

Physical Activity Options for Primary School Age Children

The Australian Government recommend children and young people do at least 60 minutes each day of moderate to vigorous physical activity that makes the heart beat faster. More is better.

It doesn't have to be a full 60 minutes at once – several shorter sessions through the day work too.

At least 3 days per week, children and young people should incorporate vigorous activities and activities that strengthen muscle and bone in the 60 minutes.

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

Below is a list of local options for planned and unplanned physical activity school age children.

Organisation	Address	Day/Time	Cost	Contact
Swan Hill Leisure Centre	21 Pritchard St, Swan Hill	Monday-Thursday: 6am-11am & 3pm-8pm Friday: 6am-11am & 3pm-7pm Saturday: 8am-5pm Sunday: 10am-5pm	Casual swim - \$6.50 - adult - \$4.50 – child/concession - \$2.10 - infant - \$18.50 - family Swimming lessons - \$11-\$14	Indoor Pool Phone: 5032 5222 Website: http://www.swanhilllc.com.au/
Swan Hill Outdoor Pool	Monash Drive, Swan Hill Facilities: -Waterslide (extra cost) -Diving Board -25m & 50m pool	Monday, Wednesday, Friday mornings: 6am-9am Monday-Friday: 1pm-7pm Saturday & Sunday: 11am-7pm open in November-March	Causal swim - \$4.30 – adult - \$3.30 – child/concession - \$2.00 – infant - \$17.00 – family Season passes are also available	Outdoor Pool Phone: 5032 2264 Website: https://www.swanhillpool.com.au/
Swan Hill Nyah Two Bays	Swan Hill Leisure Centre Outdoor Pool (in Summer) 21 Pritchard St, Swan Hill	Contact Club	Contact Club	Email: coach.ntbsh@gmail.com Website: https://www.twobaysswimming.org.au/



Swan Hill RSL Cricket Club	North Park Oval (Swan Hill Secondary College)	Under 11's: Fridays from 5:30pm Under 13's: Saturdays from 8:30am October to March	Contact club	Patrick Caldwell Phone: 0493 682 799 Email: petrina86@hotmail.com
Woorinen Cricket Club	119 Reserve Rd, Woorinen	Under 13's: Saturdays from 8:30am October to March	Contact Club	Dean Morpeth Phone: 0418 364 446 Email: dean@morpethfarms.com.au
Ultima TUF Cricket Club	Alan Garden Reserve, Swan Hill	Under 13's: Saturdays from 8:30am October to March	Contact Club	Email: ultimatufcricketclub@gmail.com Facebook: Ultima TUF Cricket Club
Lakers Cricket Club (Lake Boga and Mystic Park)	57 Marraboor St, Lake Boga	Under 11's: Fridays from 5:30pm Under 13's: Saturdays from 8:30am October to March	Contact Club	Luke Dear Phone: 0438 522 073 Email: Lakerscc3584@gmail.com Website: http://lakers.vic.cricket.com.au/
Dance Force	10 Jennings Road, Swan Hill	Throughout School terms: Timetable on website	Costs per term: \$125-\$180 per term depending on length of class	Joanne Shippides Phone: 0408 845 920 Email: danceforceswanhill@gmail.com Website: www.danceforceswanhill.com.au
Dance It Up Swan Hill	Italian Social Club – Ken Harrison Reserve, Yana Street, Swan Hill	Throughout School terms: Timetable on Website	Costs per term: \$130 per term for 1hr classes	Nikki Capone: 0439 322 283 Email: admin@danceitupswanhill.com Website: https://www.danceitupswanhill.com/



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Richardson Dance Studio	The Masonic Hall – 118 Beveridge St, Swan Hill	Throughout School terms: Timetable on Website	Costs per term: \$170 per term for one class Family discounts apply	Kaiti Walters Phone: 0459 783 787 Email: dancestudiosh@gmail.com Website: https://www.richardsondancestudio.com/
Swan Hill City & District Netball	The Stadium, 15 Gray St	Wednesdays 4-4:45 Netsetgo 5-6pm Grades 3-8 May to August	Contact association	Email: swanhillnetball@gmail.com Facebook: Swan Hill City & District Netball Association
Swan Hill Soccer	Ken Harrison Reserve - Yana St, Swan Hill	Games: Saturday Mornings from March to September	Contact association	Sue Fox: 0419 535 641 Email: admin@swanhillsoccer.com Facebook: Swan Hill Soccer League
Swan Hill Little Athletics Inc.	Swan Hill Little Athletics Shed – Ken Harrison Reserve	Friday: 5pm-6:30pm During Term 4 & Term 1	\$99 per person	Email: swanhill@lavic.com.au Facebook: Swan Hill Little Athletics Website: http://www.swanhilllac.com.au/
Swan Hill Pony Club	2-12 Cemetery Road, Lake Boga	1 st & 3 rd Sundays of the Month at 9am	\$220/year + \$5 rally fee (includes lunch)	Lisa: 0427 346 202 Email: swanhillponyclub@gmail.com
Swan Hill Skate Park	Riverside Park	All day	Free	N/A
Swan Hill Rural City Council – After School Program	Swan Hill Primary School, Gray St, Swan Hill	Monday-Friday: 3:15pm-6:15pm	Contact Council for fees	Out of School Hours Care Phone: 5036 2321 Email: oosh@swanhill.vic.gov.au
Swan Hill Rural City Council – Vacation care Program	Various locations	Monday – Friday: 8am-6pm during school holidays (some exclusions apply)	Contact Council for fees	Out of School Hours Care Phone: 5036 2321 Email: oosh@swanhill.vic.gov.au



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Swan Hill Boxing Club 11 yrs + for both boys & girls	Swan Hill Leisure Centre (Chook Shed)	Wednesday: Juniors 4:30pm (45 mins)	Cost per class \$5 with mats & gloves being provided	Phone: 0437 002 429 Facebook: Swan Hill Boxing Club
Swan Hill Jiu-Jitsu 6 yrs & older -must have completed 1 year of primary school	175-177 Beveridge St, Swan Hill	Monday & Wednesday: 5pm-5:50pm	Weekly cost: \$20 per week, additional children \$5 extra. Additional cost: Gi Uniform	Phone: 0497 808 686 Email: sh.jiujitsu@gmail.com Website: www.swanhilljiujitsu.com.au
Scouts – Swan Hill	Ken Harrison Reserve, Swan Hill	Sessions: Mondays & Tuesdays from 6pm	Annual Membership cost: \$248/year	Email: reception@scoutsvictoria.com.au Website: https://scoutsvictoria.com.au/location/SWAN-HILL/
Scouts – Lake Boga	Lake Boga Yacht Club	Sessions: Tuesdays 5:30pm & Wednesdays 7pm	Annual Membership cost: \$248/year	Email: 1stlakebogascouts@gmail.com Website: https://scoutsvictoria.com.au/location/1ST-LAKE-BOGA/
Girl Guides Swan Hill 7-12 yrs+	Guide Hall (next to Swan Hill College)	Sessions: Wednesdays 4:30-6pm	\$75 per term or \$280 for 4 terms + Uniform cost - \$31.50	Leone Walbran: 5032 4454 Email: leone.walbran2@bigpond.com Website: https://www.guidesvic.org.au/
Murray Downs Golf Club	Murray Downs Golf & Country Club	Open 7am-7pm for casual visits	Contact Club	Murray Down Golf & Country Club (Pro Shop): 5033 1422 Email: clubinfo@mdclubs.com.au Website: www.murraydownsgolf.com.au



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Swan Hill Lawn Tennis	Ken Harrison Sporting Complex – Yana St, Swan Hill	Summer – Friday 5pm-late	Junior Season Membership - \$50 \$10 for casual use of courts	Phone: 5032 1823 Email: secretary@swanhilltennis.com.au Website: www.swanhilltennis.com.au
Swan Hill Motorcycling Club	Swan Hill Motorplex, Sea Lake-Swan Hill Rd, Swan Hill	Contact for more details	Contact club	Facebook: Swan Hill Motorcycling Club Website: www.swanhillmcc.com Email: swanhillmcc@gmail.com
Lake Boga Yacht Club Inc. Come along with parents – nothing specific for children	Lake Boga Yacht Club, Lake Boga	September to April, Sunday mornings	No initial fee	Peter Porter Phone: 0432 681 655 Email: buddy31.pp@gmail.com Website: http://lakebogayachtclub.org.au/
Swan Yoga Bliss Children can attend with parents.	Contact Nat for more info regarding different locations of classes.	Run throughout the whole year	Starting from \$23 per class \$180 for a 10 Class Pass	Natalie Jenkins: 0413 092 452 Email: nat@swanyogabliss.com.au Website: swanyogabliss.com.au



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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	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
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	Joe O'Reilly Phone: 0427 329 911 Email: joreilly@brcagets.com.au Sheridan Harrop Phone: 0422 261 383 Email: boganetballnews@gmail.com
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	Jarrod Skinner Phone: 0438 320 228 Email: president@nnwufnc.com.au Melanie Henson Phone: 0429 482 441 Email: netball@nnwufnc.com.au
Mallee Eagles Football Netball Club	Lalbert Recreation Reserve, Evelyn St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tony Holloway Phone: 0401 484 616 Email: malleeeagles@outlook.com Sarah Young Phone: 0408 501 538 Email: malleeeagles@outlook.com
Tooleybuc/Manangatang Football Netball Club	Manag-atang/Tooleybuc Football Oval, Sport St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Rick Plant Phone: 0427 562 480 Email: rickplant4@bigpond.com
Tyntynder Football Netball Club	Tyntynder Football Oval, Pritchard St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Luke Kelly Phone: 0400 778 198 Email: luke@swanhillbluesky.com.au Georgia Styles Phone: 0497 286 270



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Woorinen Football Netball Club	Woorinen Netball Courts, Reserve Rd Woorinen	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tim Philips Phone: 0417 397 698 Email: president@woorinentigers.com.au Gabe Mudge Phone: 0408 376 770
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	Ashley Wise Phone: 0403 689 389 Email: ashleywise100@gmail.com 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 Email: david@hsa.com.au Julie Franklin Phone: 0429 841 699

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For more information contact:

Health Promotion team

Community Health



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