

Community Groups and Sports clubs across  
Knox, Maroondah and Yarra Ranges present:

# Sports Week 2013

Register by  
April 19 2013



A range of sports for  
you to **come and try** at  
low or no cost as shown in  
our program of activities.

Join in the fun  
and get to know  
a local club

Call Eastern Recreation and Leisure Services (ERLS)  
now to register on: **9720 5944** or email **aaa3@erls.net**



# Sports Week 2013 Program of activities

## Monday 29 April

**10:00am – 12:00pm**

### Golf

Emerald Golf & Country Resort  
48 Lakeside Drive, Emerald.

**10:00am – 12:00pm**

### Balloon Football

Maroondah Indoor Sports Centre,  
362-378 Canterbury Road,  
Ringwood (opposite Cadbury).



**10:30am – 12:30pm**

### Windsurfing / Paddle Boarding

Sandybeach HQ, Jetty Road (off Beach Road), Sandringham.

**1:00pm – 2:00pm**

### YMCA Group Fitness Circuit

Knox Leisureworks YMCA  
Tormore Road, Boronia.



**1:30pm -2:30pm**

### Tenpin Bowling game with coaching and introduction to organised bowling

AMF Knox, Cnr Adelaide & Perth Court.



Free tea & coffee. **\$3 p/p.**

**2:00pm – 4:00pm**

### Rock Climbing

Hardrock Climbing Company,  
Nunawading.

**6:00pm – 6:45pm**

### Access -Gentle Exercise

(pool based) for higher functioning participants with a disability who would like to exercise in a fun and social atmosphere. This class is like an Aqua class and music is played  
Knox Leisureworks YMCA,  
Tormore Road, Boronia.

**\$8.80 p/p.**

## Tuesday 30 April

**10:00am – 2:00pm**

### A fun and inclusive, social Soccer Day!

Bayswater Indoor Soccer Centre, 13 Burton Court, Bayswater.

Minimum of 5 players per team. Register as a team. All welcome.

Round Robin style.

**Dress up and have fun!**



Limited places available for some activities

## Wednesday 1 May

**10:00am – 11:30am**

### Have a go at Tennis

Knoxfield Tennis Club,  
Carrington Park, Knoxfield,  
enter from Allister Close.  
Equipment provided.

**10:30am – 11:30am**

### Come and try yoga

Sacred Swan, Suite 7 5-7  
Chandler Road, Boronia.

**10:30 – 1:00pm**

### Ice skating

Medibank Icehouse, 105 Pearl Riva Rd Docklands. **\$10 p/p.**



**10:00am/10:30am or**

**12:00pm/12:30pm**

TBC based on EO1

### Boat trip and fishing on Port Philip Bay (depart from Patterson River) or Westernport (depart from Hastings)

Introfish Inc. (2-2.5hrs or 5hr duration) TBC based on EO1. Own transport to departure point. Parents /carers required to attend. Need to bring money or own food, snacks, drinks. Send expression of interest with preferred start time and trip length. (Preference to Knox residents due to funding source). Note: Will also depend on suitable weather for boating.

**12:30pm – 2:00pm**

### Aussie Rules Football

with Ferntree Gully Eagles Junior Football Club All Abilities Team, Venue TBC.

## Thursday 2 May

**10:00am – 11:30am**

### Play Cricket

Croydon Ranges Cricket Club, Silcock Reserve, William Street, Croydon.

**10:00am – 11:30am**

### Adaptive Cricket

Maroondah Indoor Sports Centre, 362-378 Canterbury Road, Ringwood (opposite Cadbury).

**11:00am**

### Boxing

Lightening Fast Centre  
1/91 Dorset Road, Boronia.

**1:00pm – 2:30pm**

### Table Tennis

Croydon & Districts Table Tennis Association  
Kilsyth Sports Centre,  
Liverpool Road, Kilsyth.

**2:00pm -3:00pm**

### Come and try yoga

at The Basin Neighbourhood House, 1221 Mountain Hwy, The Basin. Melways Ref. 65 F6



## Friday 3 May

**10:00am – 11:00am**

### Get on the green at Lawn Bowls

Bayswater Bowls Club  
Phyllis Street, Bayswater.

**10:30am – 11:30am**

### Tenpin Bowling game with coaching and introduction to organised bowling

AMF Knox, Cnr Adelaide & Perth Court.  
Free tea & coffee. **\$3 p/p.**



**1:00pm-2:00pm**

### YMCA Skating Clinic

Knox Skate & BMX Park  
Cnr Ferntree Gully Rd & Gilbert Park .

**1:00pm – 3:00pm**

### Netball

@ Knox Regional Netball Complex  
9 Dempster Street,  
Ferntree Gully.



## Saturday 4 May

**10:00am – 11:00am**

### Try BMX Riding

Knox BMX Club  
Bunjil Way, Knoxfield.  
Helmets and bikes provided.

**1:00pm – 1:45pm**

### Access – Water Therapy

for participants with low function who require assistance in the water. Volunteers are available to support participants in the water. Carers must be available to assist their participant in and out of the water and are encouraged to support their participant in the water.  
Knox Leisureworks YMCA  
Tormore Road, Boronia.



### Bookings Essential

**\$8.80 p/p.**

