

Being physically active is important for fine and gross motor skill development for children aged 0-5 years. For birth to 12 months babies should be physically active several times a day in various ways, with at least 30 minutes tummy time over the course of the day while awake, and supervised interactive floor-play, as examples. For toddlers (1 to 2 years) at least 3 hours of various physical activities each day, including energetic play is recommended. For pre-schoolers (3 to 5 years) they should be active for at least 3 hours each day, and this should include 1 hour of energetic play like running, kicking, throwing and jumping, dancing or skipping.

For more information go to [Physical Activity Guidelines](#)

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

Activity	Address	Day/time	Cost	Contact information
MFC Lake Boga Small Talk Playgroup	Lake Boga Pre-School, 15 Lalbert Road Lake Boga	Friday 9-11am	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC Swan Hill central baby supported playgroup (0-12 months)	The Child & Family Hub, 63 McCrae St Swan Hill	Tuesday 10-11:30am	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC Swan Hill central baby supported playgroup (0-5 years)	The Child & Family Hub, 63 McCrae St Swan Hill	Wednesday 9.30-11.30am	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC Swan Hill North Smalltalk supported playgroup (0-5 years)	118 Chapman St, Swan Hill	Tuesday 9am-11am Thursday 9am-11am	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
Little Joeys, MFC Swan Hill South supported playgroup (0-5 years)	Term 1: Swan Hill Primary Library Term 2: Specialist school Swan Hill	Tuesday 9am-12pm Thursday 9-11am	Free	Name: Susie Phone: 0429 771 750
Little Emus, St Mary's primary school	2 Murlong St, Swan Hill	Tuesday 9am –11am Thursday 9am – 11am	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479

(0-5 years)				
MFC Nyah West Smalltalk supported playgroup (0-5 years)	31 Lloyd St, Nyah West	Monday 10am-12pm	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
MFC Manangatang Smalltalk supported playgroup	1 Wattle St, Manangatang	Wednesday 12.15-1:45pm	Free	Name: Courtney Tepper Phone: 0418 157 923 or 5032 4479
Swan Hill riverside park	11 Monash Drive, Swan Hill	Open 24 hours to the Public	Free	N/A
George Lay park	79/87 Murlong St, Swan Hill	Open 24 hours to the Public	Free	N/A
Tower Hill park	Parkside Ave, Swan Hill	Open 24 hours to the Public	Free	N/A
Swan Hill Regional Library	53 Campbell St, Swan Hill	<u>Baby Rhyme Time</u> (0-18mths) Friday 10:30-11am <u>Move and Groove</u> (18mth – 3yrs) Wednesday 10:30-11:15am	Free	Phone: 5036 2480 Website: https://library.swanhill.vic.gov.au/ Facebook: https://www.facebook.com/swanhilllibrary/
Dance it up Swan Hill	Italian Social Club, 66 Yana St, Swan Hill	<u>Little Groovers</u> Monday & Wednesday 9.30-10:30am <u>Twirl and Tumble</u> Monday & Wednesday 10.15-10.45am	\$115 per school term	Name: Nikki Capone Phone: 0439 322 283 Email: admin@danceitupswanhill.com Website: https://www.danceitupswanhill.com/ Facebook: https://www.facebook.com/danceitupswanhill/
Dance Force studio- Passion & Purpose (in partnership with Baby Ballet)	10 Jennings road, Swan Hill	<u>Baby Ballet- Tots</u> (6-18 months) Wednesday & Friday 9.30-10.30am <u>Baby Ballet- Tinies</u> (18 months- 3 years) Wednesday & Friday 10.15- 10.45am <u>Baby Ballet- Movers & tappers</u> (3-4 years) Tuesday: 4.00-4.45 pm	\$130 per school term or \$13.00 per class	Name: Joanne Shippies Phone: 0408 845 920 Email: danceforceswanhill@gmail.com Facebook: Facebook page



		Wednesday: 11.00-11.45 am & 4.00-4.45 pm Friday: 11.00-11.45am <u>Baby Ballet- Groovers & Tappers (4.5-6 years)</u> Tuesday & Wednesday: 5.00 - 5.45 pm		
Richardson Dance Studio	The Masonic Hall, 118 Beveridge St, Swan Hill	<u>Mini movers: (18 months – 3 years)</u> Thursday: 9.15-9.45am <u>Movement 2 Music (3-5 years):</u> Blue Group- Wednesday: 9.30-10.00am Red Group- Wednesday: 10.00-10.30am Green Group- Thursday: 10.00-10.30am Yellow Group- Thursday: 10.30 - 11.00am	Contact studio around fees. Term costs inclusive of all items in relation to end of year recitals e.g., extra rehearsals & costumes.	Name: Kaiti Walters Phone: 0459 783 787 Email: dancestudiosh@gmail.com Website: www.richardsondancestudio.com
Swan Hill Aquatic and Recreation Centre (6 months and above)	21 Pritchard Street Swan Hill	Various classes and times, contact facility	Child/concession - \$4.90 Infant (under 4) - \$2.40 Learn to swim – ranges from \$12.30 to \$15.70 Private lessons - \$37.50	Phone: 03 5032 5222 Website: https://www.swanhilllc.com.au/ Facebook: Facebook page
Swan Hill Gymnastics Club	19 Webster Drive Swan Hill, Vic 3585	*See website for class descriptions <u>Open Gym</u> (0-5 yrs) Unstructured play session Tuesday 9.30 & 10.30 am Thursday 10 am Friday 9.30 & 10.30 am <u>Pre-Gym</u> (preschool age 3-5 years)	*\$12.00 per class \$40 insurance per year *plus, additional merchant charges	Email: committee@swanhillgymnastics.org Website: https://www.swanhillgymnastics.org/



		Tuesday 4pm		
Swan Hill tennis courts	Yana Street Swan Hill, Victoria, Australia 3585	Courts open all day	Non-members court hire fee \$10 See website for Family membership details	Phone: 0429 322 709 Email- general inquiries: secretary@swanhilltennis.com.au Email- bookings bookings@swanhilltennis.com.au Website: Tennis Club
Mallee Physio swimming lessons	360 Beveridge St, Swan Hill VIC 3585	Monday 9am-12pm Thursday 9am-12pm & 3-6pm Saturday 9-11:30am	\$153 (9 weeks) Classes are 30mins duration, running during school terms	Lesson instructors: Caleb Simpson & Melissa O'Toole Phone: 5032 5888 Website: Swimming classes info
Swan Hill Outdoor Pool Vicswim Summer Kidz Swimming Lessons	Outdoor Pool, Monash Drive, Swan Hill VIC, 3585	5-day intensive summer program teaching swimming and water safety to children from 4 years of age. Each program consists of 5 x 30- minute lessons starting at the same time each day throughout the week.	\$36 per week (additional entry fees may apply at some pools) See facilities website for entry fees Run in summer school holidays look at the website for current dates and to book in	Website: https://vicswim.com.au/

Updated January 2025

For more information contact:

Health Promotion team

Community Health

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