm Friday 6am-7pm Saturday 8am-5pm Sunday 10am-5pm	Concession \$4.50 Adult \$6.50 10 visit pass – Adult \$57.00 Concession \$38.50 (see website for full list of entry fees)	Phone: 5032 5222 Website: https://swanhilllc.com.au/

SPORTS	Address	Day/Time	Cost	Contact Info
Swan Hill Basketball association	The Stadium, 15 Gray St Swan Hill	Varies for each grade, contact association for more information	Contact association	Administrators: Kylie Kelly Email: shba@bigpond.net.au Phone 0409 559 705 Georgia Styles Email stylesg@bigpond.net.au Phone 0497 286 270
Swan Hill Badminton Association	The Stadium, 15 Gray St Swan Hill	Contact Association	Contact Association	Email: shba@outlook.com.au
Murray Downs Golf & Country Club	Murray Downs Drive NSW, 2734	7am-5:30pm or 7am- 7:30pm during daylight savings	See website for all membership deals and golf fees	Phone: (03)5033 1422 Email: clubinfo@mdclubs.com.au Website: www.murraydownsgolf.com.au
Lakeside Golf Club Lake Boga	Lalbert Rd, Lake Boga VIC 3584	Open from March to September Contact club for more information	Contact Club	Club phone: 5037 2728



eat fruit & veg move more often smile together

Nyah West Golf Club & Disc Golf	202 Yarraby Road, Nyah West	Open from April to September Contact club for more information	Contact Club	Graham Muir Phone: 0418 350 280 Email: nyahwestgc@gmail.com Facebook group: https://www.facebook.com/groups/991369331310261/
Swan Hill Lawn Tennis Club	58 Yana St, Swan Hill	Various competitions running on Wednesdays, Thursdays and Saturdays Visit Website for more information	\$10 for casual use of courts Club membership required + weekly playing fees of up to \$6 for competitions	Phone: 5032 1823 Email: secretary@swanhilltennis.com.au Website: www.swanhilltennis.com.au
Swan Hill Croquet Club	58 Yana St Swan Hill,	Wednesdays and Saturdays 12:30pm	Contact club	Julie Barber Phone: 0473 964 276 Or 03 5037 6766 Email: laurie.barber@bigpond.com
Nyah District Tennis Club	Nyah West - Chinkapook Rd	Contact Club	Contact Club	Andrew Flanagan Phone: 0428 302 228 Email: avflanagan@bigpond.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	April – September Mondays 7pm	Contact Club	Alan Thompson Phone: 0417 303 820 Email: althompson3@bigpond.com
Lakers Cricket Club (Lake Boga and Mystic Park)	57 Marraboor St, Lake Boga	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Luke Dear Phone: 0438 522 073 Email: Lakerscc3584@gmail.com Website: http://lakers.vic.cricket.com.au/
Nyah District Cricket Club	42 River St, Nyah	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Ritchie Boulton Phone: 0427 302 819 Email: nyahdistrictcc@club.cricketvictoria.com.au



Swan Hill RSL Cricket Club Inc.	Gurnett Oval, 1 Purtons Ln, Swan Hill VIC 3585	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Patrick Caldwell Phone: 0438 116 080 Email: petrina86@hotmail.com
Tooleybuc/Manangatang District Cricket Club	Murray St, Tooleybuc Sporting Reserve	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Adrian Gordon Phone: 0417 391 979 Email: gordonadrian017@gmail.com
Ultima/TUF Cricket Club	Alan Garden Reserve, Pritchard St Swan Hill	Training 1-2 nights per week and play Saturdays in Summer	Contact Club	Leigh Matthews Phone: 0407 848 321 Email: ultimatufcricketclub@gmail.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	Sean White Phone: 0437 248 348 Email: stmarystyntyndercc@gmail.com Website: http://www.stmarystyntynder.vic.cricket.com.au/default.aspx?
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: Swan Hill Soccer League Email: admin@swanhillsoccer.com
Swan Hill Adult Futsal	Leisure Centre Gymnasium 21 Pritchard St, Swan Hill	See Facebook for updates or contact Sue	Contact Club	Facebook: Futsal Swan Hill – Senior Email: admin@swanhillsoccer.com
Central Murray Football League Umpire Association	Ken Harrison Reserve, 58 Yana St, Swan Hill	Contact Association	Contact Association	Phone: 5033 0176 Email: crl_umpires@outlook.com
Mixed Netball	The Stadium, 15 Gray St, Swan Hill	Wednesday nights	Contact Association	Email: comanagement@bigpond.com

Central Murray Football Netball League	Address	Day/Time	Cost	Contact Info
Swan Hill Football & Netball Club Inc.	Swan Hill Football oval + Alan Garden	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Chris Craig-Neal Phone: 0437 318 900 Email: chriscn@bigpond.com



	Reserve Netball Courts, Pritchard St			
Lake Boga Football Netball Club	Lake Boga Recreation Reserve, 57 Marraboor St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Joe O'Reilly Phone: 0427 329 911 Email: joreilly@brcagents.com.au</p> <p>Sheridan Harrop Phone: 0422 261 383 Email: boganetballnews@gmail.com</p>
Nyah/Nyah West United Football Netball Club	Nyah Recreation Reserve, 42 River St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Jarrod Skinner Phone: 0438 320 228 Email: president@nnwufnc.com.au</p> <p>Melanie Henson Phone: 0429 482 441 Email: netball@nnwufnc.com.au</p>
Mallee Eagles Football Netball Club	Lalbert Recreation Reserve, Evelyn St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Tony Holloway Phone: 0401 484 616 Email: malleeeagles@outlook.com</p> <p>Sarah Young Phone: 0408 501 538 Email: malleeeagles@outlook.com</p>
Tooleybuc/Manangatang Football Netball Club	Managatang/ Tooleybuc Football Oval, Sport St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Rick Plant Phone: 0427 562 480 Email: rickplant4@bigpond.com</p>
Tyntynder Football Netball Club	Tyntynder Football Oval, Pritchard St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Luke Kelly Phone: 0400 778 198 Email: luke@swanhillbluesky.com.au</p> <p>Georgia Styles Phone: 0497 286 270</p>
Woorinen Football Netball Club	Woorinen Netball Courts, Reserve Rd Woorinen	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	<p>Craig Threadgold Phone: 0428 503 022 Email: craig.threadgold@icloud.com</p> <p>Gabe Mudge Phone: 0408 376 770</p>



Balranald Football Netball Club	Balranald football Netball Recreation, Church St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tony Stead Phone: 0407 678 519 Email: crow.stead@gmail.com Bronwyn Brougham Phone: 0406 616 358 Email: inthegarden2715@gmail.com
Cohuna Football Netball Club	Cohuna Football Netball Recreation, Tennis Rd	April – September Train 1 - 2 nights a week and play on Saturdays	Contact club	Rick Easton Phone: 0484 129 261 Email: rjeaston18@gmail.com Kim Lister Phone: 0428 557 473
Kerang Football Netball Club	Kerang Football Netball Recreation, Scoresby St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Kirstyn Waddingham Phone: 0408 509 221
Koondrook Barham Football Netball Club	Koondrook Barham Football Netball Recreation, Penglase St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	David Blake Phone: 0419 398 485 Julie Franklin Phone: 0429 841 699

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: http://www.swanhillbikestrikes.com.au/

OTHER ACTIVITIES	Address	Day/Time	Cost	Contact Info
Lake Boga Yacht Club	73 Murray Valley Highway, Lake Boga	Yacht Club sails most Sundays from mid September through until the end of April	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
Manangatang & District Bowling Club Inc.	16 Larundel Street Manangatang VIC 3546	Contact Club	Contact Club	Venue Phone: (03) 5035 1468
Swan Hill Bowls Club Inc	Corner Curlewis St & McCallum St 3585 Swan Hill, VIC	Contact Club	Contact Club	Venue Phone: 5032 1772 Email: swanhillbowlsclub@gmail.com Facebook: Swan Hill Bowls Club
Barefoot Social Bowls	Murray Downs Drive NSW, 2734	Tuesdays 7pm February - April	\$5 per person	Email: murraydownsbowls@gmail.com
Lake Boga Bowling Club	9 Jacaranda Cres, Lake Boga	Contact Club	Contact Club	Rod Wickham Phone: 0447 382 007 Facebook: Lake Boga Bowling Club
Swan Hill Racecourse Bowls Club	Racecourse, Gray St	Contact Club	Contact Club	Phone: 0428 324 042 Email: shrbowls@bigpond.com Facebook: Swan Hill Racecourse Bowls Club
Nyah District Bowling Club	110 Monash Ave, Nyah West	Contact Club	Contact Club	Phone: 5030 2588 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
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	Club Day Racing held on the last Sunday of the month.	Contact Club	Phone: 0484 087 234 Email: swanhillkartclub@gmail.com Facebook: Swan Hill Kart Club
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: https://swanyogabliss.com.au/
Rock 'n' Roll Dance	Murray Downs Club	1 st & 3 rd Monday of the month. Starting at 7:30pm	Free	Murray Downs Club Reception Phone: 5033 1422 Facebook: Swan Hill Rock'n'Roll Club



Ballroom dancing (Tyntynder)	Tyntynder South Hall	2 nd Saturday of each month starting at 8:00pm	Contact Garry	Garry Johnstone Phone: 0427 439 001 Email: beartalk1785@gmail.com
Swan Hill Boxing Club	Behind the Leisure Centre, in chook shed	Mixed – Mon + Wed 6-7pm.	\$5.00 per session	Phone: 0437 002 429 Facebook: Swan Hill Boxing Club
Swan Hill Jiu Jitsu	175-177 Beveridge St, Swan Hill	Women's only: Tuesday 6pm Adults Gi: Monday and Wednesday 6pm Adults NoGi: Tuesday 7pm	First week free Contact club for membership options	Phone: 0497 808 686 Email: sh.jiujiitsu@gmail.com Website: https://www.swanhilljiujitsu.com.au/
Dance It Up Swan Hill	Italian Social Club, Yana St Swan Hill	Adult Dance Fitness Class – Thursday 6:15pm-7:15pm	\$13 per week or \$130 per term	Nikki Capone Phone: 0439 322 283 Email: admin@danceitupswanhill.com Website: https://www.danceitupswanhill.com/
Richardson Dance Studio	The Masonic Hall – 118 Beveridge St, Swan Hill	Adult Dance Fitness Class – Wednesday 7-8pm starting in Term 2 (runs in 5 week blocks)	Contact studio	Kaiti Phone: 0459 783 787 Website: www.richardsondancestudio.com Email: dancestudiosh@gmail.com
Golden Groovers chair based exercise	Swan Hill Neighbourhood House	Tuesday & Friday 9:30-10:30am	\$5 per class	Delia Baber Phone: 0427 332 052 Email: reception@shnh.org.au
Tai Chi	Swan Hill Neighbourhood House	Tuesday 6:30-7:30pm during school terms	\$5 per class	Swan Hill Neighbourhood House Phone: 5032 1549 Email: reception@shnh.org.au
Park Run Lake Boga - Foreshore	Lake Boga Foreshore, Willakool Drive, Lake Boga, VIC 3584	Every Saturday at 8:00am	Free	Email: lakebogaforeshore@parkrun.com Website: https://www.parkrun.com.au/lakebogaforeshore/
Specialized Performance and Recovery Pilates	1 Campbell St, Swan Hill	24/7 access for members, contact club for timetable.	2x Intro classes \$30 1 class \$20 10 class pass \$180 20 class pass \$320	Brodie Bennett Phone: 0418 355 840 Website: https://www.specializedperformance.com.au/
The Vive Pilates Studio	Level 1, 19 McCrae St,	Timetable available on the	-New client special 2x classes \$30.00	Phone: 0422 035 990 Email: thevive@hotmail.com



eat fruit & veg move more often smile together

	Swan Hill (above Modern Natural)	website	-Casual class \$25.00 -10 pass \$ 210.00 -20 pass \$ 370.00	Website: https://www.thevivestudiopilates.com/shop
--	--	---------	---	--

Updated February 2023

For more information contact:

Health Promotion team

Community Health

125 Campbell Street, Swan Hill

Phone: 03 5033 9337 Fax: 03 5036 4561 Email: chreception@shdh.org.au

