

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: <u>http://www.swanhilllc.com.a</u> <u>u/</u>
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: <u>https://www.swanhillpool.co</u> <u>m.au/</u>
Swan Hill Nyah Two Bays	Swan Hill Leisure Centre Outdoor Pool (in Summer) 21 Pritchard St, Swan Hill	Contact Club	Contact Club	Email: <u>coach.ntbsh@gmail.com</u> Website: <u>https://www.twobaysswimmi</u> <u>ng.org.au/</u>



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: <u>ultimatufcricketclub@gmail.c</u> <u>om</u> 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 Shipsides Phone: 0408 845 920 Email: danceforceswanhill@gmail.c om Website: www.danceforceswanhill.co m.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.co m Website: https://www.danceitupswan hill.com/



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.richardsondanc estudio.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: <u>swanhillnetball@gmail.com</u> Facebook: Swan Hill City & District Netball Assosciation
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: <u>swanhill@lavic.com.au</u> Facebook: Swan Hill Little Athletics Website: <u>http://www.swanhilllac.com.</u> <u>au/</u>
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.co <u>m</u>
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



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: <u>sh.jiujitsu@gmail.com</u> Website: <u>www.swanhilljiujitsu.com.au</u>
Scouts – Swan Hill	Ken Harrison Reserve, Swan Hill	Sessions: Mondays & Tuesdays from 6pm	Annual Membership cost: \$248/year	Email: <u>reception@scoutsvictoria.co</u> <u>m.au</u> Website: <u>https://scoutsvictoria.com.au</u> <u>/location/SWAN-HILL/</u>
Scouts – Lake Boga	Lake Boga Yacht Club	Sessions: Tuesdays 5:30pm & Wednesdays 7pm	Annual Membership cost: \$248/year	Email: <u>1stlakebogascouts@gmail.co</u> <u>m</u> Website: <u>https://scoutsvictoria.com.au</u> <u>/location/1ST-LAKE-BOGA/</u>
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.co m Website: https://www.guidesvic.org.au L
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



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.co m.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: <u>www.swanhillmcc.com</u> Email: <u>swanhillmcc@gmail.com</u>
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: <u>buddy31.pp@gmail.com</u> Website: <u>http://lakebogayachtclub.org</u> .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: <u>nat@swanyogabliss.com.au</u> Website: swanyogabliss.com.au



Central Murray	Address	Day/Time	Cost	Contact Info
Football Netball			COST	
League				
Swan Hill	Swan Hill	April –	Contact	Chris Craig-Neal
Football &	Football oval	September	Club	Phone: 0437 318 900
Netball Club Inc.	+ Alan Garden	Train 1 - 2		Email: <u>chriscn@bigpond.com</u>
	Reserve	nights a week		
	Netball	and play on		
	Courts,	Saturdays		
	Pritchard St			
Lake Boga	Lake Boga	April –	Contact	Joe O'Reilly
Football Netball	Recreation	September	Club	Phone: 0427 329 911
Club	Reserve, 57	Train 1 - 2		Email: joreilly@brcagents.com.au
	Marraboor St	nights a week		
		and play on		Sheridan Harrop
		Saturdays		Phone: 0422 261 383 Email:
				boganetballnews@gmail.com
Nyah/Nyah West	Nyah	April –	Contact	Jarrod Skinner
United Football	Recreation	September	Club	Phone: 0438 320 228
Netball Club	Reserve, 42	Train 1 - 2	Club	Email:
	River St	nights a week		president@nnwufnc.com.au
		and play on		<u>p. co. c C</u>
		Saturdays		Melanie Henson
				Phone: 0429 482 441
				Email: netball@nnwufnc.com.au
Mallee Eagles	Lalbert	April –	Contact	Tony Holloway
Football Netball	Recreation	September	Club	Phone: 0401 484 616
Club	Reserve,	Train 1 - 2		Email: malleeeagles@outlook.com
	Evelyn St	nights a week		
		and play on		Sarah Young
		Saturdays		Phone: 0408 501 538
Tooleybuc/Man-	Manag-atang/	April –	Contact	Email: <u>malleeeagles@outlook.com</u> Rick Plant
angatang	Tooleybuc	September	Club	Phone: 0427 562 480
Football Netball	Football Oval,	Train 1 - 2	Club	Email: rickplant4@bigpond.com
Club	Sport St	nights a week		<u>Interpreter englisher eng</u>
		and play on		
		Saturdays		
Tyntynder	Tyntynder	April –	Contact	Luke Kelly
Football Netball	Football Oval,	September	Club	Phone: 0400 778 198
Club	Pritchard St	Train 1 - 2		Email:
		nights a week		luke@swanhillbluesky.com.au
		and play on		
		Saturdays		Georgia Styles
				Phone: 0497 286 270



Football Netball ClubNetball Courts, Reserve Rd WoorinenSeptember Train 1 - 2 nights a week and play on SaturdaysClubPhone: 0417 397 698 Email: president@woorinentigers.com.auBalranald Football Netball ClubBalranald football Netball ClubApril – September Train 1 - 2 nights a week and play on SaturdaysContact ClubTony Stead Phone: 0407 678 519 Email: orow.stead@gmail.comCohuna Football Netball ClubCohuna Football NetballApril – September Train 1 - 2 nights a week and play on SaturdaysContact ClubTony Stead Phone: 0407 678 519 Email: crow.stead@gmail.comCohuna Football Netball ClubCohuna Football NetballApril – September Train 1 - 2 nights a week and play on SaturdaysContact ClubRick Easton Phone: 0428 557 473Kerang Football Netball ClubKerang Football NetballApril – September Train 1 - 2 nights a week and play on SaturdaysContact ClubContact Kim Lister Phone: 0428 557 473Kerang Football Netball ClubKerang Football NetballApril – September Train 1 - 2 nights a week and play on SaturdaysContact ClubAshley Wise Phone: 0403 689 389 Email: ashleywise100@gmail.comKoondrook Barham Football Netball NetballKoondrook Barham September Train 1 - 2 nights a weekContact ClubContact David Blake Phone: 0419 398 485 Email: david@hsa.com.auKoondrook Barham NetballKoondrook Barham Football NetballApril – S	Woorinen	Woorinen	April	Contact	Tim Dhiling
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		Recreation,	and play on		Julie Franklin
Penglase St Saturdays Phone: 0429 841 699		· · ·			

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For more information contact: Health Promotion team

Community Health







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