

## 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 [Physical Activity Guidelines](#)

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

Organisation	Address	Day/Time	Cost	Contact
<b>Swan Hill Aquatic and Recreation Centre Indoor Pool</b>	21 Pritchard St, Swan Hill	<b>Monday-Thursday:</b> 6am-11am & 3pm-8pm <b>Friday:</b> 6am-11am & 3pm-7pm <b>Saturday:</b> 8am-5pm <b>Sunday:</b> 10am-5pm	<b>Casual swim</b> - \$7.20 - adult - \$4.90 – child/concession - \$2.40 - infant (under 4) - \$20.60 - family  <b>Swimming lessons</b> - \$12-16 per session	<b>Indoor Pool</b> <b>Phone:</b> 5032 5222 <b>Website:</b> <a href="http://www.swanhillc.com.au/">http://www.swanhillc.com.au/</a>
<b>Swan Hill Outdoor Pool</b>	Monash Drive, Swan Hill  <b>Facilities:</b> -Waterslide (extra cost) -Diving Board -25m & 50m pool	<b>Monday, Wednesday, Friday mornings:</b> 6am-8am <b>Monday-Friday:</b> 1pm-7pm <b>Saturday &amp; Sunday:</b> 11am-7pm open in November-March	<b>Causal swim</b> - \$4.30 – adult - \$3.30 – child/concession - \$2.00 – infant - \$17.00 – family Season passes are also available	<b>Outdoor Pool</b> <b>Phone:</b> 5032 2264  <b>Website:</b> <a href="https://www.swanhillpool.com.au/">https://www.swanhillpool.com.au/</a>
<b>Swan Hill Nyah Two Bays</b>	Swan Hill Leisure Centre Outdoor Pool (in Summer) 21 Pritchard	Contact Club	Contact Club	<b>Email:</b> <a href="mailto:coachbayley@ntbsh@gmail.com">coachbayley@ntbsh@gmail.com</a> <b>Website:</b> <a href="https://www.twobaysswimming.org.au/">https://www.twobaysswimming.org.au/</a>



	St, Swan Hill			
<b>Swan Hill RSL Cricket Club</b>	Gurnett Oval, (Swan Hill Secondary College) 1 Purtons Ln, Swan Hill	<b>October – March</b> <u>Under 11's:</u> Fridays: 5:30pm  <u>Under 13's:</u> Saturdays: 8:30am	Contact club	<b>Patrick Caldwell</b> <b>Phone:</b> 0493 682 799 <b>Email:</b> <a href="mailto:petrina86@hotmail.com">petrina86@hotmail.com</a> <b>Website:</b> <a href="http://playhq.swanhillrslcricketclub.com">playhq.swanhillrslcricketclub.com</a>
<b>Woorinen Cricket Club</b>	119 Reserve Rd, Woorinen	<b>October - March</b> <u>Under 11's</u> Fridays: 5:30pm  <u>Under 13's</u> Saturdays: 8:30am	Contact Club	Dean Morpeth- Senior Coach <b>Phone:</b> 0418 364 446 <b>Email:</b> <a href="mailto:dean@morpethfarms.com.au">dean@morpethfarms.com.au</a> <b>Website:</b> <a href="http://playhq.woorinencc.com">playhq.woorinencc.com</a> <b>Facebook:</b> <a href="https://www.facebook.com/WoorienCricketClub">WoorienCricketClub</a>
<b>Ultima TUF Cricket Club</b>	Alan Garden Reserve, Pritchard St, Swan Hill	<b>October - March</b> <u>Under 11's</u> Fridays: 5:30pm  <u>Under 13's</u> Saturdays: 8:30am	Contact Club	Leigh Matthews <b>Phone:</b> 0407 848 321 <b>Email:</b> <a href="mailto:ultimatufcricketclub@gmail.com">ultimatufcricketclub@gmail.com</a> <b>Facebook:</b> <a href="https://www.facebook.com/UltimaTUFCricketClub">UltimaTUFCricketClub</a> <b>Website:</b> <a href="http://playhq.ultimatufcricketclub">playhq.ultimatufcricketclub</a>
<b>Lakers Cricket Club (Lake Boga and Mystic Park)</b>	57 Marraboer St, Lake Boga	<b>October - March</b> <u>Under 11's</u> Fridays: 5:30pm  <u>Under 13's</u> Saturdays: 8:30am	Contact Club	Luke Dear <b>Phone:</b> 0438 522 073 <b>Email:</b> <a href="mailto:Lakerscc3584@gmail.com">Lakerscc3584@gmail.com</a> <b>Website:</b> <a href="http://playhq.lakerscricketclub.com">playhq.lakerscricketclub.com</a>
<b>Passion and Passion Studio</b>	10 Jennings Road, Swan Hill	<b>Throughout School terms:</b> Timetable on website	<b>Costs per term:</b> \$125-\$180 per term depending on length of class	<b>Joanne Shippides</b> <b>Phone:</b> 0408 845 920 <b>Email:</b> <a href="mailto:danceforceswanhill@gmail.com">danceforceswanhill@gmail.com</a> <b>Facebook:</b> <a href="https://www.facebook.com/p/Passion-and-Purpose-studios-">https://www.facebook.com/p/Passion-and-Purpose-studios-</a>



**eat fruit & veg move more often smile together**

				<a href="http://Swan-Hill-100047289311822/">Swan-Hill-100047289311822/</a>
<b>Dance It Up Swan Hill</b>	Italian Social Club – Ken Harrison Reserve, Yana Street, Swan Hill	<b>Throughout School terms:</b> Timetable on Website *limited spots available call to confirm if there are openings	<b>Costs per term:</b> \$130 per term for 1hr classes	<b>Nikki Capone:</b> 0439 322 283 <b>Email:</b> <a href="mailto:admin@danceitupswanhill.com">admin@danceitupswanhill.com</a> <b>Website:</b> <a href="https://www.danceitupswanhill.com/">https://www.danceitupswanhill.com/</a>
<b>Richardson Dance Studio</b>	The Masonic Hall – 118 Beveridge St, Swan Hill	<b>Throughout School terms:</b> Timetable on Website	<b>Costs per term:</b> Contact the studio for prices	<b>Kaiti Walters</b> <b>Phone:</b> 0459 783 787 <b>Email:</b> <a href="mailto:dancestudiosh@gmail.com">dancestudiosh@gmail.com</a> <b>Website:</b> <a href="https://www.richardsondancestudio.com/">https://www.richardsondancestudio.com/</a>
<b>Swan Hill City &amp; District Netball</b>	The Stadium, 15 Gray St	<b>May - August</b> <u>Grades 3-8 years</u> Wednesdays NetSetGo: 4pm Netball: 5pm	Contact association	Felicity Robertson- President <b>Email:</b> <a href="mailto:swanhillnetball@gmail.com">swanhillnetball@gmail.com</a> <b>Facebook:</b> <a href="https://www.facebook.com/SwanHillCity&amp;DistrictNetballAssociation">SwanHillCity&amp;DistrictNetballAssociation</a>
<b>Swan Hill Soccer League</b>	Ken Harrison Reserve - Yana St, Swan Hill	<b>March – September</b> Saturday Mornings  Check Facebook page for more updates/programs	Contact association	<b>Sue Fox:</b> 0419 535 641 <b>Email:</b> <a href="mailto:admin@swanhillsoccer.com">admin@swanhillsoccer.com</a> <b>Facebook:</b> <a href="https://www.facebook.com/SwanHillSoccerLeague">SwanHillSoccerLeague</a>
<b>Swan Hill Basketball Association</b>	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 'Play Basketball' page and 'Programs' page for more information	Contact facility	<b>Email:</b> <a href="mailto:shba@bigpond.net.au">shba@bigpond.net.au</a> <b>Phone:</b> 0461 596 947 <b>Website:</b> <a href="https://shba.org.au/">https://shba.org.au/</a> <b>Facebook:</b> <a href="https://www.facebook.com/SwanHillBasketball">SwanHillBasketball</a>



**eat fruit & veg move more often smile together**

<b>Swan Hill Little Athletics Inc.</b>	Swan Hill Little Athletics Shed – Ken Harrison Reserve	<b>Friday:</b> 5pm-7pm During Term 4 & Term 1  In winter, cross-country events held at various locations around Swan Hill alternating between Friday evening and Sunday morning. Dates and locations TBC	\$110 per person + uniform costs	<b>Email:</b> <a href="mailto:swanhill@lavic.com.au">swanhill@lavic.com.au</a> <b>Facebook:</b> Swan Hill Little Athletics <b>Website:</b> <a href="http://www.swanhilllac.com.au/">http://www.swanhilllac.com.au/</a>
<b>Swan Hill Pony Club</b>	2-12 Cemetery Road, Lake Boga	Rally every 1 <sup>st</sup> & 3 <sup>rd</sup> Sundays of the Month at 10am	\$220/year + \$5 rally fee (includes lunch)	<b>Name:</b> Lisa <b>Phone:</b> 0427 346 202 <b>Email:</b> <a href="mailto:swanhillponyclub@gmail.com">swanhillponyclub@gmail.com</a>
<b>Swan Hill Skate Park</b>	Riverside Park	All day	Free	N/A
<b>Swan Hill Rural City Council – After School Program</b>	Swan Hill Primary School, Gray St, Swan Hill	<b>Monday-Friday:</b> 3:15pm-6:15pm	Contact Council for fees	<b>Out of School Hours Care</b> <b>Phone:</b> 5036 2321 <b>Email:</b> <a href="mailto:oosh@swanhill.vic.gov.au">oosh@swanhill.vic.gov.au</a>
<b>Swan Hill Rural City Council – Vacation care Program</b>	Various locations	<b>Monday – Friday:</b> 8am-6pm during school holidays (some exclusions apply)	Contact Council for fees	<b>Out of School Hours Care</b> <b>Phone:</b> 5036 2321 <b>Email:</b> <a href="mailto:oosh@swanhill.vic.gov.au">oosh@swanhill.vic.gov.au</a>
<b>Swan Hill Boxing Club</b> 11 yrs + for both boys & girls	Swan Hill Leisure Centre (Chook Shed)	<b>Wednesday: Juniors</b> 4:30pm – 5.15pm	<b>Cost per class</b> \$5 with mats & gloves being provided	<b>Phone:</b> 0437 002 429 <b>Facebook:</b> <a href="#">Swan Hill Boxing Club</a>
<b>Swan Hill Jiu-Jitsu</b>	Shop 2, 4 Nyah Road, Swan Hill	<u>Juniors: (ages 4-6)</u> Monday & Wednesday 4pm – 5pm <u>Kids (ages 7-14)</u>	<b>Weekly cost:</b> <b>Juniors:</b> \$20 /week <b>Kids:</b> \$25/week	<b>Phone:</b> 0497 808 686 <b>Email:</b> <a href="mailto:sh.jiujitsu@gmail.com">sh.jiujitsu@gmail.com</a> <b>Website:</b> <a href="http://www.swanhilljiujitsu.com.au">www.swanhilljiujitsu.com.au</a>



**eat fruit & veg move more often smile together**

		Monday & Wednesday: 5pm-6pm	<b>Additional cost:</b> Gi Uniform (not needed in juniors)	
<b>Scouts – Swan Hill</b>	Ken Harrison Reserve, Swan Hill	<b>Sessions:</b> <u>Joey Scout Unit (ages 5- 8).</u> Tuesday 6-7.30pm <u>Cub Scout Unit (ages 8-11)</u> Tuesday 6 – 7.30pm Sout Unit (ages 11-14) Mondays 6-8pm	<b>Annual Membership cost:</b> \$270-300/year	<b>Email:</b> <a href="mailto:reception@scoutsvictoria.com.au">reception@scoutsvictoria.com.au</a>  <b>Website:</b> <a href="https://scoutsvictoria.com.au/location/SWAN-HILL/">https://scoutsvictoria.com.au/location/SWAN-HILL/</a>
<b>Scouts – Lake Boga Sea Scouts (ages 11-14)</b>	Lake Boga Yacht Club	<b>Sessions:</b> Wednesdays 7pm – 9 pm	<b>Annual Membership cost:</b> See on Scouts website for most updated cost	<b>Email:</b> <a href="mailto:1stlakebogascouts@gmail.com">1stlakebogascouts@gmail.com</a>  <b>Website:</b> <a href="https://scoutsvictoria.com.au/location/1ST-LAKE-BOGA/">https://scoutsvictoria.com.au/location/1ST-LAKE-BOGA/</a>
<b>Girl Guides Swan Hill 7-12 yrs+</b>	Guide Hall High Street & Purtons lane Swan Hill (next to Swan Hill College)	<b>Sessions:</b> Wednesdays 4:30-6pm	\$75 per term or \$280 for 4 terms + Uniform cost - \$31.50	<b>Leone Walbran:</b> 5032 4454 <b>Email:</b> <a href="mailto:leone.walbran2@bigpond.com">leone.walbran2@bigpond.com</a> <b>Website:</b> <a href="https://www.guidesvic.org.au/">https://www.guidesvic.org.au/</a>
<b>Nyah Girl Guides 5-15 years</b>	Monash Avenue, Nyah West	<b>Session:</b> Tuesday 5.00 - 6.30		
<b>Murray Downs Golf Club</b>	Murray Downs Golf & Country Club	Open 7am-7pm for casual visits	Contact Club or look on website	<b>Murray Down Golf &amp; Country Club (Pro Shop):</b> 5033 1422 <b>Email:</b> <a href="mailto:clubinfo@mdclubs.com.au">clubinfo@mdclubs.com.au</a> <b>Website:</b> <a href="http://www.murraydownsgolf.com.au">www.murraydownsgolf.com.au</a>



**eat fruit & veg move more often smile together**

<b>Swan Hill Lawn Tennis</b>	Ken Harrison Sporting Complex – Yana St, Swan Hill	Courts open all day. See website for tennis coaching (additional costs) and competition.	Primary/Secondary student Junior membership- \$30  \$10 for casual use of courts	<b>Phone:</b> 5032 1823 <b>Email:</b> <a href="mailto:secretary@swanhilltennis.com.au">secretary@swanhilltennis.com.au</a> <b>Website:</b> <a href="http://www.swanhilltennis.com.au">www.swanhilltennis.com.au</a>
<b>Swan Hill Motorcycling Club</b>	Chisholm Reserve 6370 Swan Hill – Sea Lake Rd	Times vary for events and riding.  Juniors begin at under 9's.	See website for various memberships and racing event costs	<b>Facebook:</b> Swan Hill Motorcycling Club <b>Website:</b> <a href="http://www.swanhillmcc.com">www.swanhillmcc.com</a> <b>Email:</b> <a href="mailto:swanhillmcc@gmail.com">swanhillmcc@gmail.com</a>
<b>Lake Boga Yacht Club Inc.</b> Come along with parents – nothing specific for children	Lake Boga Yacht Club, Lake Boga	September to April, Sunday mornings	Contact club	<b>Peter Porter</b> <b>Phone:</b> 0432 681 655 <b>Email:</b> <a href="mailto:buddy31.pp@gmail.com">buddy31.pp@gmail.com</a> <b>Website:</b> <a href="http://lakebogayachtclub.org.au/">http://lakebogayachtclub.org.au/</a>
<b>Swan Yoga Bliss</b> 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	<b>Natalie Jenkins:</b> 0413 092 452 <b>Email:</b> <a href="mailto:nat@swanyogabliss.com.au">nat@swanyogabliss.com.au</a> <b>Website:</b> <a href="http://swanyogabliss.com.au">swanyogabliss.com.au</a>



**eat fruit & veg move more often smile together**

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



**eat fruit & veg move more often smile together**



<b>Woorinen Football Netball Club</b>	Woorinen Netball Courts, Reserve Rd Woorinen	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tim Philips <b>Phone:</b> 0417 397 698 <b>Email:</b> <a href="mailto:president@woorinentigers.com.au">president@woorinentigers.com.au</a>  Gabe Mudge <b>Phone:</b> 0408 376 770
<b>Balranald Football Netball Club</b>	Balranald football Netball Recreation, Church St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Tony Stead <b>Phone:</b> 0407 678 519 <b>Email:</b> <a href="mailto:crow.stead@gmail.com">crow.stead@gmail.com</a>  Bronwyn Brougham <b>Phone:</b> 0406 616 358 <b>Email:</b> <a href="mailto:inthegarden2715@gmail.com">inthegarden2715@gmail.com</a>
<b>Cohuna Football Netball Club</b>	Cohuna Football Netball Recreation, Tennis Rd	April – September Train 1 - 2 nights a week and play on Saturdays	Contact club	Rick Easton <b>Phone:</b> 0484 129 261 <b>Email:</b> <a href="mailto:rjeaston18@gmail.com">rjeaston18@gmail.com</a>  Kim Lister <b>Phone:</b> 0428 557 473
<b>Kerang Football Netball Club</b>	Kerang Football Netball Recreation, Scoresby St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	Ashley Wise <b>Phone:</b> 0403 689 389 <b>Email:</b> <a href="mailto:ashleywise100@gmail.com">ashleywise100@gmail.com</a>  Kirstyn Waddingham <b>Phone:</b> 0408 509 221
<b>Koondrook Barham Football Netball Club</b>	Koondrook Barham Football Netball Recreation, Penglase St	April – September Train 1 - 2 nights a week and play on Saturdays	Contact Club	David Blake <b>Phone:</b> 0419 398 485 <b>Email:</b> <a href="mailto:david@hsa.com.au">david@hsa.com.au</a>  Julie Franklin <b>Phone:</b> 0429 841 699

Updated: March 2023

For more information contact:

Health Promotion team

Community Health



**eat fruit & veg move more often smile together**



125 Campbell Street, Swan Hill

Phone: 03 5033 9337 Fax: 03 5036 4561 Email: [chreception@shdh.org.au](mailto:chreception@shdh.org.au)



**eat** fruit & veg **move** more often **smile** together