

Staying active regularly is essential for good physical and mental health and wellbeing. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

The Australian Government has developed the following guidelines for adults:

- moderate- to vigorous-intensity physical activities for 30 minutes or more on most days
- muscle-strengthening activities on 2 or more days per week
- 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.

Community groups & resources		
Activity Option	Information	Contact information
Lake Boga Foreshore Park Run	Free Lake Boga Park Run every Saturday at 8am	Facebook: Lake Boga Foreshore Park Run
Local Walking a Cycling trails	Free walking/cycling Trails	Resource: Local bicycle trails
Move Swim Swan Hill	Swim Club Swan Hill on Friday at 6 am	Facebook: Move Swim Swan Hill
Mum Walk Swan Hill	Free walking Group for mums	Facebook: Mum walk Swan Hill
PACE run club	Free Swan Hill Run club on Thursday and Sunday	Website: PACE run club
Swan Hill Bicycle Users Group /Local Rides	Free cycling group	Website: Swan Hill Bicycle users Group Facebook: Swan Hill Bicycle users Group

Gym/Fitness classes		
Activity Option	Information	Contact information
Golden Groovers Chair Based exercise class	Chair Based fitness class at Swan Hill Neighbourhood house	Phone: 5032 1549 Website: Swan Hill Neighbourhood House
Healthy Mates Programs- Mallee Physio & Hydrotherapy	Healthy Mates conditioning and Healthy Mates mums and bubs group	Phone: 5032 5888 Website: Mallee Physio
KB Exercise Physiology	Group fitness classes	Phone: 0418 775 312 Website: KB exercise Facebook: KB exercise Facebook
Mandy's Fitness Depot	Group Fitness Classes in person or over zoom	Email: fitnessdepot@msn.com Facebook: Mandy's Fitness Depot

Specialized Performance and Recovery	Gym, Fitness classes, Ice bath/spa	Phone: 0420 904 039 Website: Specialized Performance and Recovery
Swan Hill Aquatic and Recreation Centre	Gym, indoor/outdoor pool, water aerobics group fitness classes and reformer Pilates	Phone: 5032 5222 Website: Swan Hill Recreation centre Facebook: Swan Hill Recreation centre
Voyage Fitness	Gym and Fitness classes	Phone: 5032 5468 Website: Voyage Fitness Swan Hill Facebook: Voyage Fitness Swan Hill

Team Sports		
Activity Option	Information	Contact information
Nyah District Tennis Association	Friday Social tennis in towns outside of Swan Hill	Facebook: Nyah District Tennis Association
Swan Hill Aquatic and Recreation Centre	Pickle Ball courts able to be booked	Phone: 5032 5222 Website: Swan Hill Recreation centre Facebook: Swan Hill Recreation centre
Swan Hill Basketball Association	Range of ages and competitions run in Winter and Summer	Phone: 0461 596 947 Website: https://shba.org.au/ Facebook: Swan Hill Basketball Association
Swan Hill Futsal	Senior Futsal competition run at SHARC	Phone: 0409 058 846 Facebook: Swan Hill Futsal
Swan Hill Lawn Tennis & Croquet Club	Croquet, Tennis & Pickle Ball competitions	Phone: 5032 1823 Website: Swan Hill Lawn Tennis & Croquet Club Facebook: Swan Hill Lawn Tennis & Croquet Club
Swan Hill Rugby Club	Competition runs from April to September	Facebook: Swan Hill Rugby Club
Swan Hill Soccer League	Women's and men's soccer teams	Phone: 0419 535 641 Website: Swan Hill Soccer league Facebook: Swan Hill Soccer league
Swan Hill Table Tennis association	May to September competition	Facebook: Swan Hill Table Tennis association

Bowls Clubs

Both social and pennant competitions run contact individual clubs for more information on what each club offers.

Club	Contact information
Lake Boga Bowls Club	Website: Lake Boga Bowls Club Facebook: Lake Boga Bowls Club
Manangatang and District Bowling Club	Phone: 5035 1468 Facebook: Manangatang and District Bowling Club
Murray Downs Bowls Club	Website: Murray Downs Bowls Club Facebook: Murray Downs Bowls Club
Nyah District Bowls Club	Facebook: Nyah District Bowls Club
Swan Hill Racecourse Bowls Club	Facebook: Swan Hill Racecourse Bowls Club

Central Murray Footy Netball League

Competition run from March to September. Contact clubs individually for details around teams, try outs and training requirements.

Clubs	Contact
Balranald Football Netball Club	Website: Balranald Football Netball Club Facebook: Balranald Football Netball Club
Cohuna Football Netball Club	Website: Cohuna Football Netball Club Facebook: Cohuna Football Netball Club
Hay Football Netball Club	Website: Hay Football Netball Club Facebook: Hay Football Netball Club
Kerang Football Netball Club	Website: Kerang Football Netball Club Facebook: Kerang Football Netball Club
Koondrook Barham Football Netball Club	Website: Koondrook Barham Football Netball Club Facebook: Koondrook Barham Football Netball Club
Lake Boga Footy Netball Club	Website: Lake Boga Footy Netball Club Facebook: Lake Boga Footy Netball Club
Mallee Eagles/Lalbert Football Netball Club	Website: Lalbert Football Netball Club Facebook: Lalbert Football Netball Club
Moulamein Football Netball Club	Website: Moulamein Football Netball Club Facebook: Moulamein Football Netball Club
Murrabit Football Netball Club	Website: Murrabit Football Netball Club Facebook: Murrabit Football Netball Club
Nyah/Nyah West United Football Club	Website: Nyah/Nyah West United Football Club Facebook: Nyah/Nyah West United Football Club
Swan Hill Football Netball Club	Facebook: Swan Hill Footy & Netball Club Website: Swan Hill Footy & Netball Club
Tooleybuc/Manangatang Football Netball Club	Website: Tooleybuc/Manangatang Football Netball Club Facebook: Tooleybuc/Manangatang Football Netball Club
Tyntynder Football Netball Club	Website: Tyntynder Football Netball Club Facebook: Tyntynder Football Netball Club
Ultima Football Netball Club	Website: Ultima Football Netball Club Facebook: Ultima Football Netball Club

Wandella Football Netball Club	Website: Wandella Football Netball Club Facebook: Wandella Football Netball Club
Woorinen Football Netball Club	Website: Woorinen Football Netball Club Facebook: Woorinen Football Netball Club

Swan Hill District Cricket Association

Competitions runs from October through to March and games are played on a Saturday. Contact each club for further details on teams and trainings.

Clubs	Contact
Balranald Roos Cricket Club	Website: Balranald Roos Cricket Club Facebook: Balranald Roos Cricket Club
Barham Koondrook Cricket Club (BCKK)	Website: Barham Koondrook Cricket Club Facebook: Barham Koondrook Cricket Club
Calder United Cricket Club	Website: Calder United Cricket Club Facebook: Calder United Cricket Club
Kerang Cricket Club	Website: Kerang Cricket Club Facebook: Kerang Cricket Club
LMST Bulls Cricket Club	Website: Newly merged club website to come Facebook: LMST Bulls Cricket Club
Murrabit Cricket Club	Website: Murrabit Cricket Club Facebook: Murrabit Cricket Club
Nyah District Cricket Club	Website: Nyah District Cricket Club Facebook: Nyah District Cricket Club
Sea Lake Woomelang Inc. Cricket Club	Website: Sea Lake Woomelang Inc. Cricket Club Facebook: Sea Lake Woomelang Inc. Cricket Club
Tooleybuc/Manangatang District Cricket Club	Website: Tooleybuc/Manangatang District Cricket Club Facebook: Tooleybuc/Manangatang District Cricket Club
Ultima/TUF Cricket Club	Website: Ultima/TUF Cricket Club Facebook: Ultima/TUF Cricket Club
Wandella Cricket Club	Website: Wandella Cricket Club Facebook: Wandella Cricket Club
Woorinen Cricket Club	Website: Woorinen Cricket Club Facebook: Woorinen Cricket Club

Sport Clubs

Activity Option	Information	Contact Information
Lake Boga Yacht Club	Yacht club that runs from September to April	Website: Lake Boga Yacht Club
Swan Hill Archery Club		Facebook: Swan Hill Archery Club
Swan Hill Boxing Club	Boxing fitness Classes	Facebook: Swan Hill Boxing Club
Swan Hill Canoe Club		Craig Phone: 0455 263 028 Anthony Phone: 0418 590 540

Swan Hill Jiu Jitsu		Phone: 0497 808 686 Website: Swan Hill Jiu Jitsu Facebook: Swan Hill Jiu Jitsu
Swan Hill Karate Club		Facebook: Swan Hill Karate Club
Swan Hill Kart Club		Phone: 0428 486 211 Facebook: Swan Hill Kart Club Website: Swan Hill Kart Club
Swan Hill Motorcycle Club		Phone: 0407 663 418 Facebook: Swan Hill Motorcycle Club

Dancing		
Activity Option	Information	Contact
Ballroom Dancing	Monthly Ballroom dances	Phone: 0427 439 001 (Gary Johnstone)
Dance It up Swan Hill	Adult Fitness Dance Class	Phone: 0439 322 283 Website: Dance it up Swan Hill Facebook: Dance it Up Swan Hill
Richardson Dance Studio	Adult Fitness Dance Class	Phone: 0459 783 787 Website: Richardson Dance Studio Facebook: Richardson Dance Studio
Rock 'n' Roll Dancing		Facebook: Rock 'n' Roll Dancing

Golf		
Activity Option	Information	Contact
Lakeside Golf Club Lake Boga	Open for casual golfing or competitions. Has time in the year when it is closed.	Email: lakesidegolfclub@outlook.com Facebook: Lakeside Golf Club Lake Boga
Murray Downs Golf and Country Club	Open for casual golf sessions or golf tournaments	Phone: 5033 1422 Website: Murray Downs Golf Club Facebook: Murray Downs Golf Club
Nyah West Golf Club	Golf course and disc golf	Facebook: Nyah West Golf Club

Pilates & Yoga		
Activity option	Information	Contact Information
One Body Health and Wellness	Self-led and Instructor led reformer Pilates classes	Website: One Body Health and Wellness Facebook: One Body Health and Wellness
Nyah West Yoga classes	Instructor led yoga at Nyah Hall	Email: emma@emmaahearn.com Facebook: updates on the Nyah Nyah West and Surrounds Community Forum

Specialized Fitness	Instructor-led reformer pilates classes	Phone: 0420 904 039 Website: Specialized Performance and Recovery
Swan Hill Aquatic and Recreation Centre (SHARC)	Instructor-led reformer pilates classes	Phone: 5032 5222 Website: Swan Hill Recreation centre Facebook: Swan Hill Recreation centre
Swan Hill Yoga Bliss	Yoga and meditation classes	Phone: 0413 092 452 Website: Swan Hill Yoga Bliss Facebook: Swan Hill Yoga Bliss
Voyage Fitness	Instructor-led mat pilates class	Phone: 5032 5468 Website: Voyage Fitness Swan Hill Facebook: Voyage Fitness Swan Hill

Swimming Pools

Swimming pools in the Swan Hill District area contact the individual pools to find out opening times throughout the year.

Pools	Contact
Nyah Community pool	Phone: 0478 116 422 Website: Nyah Community pool Facebook: Nyah Community pool
Manangatang pool	Phone: 5035 1232 Website: Manangatang pool Facebook: Manangatang pool
Swan Hill Indoor pool	Phone: 5032 5222 Website: Swan Hill Recreation centre Facebook: Swan Hill Recreation centre
Swan Hill Outdoor pool	Phone: 5032 2264 Website: Swan Hill Outdoor pool Facebook: Swan Hill Outdoor pool