

# PREMIER'S ACTIVE APRIL 2015 IN KNOX



[knox.vic.gov.au/activeapril](http://knox.vic.gov.au/activeapril)





## MESSAGE FROM THE MAYOR

### 30 minutes.

It's enough time to watch your favourite TV show, read a chapter of a book, or even take a well-deserved coffee break.

But are you willing to set aside at least 30 minutes of your day to dedicate to physical activity?

Just half an hour of physical activity each day is enough to greatly improve your physical health, energy levels and even your mental health.

That's why the Active April Knox campaign is challenging residents to find the time to get more physically active in Knox.

Accepting this challenge doesn't mean you have to commit to a gym class 7 days per week—the possibilities are endless. Perhaps your 30-minutes of physical activity looks like walking your dog, powering through push-ups during commercial breaks, stretching your legs with a jog or bike ride, getting out in your garden, joining a local sport club, tree planting with a local environment group or even swimming a couple of laps at Knox Leisureworks!

Council's Healthy Together Knox and Leisure Services teams are encouraging residents to join in the fun and challenge of Premier's Active April by showing you great places to be active in Knox, as well as opportunities to come and try a range of activities through the month of April.

I hope that being active in April will inspire you to make 2015 your most active year yet! Make sure you stay connected and up-to-date with the campaign by 'liking' the Friends for Health Knox Facebook page!

**Knox Mayor  
Councillor Peter Lockwood**



## Welcome to the Active April Knox 2015 calendar of activities

This calendar will provide you with a great range of ideas and local opportunities of how to be active in Knox throughout April. Best of all, they're all free!

First things first though! You'll need to register your participation at [activeapril.vic.gov.au](http://activeapril.vic.gov.au)

Just by registering with Premier's Active April you'll receive a range of benefits, including 10 free passes to YMCA during April 2015 and one hour free tennis at Melbourne Park\*. Once registered you can use the online Activity Tracker to log daily activity and track your progress throughout April. You will also be able to create and join teams with friends, family, school and work colleagues, and be in with the chance to win great prizes!

This calendar has been designed to help you achieve your 30 minutes of physical activity a day by offering you the opportunity to get involved in a range of free activities with local sport and leisure groups during April. You will also find ideas and tips on how you can explore all the great local reserves, parks, walking paths, and cycling paths that Knox has to offer.

Sport and leisure groups participating in Active April Knox 2015 have endeavoured to make their activities inclusive and accessible to all. If you require additional support please contact the activity host directly via the contact details listed.

As well as registering with Premier's Active April, if you 'like' [facebook.com/htknox](https://www.facebook.com/htknox) you will get daily updates on all the activities across Knox.

Post a photo of yourself and your friends and family participating in an Active April Knox activity on the Healthy Together Knox Facebook page, 'Friends for Health Knox', to go into the running to win one of 20 double passes to the Melbourne Storm v South Sydney Rabbitohs rugby league game on 16 May 2015. Winners will be announced every week throughout April\*\*.

**What are you waiting for? Register now, book into some local activities, and get involved!**

\*Terms and conditions apply for all Premiers Active April 2015 offers and prizes. See [activeapril.vic.gov.au/terms/](http://activeapril.vic.gov.au/terms/)

\*\*Terms and conditions apply for all Active April Knox 2015 offers and prizes. See [knox.vic.gov.au/activeapril](http://knox.vic.gov.au/activeapril)

Please refer to full program on pages 6 – 10 for all activity details

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> <b>Fun with Footy</b> St Simons Community Football Club <b>Cheerleading Workshop</b> Kreationz Cheer and Dance <b>Introduction to Tai Chi and Qi Gong</b> Chi Generation Tai Chi	<b>2</b> <b>Kick Around</b> Boronia Soccer Club <b>Walking Group</b> Rowville Amblers	<b>3</b> <b>Playgrounds in Knox</b> Knox City Council	<b>4</b> <b>Skate and BMX Park</b> Knox City Council	<b>5</b> <b>Knox Dog Play Park</b> Knox City Council
<b>6</b> <b>Gardening</b>	<b>7</b> <b>Back to School Bowls</b> Bayswater Bowls Club <b>Walking Group</b> Rowville Amblers	<b>8</b> <b>School Holiday Clinic</b> Eastern Raptors Rugby League Club	<b>9</b> <b>Connected Community Soccer Tournament</b> Interchange Outer East <b>Happy Hour Twilight Bowls</b> Bayswater Bowls Club <b>Kick Around</b> Boronia Soccer Club <b>Walking Group</b> Rowville Amblers	<b>10</b> <b>Eastern Lions Auskick</b> Eastern Lions Junior Football Club <b>Junior Football Training</b> Eastern Lions Junior Football Club	<b>11</b> <b>Introduction to Little Athletics</b> Sherbrooke Little Athletics <b>Rugby League Family Fun Day</b> Eastern Raptors Rugby League Club <b>Knox Junior Activity Day</b> Knox Junior Football Club <b>Open Day</b> Mini Tennis World – Rowville	<b>12</b> <b>Beginner Barefoot Bowls</b> Bayswater Bowls Club <b>MiniRoos</b> Boronia Junior Soccer Club <b>'Come and try' Model Gliding</b> Victorian Association of Radio Model Soaring <b>A Taste of Tennis</b> Knoxfield Tennis Club <b>Cardio Tennis</b> Guy Turner Reserve Tennis Club
<b>13</b> <b>Sport for Fun</b> Interchange Outer East <b>Mini Senior Tennis</b> Mini Tennis World – Rowville <b>Walking Group</b> Lollypop Walkers and Friends	<b>14</b> <b>Walking Group</b> Rowville Amblers <b>Group Fitness Classes</b> Knox Leisureworks	<b>15</b> <b>Ladies Social Tennis</b> Mini Tennis World – Rowville <b>Introduction to Tai Chi and Qi Gong</b> Chi Generation Tai Chi	<b>16</b> <b>Kick Around</b> Boronia Soccer Club <b>Mums n Bubs Tennis</b> Mini Tennis World <b>Walking Group Launch</b> Good for the Sole <b>Walking Group</b> Rowville Amblers	<b>17</b> <b>Street Orienteering Walkers</b> Life Activities Club Knox Inc. <b>Wheelchair Tennis</b> Knox Gardens Tennis Club	<b>18</b> <b>All Abilities Netball</b> Netball Victoria <b>Half-time Junior Football – AFL9s</b> Boronia Junior Football Club <b>Templeton Tennis Club Open Day</b> Templeton Tennis Club	<b>19</b> <b>Beginner Barefoot Bowls</b> Bayswater Bowls Club <b>MiniRoos</b> Boronia Junior Soccer Club <b>Family Fishing Day</b> Knox Boat Fishing Club
<b>20</b> <b>Sport for Fun</b> Interchange Outer East <b>Walking Group</b> Lollypop Walkers and Friends	<b>21</b> <b>Walking Group</b> Rowville Amblers <b>Time for a swim!</b> Knox Leisureworks	<b>22</b> <b>Accessible Playgrounds in Knox</b> Knox City Council	<b>23</b> <b>Kick Around</b> Boronia Soccer Club <b>Dance N Tone</b> Health Coaches <b>Mums n Bubs Tennis</b> Mini Tennis World <b>Walking Group</b> Rowville Amblers	<b>24</b> <b>Touring Knox by Bicycle</b> Knox City Council	<b>25</b> <b>ANZAC day</b> Knox City Council	<b>26</b> <b>Super Sunday</b> Bayswater Bowls Club <b>MiniRoos</b> Boronia Junior Soccer Club <b>'Come and try' Model Gliding</b> Victorian Association of Radio Model Soaring (VARMS)
<b>27</b> <b>Sport for Fun</b> Interchange Outer East <b>Mini Senior Tennis</b> Mini Tennis World – Rowville	<b>28</b> <b>Walking Group</b> Rowville Amblers	<b>29</b> <b>Safety Awareness Workshop</b> GRK Karate <b>Ladies Social Tennis</b> Mini Tennis World – Rowville <b>Introduction to Tai Chi and Qi Gong</b> Chi Generation Tai Chi	<b>30</b> <b>Kick Around</b> Boronia Soccer Club <b>Walking Group</b> Rowville Amblers			

**Accessible Activity:** This activity is accessible to participants with mobility aids (including wheelchairs, prams, walking frames).

**If you require additional support to participate in an activity please contact the activity host directly.**



## WEDNESDAY 1ST

### Fun with Footy

St Simons Community Football Club

The 'Fun with Footy' clinic will involve various footy stations with a twist of fun and madness! All ages welcome.

**Time:** 10:30am – 12:30pm

**Venue:** Stud Park Reserve (next to Stud Park Shopping Centre), 40 Fulham Road, Rowville

**Bookings not required. For further information, call Natalie on 0417 346 863 or Wayne on 0418 324 980.**

### Cheerleading Workshop

Kreationz Cheer and Dance

Cheerleading involves a combination of dance, gymnastics, team acrobatics, pom pom motions, chants and cheers, jumps and kicks, stunts and team leadership! Whether you just want to have fun or perform competitively, Kreationz Cheer and Dance can assist you to achieve your goals. All children (aged 5+) and adults welcome.

**Time:** 5 – 10 year olds

4:00pm – 5:00pm

11 years to adult 5:00pm – 6:00pm

**Venue:** Boronia Church of Christ, corner Boronia Rd and Allandale Rd

**Bookings essential. To book or for further information, call 0422 413 167 or email [info@kreationzdance.com.au](mailto:info@kreationzdance.com.au)**

### Introduction to Tai Chi and Qi Gong

Chi Generation Tai Chi

An introduction to the calm mindful exercise of Tai Chi and Qi Gong; a gentle but effective exercise regime for all ages. Please wear soft flat-soled shoes and loose clothing and bring a bottle of water.

**Time:** 11:00am – 12:00pm

**Venue:** Wally Tew Reserve, Glenfern Road, Ferntree Gully

**Bookings essential. To book or for further information, call Su on 0437 949 919.**

**Accessible activity**

## THURSDAY 2ND

### Kick Around

Boronia Soccer Club

Men and women of all ages have been invited to join in a fun, free, and informal kick of soccer at the Boronia Soccer Club every Thursday evening during April. All skill levels welcome.

**Time:** 7:30pm – 8:30pm

**Venue:** Benedikt Reserve, Rosehill Street, Scoresby

**Bookings not required. For further information, call Peter on 9720 1569**

### Walking Group

Rowville Amblers

Walking in a group is a great way to stay motivated, meet new friends, and feel connected to the local community. All ages and fitness levels welcome. Bring your dog along too!

**Time:** 6:00pm – 7:00pm

**Venue:** Meet at Rowville Lakes Shopping Centre, Kelletts Rd, Rowville.

**Bookings not required. For further information call Yvonne on 0419 468 910**

**For more information on walking in Knox visit [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)**



**Venue:** You can search by suburb at [www.knox.vic.gov.au/playgrounds](http://www.knox.vic.gov.au/playgrounds).

## SATURDAY 4TH

### Skate and BMX Park

Knox City Council

Check out the local skate and BMX facilities in Knox these school holidays! The parks cater for beginners, intermediate, and advanced riders and skaters.

**Time:** The park is for use during daylight hours only.

**Venue:** Lewis Park, Lewis Road, Wantirna  
Gilbert Park, Ferntree Gully Road, Knoxfield

**For more information call Knox City Council Customer Service on 9298 8000.**

**Accessible activity**



## SUNDAY 5TH

### Knox Dog Play Park

Knox City Council

Visit Knox's first ever fully fenced off leash dog play park. The park is full of fun hurdles, tunnels, and weaving poles for your pet to enjoy! Running around with your favourite pooch will contribute to your 30 minutes of physical activity.

**Time:** The park is for available for use at any time on any day.

**Venue:** Knox Park Reserve, Ferntree Gully Road, Knoxfield.

**For more information and park rules visit [www.knox.vic.gov.au/dogpark](http://www.knox.vic.gov.au/dogpark) or call Knox City Council Customer Service on 9298 8000.**



## MONDAY 6TH

### Gardening

Got some extra time this long weekend? Don't forget that gardening can contribute to your 30 minutes of physical activity a day.

Gardening offers many benefits to your physical health. From mowing lawns to pulling weeds, gardening can boost your overall daily activity levels.

Maintaining a veggie patch can also be very physical.

**For more information on veggie gardening in Knox visit [www.knox.vic.gov.au/gardensforharvest](http://www.knox.vic.gov.au/gardensforharvest)**

## TUESDAY 7TH

### Back to School Bowls

Bayswater Bowls Club  
Looking for a fun activity for the kids these school holidays? Bayswater Bowls Club is inviting kids of all ages to participate in a day of bowls and special fun games these school holidays. Lunch provided.

**Time:** 10:00am – 2:00pm

**Venue:** Guy Turner Reserve, Phyllis St, Bayswater

**Bookings not required. For further information, call 9729 8312**

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.

## WEDNESDAY 8TH

### School Holiday Clinic

Eastern Raptors Rugby League Club

Boys and girls aged 8-12 years old are invited to attend a rugby league clinic, run by NRL Development Officers

and fully NRL accredited and experienced coaches, at Eastern Raptors Rugby League Club these school holidays.

**Time:** 10:00am – 12:00pm

**Venue:** Colchester Reserve, Colchester Road, Boronia.

**Bookings essential – RSVP by 1 April. For further information, call Rebecca on 0421 154 776 or email secretary@easternraptors.com.au**

## THURSDAY 9TH

### Connected Community Soccer Tournament

Interchange Outer East

Looking for a fun day out with friends and family? Why not register your family, community group, or workmates to participate in this fun, non competitive soccer tournament. Teams of mixed ages and abilities are welcome! Lunch provided.

**Time:** 10:00am – 2:30pm

**Venue:** Bayswater Indoor Soccer Centre, 13 Burton Crt, Bayswater

**Booking essential, please register online at <http://www.ioe.org.au/connected-community-soccer-tournament/#sthash.fBD11Wta.dpuf>. Registrations close Friday 27th March 5:00pm. For further information, call 9758 5522.**

**Accessible activity**

### Happy Hour Twilight Bowls

Bayswater Bowls Club

Come and try Bowls under the lights this evening and enjoy the hospitality of the Bayswater Bowls Club. All ages and abilities welcome.

**Time:** 6:00pm – 9:00pm

**Venue:** Guy Turner Reserve, Phyllis St, Bayswater

**Bookings not required. For further information, call 9729 8312**

### Kick Around

Boronia Soccer Club

Repeat event – See 2 April for details.

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details

## FRIDAY 10TH

### Eastern Lions Auskick

Eastern Lions Junior Football Club

Come and try Auskick, a fun and safe introduction to Australian Rules Football. The session will include kicking, marking, and handball skills, agility exercise, and a mini game. Suitable for ages Kinder – Grade 6. Boys and girls welcome.

**Time:** 5:00pm – 6:30pm

**Venue:** Fairpark Reserve, Park Boulevard, Ferntree Gully

**Bookings not required. For further information, call Lisa on 0411 098 017 or email easternlionsjnr@efl.org.au**

### Junior Football Training

Eastern Lions Junior Football Club

The Eastern Lions Junior Football Club is opening their training session this week to all children aged 7-12 years in Knox. The session will cover balls skills, teamwork, and fitness development - for all abilities. Boys and girls welcome. Come on down and give it a try!

**Time:** 5:00pm – 6:00pm

**Venue:** Lewis Road Reserve, Lewis Rd, Wantirna South

**Bookings not required. For further information, call Lisa on 0411 098 017 or email easternlionsjnr@efl.org.au**

**Accessible activity**

## SATURDAY 11TH

### Introduction to Little Athletics

Sherbrooke Little Athletics

Come and try the various Little Athletics events and events you/your child like best! Suitable for ages 5-15. All abilities welcome.

**Time:** 9:30am - 10:30am Cross Country, 10:30am-12:30pm Track & Field

**Venue:** Kings Park, Upper Ferntree Gully (Mel Ref: 74 D6)

**Bookings not required. For further information, call Greg on 0418 567 768 or email sherbrooke@lavic.com.au**

### Rugby League Family Fun Day

Eastern Raptors Rugby League Club

Free skills activities and fun games for Knox residents to come experience non-contact rugby league. This will be interspersed with demonstration games between Eastern Raptors and visiting teams from the NRL Victoria competition in the mini (i.e U6), mod (i.e. U10) and international (i.e. U16) rules formats.

**Time:** 10:00am – 3:00pm

**Venue:** Colchester Reserve, Colchester Road, Boronia

**Bookings not required. For further information, call Rebecca on 0421 154 776 or email secretary@easternraptors.com.au.**

### Knox Junior Activity Day

Knox Junior Football Club

Boys and girls aged 5-12 years are invited to participate in football filled morning of fun and free activity at Knox Junior Football Club. Parents are welcome to come along and join in the fun too! Take the chance to meet the coaches and check out the club facilities.

**Time:** 10:00am – 1:00pm

**Venue:** Knox Gardens Reserve, Argyle Way, Wantirna South

**Bookings not required. For further information, call Ash on 0425 731 594**

### Open Day

Mini Tennis World – Rowville

Come and have a FREE BBQ and TENNIS. Try any of our programs including Hot Shots.

All welcome. All equipment supplied.

**Time:** 10:00am – 2:00pm

**Venue:** Rowville Tennis Club, Police Road (off Stud Rd), Rowville

**Bookings not required. For further information, call Sandi on 0422 848 356.**



## SUNDAY 12TH

### Beginner Barefoot Bowls

Bayswater Bowls Club

Ever wanted to learn to play Barefoot Bowls? Here is your chance! Enjoy a fun afternoon of Barefoot Bowls at Bayswater Bowls Club. Sausage sizzle provided. All ages welcome.

**Time:** 2:00pm – 4:00pm

**Venue:** Guy Turner Reserve, Phyllis St, Bayswater

**Bookings not required. For further information, call 9729 8312.**

### MiniRoos

Boronia Junior Soccer Club

MiniRoos is a fun and inclusive introduction to soccer for boys and girls aged 4-7 years of age. All levels of skill and experience welcome. Everyone gets a game at Boronia Junior Soccer Club.

**Time:** 9:00am – 10:00am

**Venue:** See [www.boroniajssc.com.au/events.html](http://www.boroniajssc.com.au/events.html) for location details.

**Bookings not required. For further information, call Dylan on 0422 531 383.**

### 'Come and try' Model Gliding

Victorian Association of Radio Model Soaring (VARMS)

Are you interested in building and flying radio controlled gliders? VARMS are inviting Knox community members to

join them for a free training class with dual controlled gliders at their "home" field in Wantirna this April. No experience necessary, people of all ages and abilities welcome.

**Time:** 10:00am – 3:00pm  
**Venue:** Knox Regional Sports Park, George Street, Wantirna  
**Bookings not required. For further information, call Colin on 9561 9097**

### A Taste of Tennis

Knoxfield Tennis Club  
Knoxfield Tennis Club extends an invitation to all Knox residents to join them for 'A taste of Tennis' this April. This club has something for everyone, coaching, competitions, and social games, for all ages and skill levels.

**Time:** 2:00pm – 4:00pm  
**Venue:** Knoxfield Tennis Club, Carrington Park, Knoxfield

**Bookings not required. For further information, call Eric on 0412 773 313**

### Cardio Tennis

Guy Turner Reserve Tennis Club

Forget doubles. Cardio Tennis triples your fitness fun. Increase your fitness and improve your tennis skills at the same time in this fun, music-fuelled group workout for adults. All skill levels welcome.

**Time:** 5:00pm – 6:00pm  
**Venue:** Guy Turner Reserve Tennis Club, Lilac Street, Bayswater

**Bookings not required. For further information, call Adrian on 9720 3442.**

## MONDAY 13TH

### Sport for Fun

Interchange Outer East

Don't let the word sport put you off, this program is all about fun! Children aged 10-18 are invited to come along to a fun session of skills training followed by a friendly game. A variety of sports are offered, including soccer, football,

cricket and basketball.

**Time:** 4:30pm – 6:00pm  
**Venue:** Insportz Knox, 108 Lewis Road, Wantirna South  
**Bookings essential. For further information or to register, call Sarah or Karina on 9758 5522.**  
**Accessible activity**

### Mini Senior Tennis

Mini Tennis World – Rowville  
Mini Senior Tennis is perfect for those who enjoy the game but the big court is just... well too big! Play on the world's first and only mini clay courts and enjoy the game with modified equipment. Also perfect for beginners and to top it off, a nice morning tea to follow! All equipment supplied.

**Time:** 9:30am – 10:30am  
**Venue:** Rowville Tennis Club, Police Road (off Stud Rd), Rowville

**Bookings not required. For further information, call Sandi on 0422 848 356.**

### Walking Group

Lollypop Walkers and Friends

Walking is Australia's favourite way of being physically active. Join the Lollypop Walkers and Friends for a fun and social walk this Monday. All fitness levels welcome!

**Time:** 10:00am – 11:00am  
**Meeting point:** Venues vary. Please call Jeanette to confirm.

**Bookings not required. For further information, call Jeanette on 9720 1562 or 0488 526 169.**

**For more information on walking in Knox visit [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)**

## TUESDAY 14TH

### Walking Group

Rowville Amblers  
Repeat event – see 2 April for details.

### Group Fitness Classes

Knox Leisureworks

Visit your local YMCA, Knox Leisureworks, and utilise your free YMCA passes you received by registered with Premiers Active April. YMCA offer a range of group fitness classes to cater for people of all ages and abilities. Why not try one today!

**Time:** Classes are held 7 days a week, ranging from 6.00am – 8.30pm. Find the current timetable at [www.knox.ymca.org.au](http://www.knox.ymca.org.au).

**Venue:** Knox Leisureworks, Tormore Road, Boronia.

**Bookings not required, but please arrive 20 minutes prior to ensure your spot in the class. For more information call 9762 3133.**

**Accessible activity**

## WEDNESDAY 15TH

### Ladies Social Tennis

Mini Tennis World – Rowville

Beginners to any standard – all are welcome to come along and have a hit of tennis. Progression through to competition or just as a social player – it's all fun and social. All equipment supplied.

**Time:** 10:00am – 11:00am  
**Venue:** Rowville Tennis Club, Police Road (off Stud Rd), Rowville

**Bookings not required. For further information, call Sandi on 0422 848 356.**

### Introduction to Tai Chi and Qi Gong

Chi Generation Tai Chi

An introduction to the calm mindful exercise of Tai Chi and Qi Gong; a gentle but effective exercise regime for all ages. Please wear soft flat-soled shoes and loose clothing and bring a bottle of water.

**Time:** 11:00am – 12:00pm  
**Venue:** Marie Wallace Bayswater Park, Mountain Hwy, Bayswater

**Bookings essential. To book or for further information, call Su on 0437 949 919.**

**Accessible activity**

## THURSDAY 16TH

### Kick Around

Boronia Soccer Club

Repeat event – See 2 April for details.

### Mums n Bubs Tennis

Mini Tennis World – Rowville

Mums can have fun while the littlies are as well! With a qualified coach mums can have their littlies playing in a secure area with a child minder (or on court) while learning tennis or brushing up on their skills. Fun, relaxed, social. All equipment supplied.

**Time:** 9:30am – 10:00am  
**Venue:** Rowville Tennis Club, Police Road (off Stud Rd), Rowville

**Bookings not required. For further information, call Sandi on 0422 848 356.**



### Walking Group Launch

Good for the Sole

Join us for a morning walk and tour around Tim Neville Arboretum to launch the newest walking group in Knox, 'Good for the Sole'. Slow to medium pace, all fitness levels welcome. A light breakfast and beverage will be available after the walk.

**Time:** 8:00am – 9:00am  
**Meeting point:** Tim Neville Arboretum, Dorset Road, Boronia

**Bookings not required. For further information, call Kaye on 0437 333 346.**

**For more information on walking in Knox visit [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)**

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.



## FRIDAY 17TH

### Street Orienteering Walkers

Life Activities Club Knox Inc.  
Exercise your brain as well as your body. In teams of 2 to 5 join a 1 hour orienteering walk around local streets and parks finding answers to clues. All ages and fitness levels welcome. Children must be accompanied by an adult.

**Time:** 10:15am – 11:30am

**Venue:** Knox Park, Athletics Track carpark, Bunji Way, Knoxfield (Mel Ref. 73 D7)

**Bookings essential. For further information or to book call David on 0419 337 311.**

### Wheelchair Tennis

Knox Gardens Tennis Club  
Come and try Wheelchair Tennis in a fun, supportive and social environment this April! It follows the same rules of tennis, uses the same size court and same net height. The only alteration to the rules is that wheelchair tennis allows for the two-bounce rule. For adults and children with a disability.

**Time:** 6:00pm – 7:30pm

**Venue:** Knox Gardens Tennis Club, Argyle Way, Wantirna South.

**Bookings essential. For further information, call Margaret on 0411 876 806.**

## SATURDAY 18TH

### All Abilities Netball

Netball Victoria

All Abilities Netball is designed for boys and girls aged from 14 years with an intellectual disability. This program is aimed at skill development, teamwork, and most importantly having fun!



**Time:** Lunch time. Please call Jeanette to confirm.

**Venue:** Knox Regional Netball Centre, Dempster Street, Ferntree Gully

**Bookings not required. For further information, call Jeanette on 9720 1562 or 0488 526 169.**

**Accessible activity**

### Half-time Junior Football – AFL9s

Boronia Junior Football Club  
Come along to Boronia Senior Football Club's home game this Saturday and learn the rules of the newest game in AFL, AFL 9s, in the half-time junior football clinic! AFL9s is easy to play, and provides an environment where fun, enjoyment, and safety are a priority. Suitable for boys and girls aged 12 years and under. All skill levels welcome.

**Time:** Arrive at 2:30pm for 3:00pm start.

**Venue:** Tormore Reserve, Tormore Road, Boronia

**Bookings not required. For further information, call Ellisa on 0417 593 884 or email boroniajnr@efl.org.au**

**Accessible activity**

### Templeton Tennis Club Open Day

Templeton Tennis Club  
Come and have a social hit with Templeton Tennis Club and have a look at their facilities. There will be a ball machine available, and coaches to conduct free mini lessons and assess your skill levels. Reduced price memberships will be available on the day.

**Time:** 9:00am – 12:00pm

**Venue:** Templeton Tennis Club, Templeton Reserve, Wantirna

**Bookings not required. For further information, call Don on 9800 3316 or 0425 748 138.**



## SUNDAY 19TH

### Beginner Barefoot Bowls

Bayswater Bowls Club

Repeat event – see 12 April for details.

### MiniRoos

Boronia Junior Soccer Club

Repeat event – See 12 April for details.

### Family Fishing Day

Knox Boat Fishing Club

Did you know you can go fishing in Knox? Come along for a fun day of fishing with the Knox Boat Fishing Club. All fishing gear supplied and there will be experienced fishos on hand to assist. Prizes to be won! All ages welcome.

**Time:** 10:00am – 3:00pm

**Venue:** Hill Lake, Rowville

**Bookings not required. For further information, call Trevor on 0402 253 266.**

## MONDAY 20TH

### Sport for Fun

Interchange Outer East

Repeat event – See 13 April for details.

**Accessible activity**

### Walking Group

Lollypop Walkers and Friends

Repeat event – see 13 April for details.

## TUESDAY 21ST

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.

### Time for a swim!

Knox Leisureworks

How about using one of your Premier's Active April YMCA passes to enjoy a swim at Knox Leisureworks today! With four indoor heated

pools, a spa, and two outdoor seasonal pools, Knox Leisureworks has a variety of aquatic facilities to suit your needs. From toddlers to lap swimmers – they've got you covered.

**Time:** Aquatic facilities are available 7 days a week, ranging from 5.30am – 8.30pm.

**Venue:** Knox Leisureworks, Tormore Road, Boronia.

**Bookings not required. For more information call 9762 3133 or visit [www.knox.ymca.org.au](http://www.knox.ymca.org.au)**

**Accessible activity**



## WEDNESDAY 22ND

### Accessible Playgrounds in Knox

Knox City Council

Did you know there are 3 dedicated Accessible Playgrounds in Knox? How about checking these out today to accumulate your 30 minutes of activity.

**Time:** Playgrounds in Knox are available for you to explore on your own at any time on any day.

These are located at:

- **Bayswater Park Playground**, King Street, Bayswater.
- **Ferntree Gully Playground**, Ferntree Gully Community Centre, Burwood Highway, Ferntree Gully.
- **Stud Park Playground**, Rowville Community Centre, Fulham Road, Rowville.

**More information visit [knox.vic.gov.au/playgrounds](http://knox.vic.gov.au/playgrounds) or call Knox City Council Customer Service on 9298 8000.**





## THURSDAY 23RD

### Kick Around

Boronia Soccer Club

Repeat event – See 2 April for details.

### Dance N Tone

Health Coaches

Dance N Tone is a fun and interactive full body workout. Mixing Latin, Jazz, and Hip Hop styles together, Dance N Tone isolates and tones muscle groups while working on core stability and cardio fitness. Dance N Tone is a great workout in a supportive environment for all ages and fitness levels.

**Time:** 6:30pm – 7:30pm

**Venue:** Carrington Primary School Main Hall, Laura Road, Knoxfield

**Bookings not required. For further information, call Stacey on 0402 986 995**

### Mums n Bubs Tennis

Mini Tennis World – Rowville

Repeat event – see 16 April for details.

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.

## FRIDAY 24TH

### Touring Knox by Bicycle

Explore Knox by bicycle this weekend. There are over 70km of bicycle paths through the City of Knox that connect the major parks, reserves, schools and shopping precincts. Or if you are feeling extra fit and adventurous, you can cycle



towards Melbourne's CBD, up into the Dandenong Ranges, or down to Port Phillip Bay.

**For more information on cycling in Knox or a map of the Knox Cycleway visit [www.knox.vic.gov.au/cycling](http://www.knox.vic.gov.au/cycling) or call Knox City Council Customer Service on 9298 8000.**

### Football Fit, Fives and MiniRoos (Soccer)

Football Federation Victoria (FFV)

Three activities available this evening for all ages:

- AIA Vitality MiniRoos is a games-based session suitable for ages 4 to 11 years with limited experience.
- Fit Football is a cardio session utilising a football but not requiring any skills. Suitable for ages 25 – 50; it's great for parents wanting to get involved!
- Football Fives is a 5-a-side social football game suitable for all ages.

**Time:** 6:00pm – 8:00pm

**Venue:** Knox Regional Football Centre, 291 George Street, Wantirna South.

**Bookings not required. For further information, please contact Football Fives on 1300 322 555**

**Accessible activity**



## SATURDAY 25TH

### ANZAC day

Knox City Council

If you are heading along to the ANZAC day dawn service today try parking further away to get some extra steps in for the day.

**Visit the Council website for your nearest service: [www.knox.vic.gov.au](http://www.knox.vic.gov.au)**

## SUNDAY 26TH

### Super Sunday

Bayswater Bowls Club

Come along to a fun day of bowls at Bayswater Bowls Club. There will be fun games, as well as giveaways, prizes to be one, and a free raffle to enter! Suitable for all ages and skill levels.

**Time:** 10:00am – 4:00pm

**Venue:** Guy Turner Reserve, Phyllis St, Bayswater

**Bookings not required. For further information, call 9729 8312**

### MiniRoos

Boronia Junior Soccer Club

Repeat event – See 12 April for details.

### 'Come and try' Model Gliding

Victorian Association of Radio Model Soaring (VARMS)

Repeat event – see 12 April for details.

## MONDAY 27TH

### Sport for Fun

Interchange Outer East

Repeat event – See 13 April for details.

**Accessible activity**

### Mini Senior Tennis

Mini Tennis World – Rowville

Repeat event – see 13 April for details.

## TUESDAY 28TH

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.

## WEDNESDAY 29TH

### Safety Awareness Workshop

GRK Karate

GRK Karate is inviting all children (aged 5+) and adults in Knox to attend a 1 hour safety awareness workshop that will cover basic self defence, anti bullying, and stranger danger skills. Useful skills for everybody to have!

**Time:** 5:15pm – 6:15pm

**Venue:** Bayswater Primary School, Birch Street, Bayswater

**Bookings not required. For further information, call Jason on 0407 083 304**

**Accessible activity**

### Ladies Social Tennis

Mini Tennis World – Rowville

Repeat event – see 15 April for details.

### Introduction to Tai Chi and Qi Gong

Chi Generation Tai Chi

Repeat event – see 1 April for details.

**Accessible activity**

## THURSDAY 30TH

### Kick Around

Boronia Soccer Club

Repeat event – See 2 April for details.

### Walking Group

Rowville Amblers

Repeat event – see 2 April for details.



## Keep up the good work

Being active doesn't have to stop when April does. Build on the physical activity momentum that you have developed over the past month and make 2015 your most active year yet!

Here are some tips to help you on your way:

**1. Enrol in the upcoming season of netball, basketball, soccer, tennis, football, bowls... there is something for everyone.**

Did you attend one of the free activities at a local sports club this April? Why not enrol in the upcoming season. Refer back to the calendar for contact details.

**2. Join Knox Leisureworks**

For a limited time, YMCA is offering a discounted membership to all Premiers Active April participants. Give Knox Leisureworks a call on 9762 3133 for more details.

**3. Organise to regularly attend a local walking group with a friend, or create your own**

Heart Foundation walking groups are a great (and free) way to make new friends and stay active. For the current walking groups in Knox visit [knox.vic.gov/walking](http://knox.vic.gov/walking)

**4. Use Access for All Abilities Play! or Score! services to find an activity for you**

Active April Knox is about increasing physical activity in ALL of the Knox community. To help connect people with disabilities with sport and recreation, we are spreading the word about the work of Access for All Abilities Play! and Score! Go online to find or register an activity today. See pg 15 for details.

**5. Find activities in Knox with the TeamUp app**

Download the TeamUp app on your phone now to keep up to date with new physical activity opportunities in Knox. There are already more than 70 activities registered in Knox that you could get involved in! See pg 14 for details.

**6. Incorporate physical activity into your daily routine**

Leave the car at home and walk or ride to work, to the shops or to school, even part of the way is ok. The more you can incorporate physical activity into your daily routine the easier it is!

**There are endless opportunities to get active in Knox!**

## Benefits of staying physically active and eating healthy foods?

No matter your age, consuming healthy food and drinks and being physically active is important to maintaining a healthy lifestyle and to the prevention and management of chronic disease.

Following the recommended guidelines for healthy eating and physical activity will:

- Improve your long-term health
- Give you more energy
- Help you maintain a healthy weight
- Make you feel more confident, happy, and relaxed
- Give you stronger bones and muscles
- Lower your blood pressure
- Reduce your risk of heart disease, type 2 diabetes, and some cancers

For more information and advice about the amount and kinds of physical activity specific population groups need for health and wellbeing visit the Department of Health website, [healthyactive.gov.au](http://healthyactive.gov.au)

### Physical Activity Guidelines

- Doing any physical activity is better than doing none.
- For children and young people (5-17 years), 60 minutes of moderate to vigorous intensity activity on most, preferably all, days each week.
- For adults (18+ years), 150-300 minutes of moderate-intensity activity or 75-150 minutes of vigorous-intensity activity, or a combination of both, each week.

For more information and advice on the amount and kind of physical activity at that specific population groups need visit the Department of Health website, [healthyactive.gov.au](http://healthyactive.gov.au)

### Healthy Eating Guidelines

- Enjoy a wide variety of nutritious foods from the five food groups every day.
- Drink plenty of water.

For more information and advice about the amount of kinds of foods that we need to eat for health and wellbeing visit the Eat for Health website, [eatforhealth.gov.au](http://eatforhealth.gov.au)





## HAVE YOU TAKEN THE OPPORTUNITY TO TRY OUT KNOX LEISUREWORKS DURING PREMIER'S ACTIVE APRIL IN KNOX?

# WELL, THE FUN DOESN'T HAVE TO STOP!

**KNOX LEISUREWORKS** is a multi-purpose aquatic and recreation centre that offers state-of-the-art facilities and an array of pools to improve health and wellbeing.

A vast range of programs are available to cater for people of all ages and abilities. With swimming lessons and an 80 metre waterslide for children, fitness programs for older adults, group fitness classes and personal training, there is an option to suit and benefit everyone.

### FEATURES

- Five indoor heated pools including a 50m lap pool, warm water pool, leisure pool, program pool and spa
- Seasonal outdoor pools including a 25m pool and toddler pool
- Fully equipped Health Club
- Childcare
- Café
- Function/ Meeting Room Hire
- Health Clinic



**A WIDE RANGE OF FLEXIBLE AND AFFORDABLE MEMBERSHIPS ARE AVAILABLE TO SUIT EVERYONE'S NEEDS**

**Come into the centre to speak to one of our friendly Customer Service Officers or call us on 9762 3133.**



## Do you want to find more physical activities in your community beyond Premier's Active April in Knox?

*TeamUp* is a free app created by *VicHealth* to assist people looking for physical activity at a location, time and difficulty level that suits them. The app connects you to classes, sport teams, clubs, groups and other individuals in the community.

Here's how it can help you:

- **Free** and unlimited access to a range of activities. All activities are free to contact and many are free to try out!
- **Connect** with new people in your community
- **Choose** your level of commitment from one-off, occasional to ongoing
- **Create** – can't find an activity you want? Create one!

Head to [www.teamup.com.au](http://www.teamup.com.au) to download the app for free and start browsing for an activity which suits you. For assistance with using TeamUp visit [knox.vic.gov.au/teamup](http://knox.vic.gov.au/teamup)

Access  
for All  
Abilities

play

Access for All Abilities PLAY is a free service to assist Melbourne people of all ages with a disability to become involved in sport and active recreation. With personal assistance from AAA PLAY, **you can discover a new sporting challenge now.** Visit our info-loaded website or call us today to discover the huge amount of sports and recreation activities close to your home and available for people of all abilities.



## Why is physical activity so important?

Involvement in sport and active recreation has huge benefits for all people's physical and mental wellbeing, and forms part of a balanced, healthy lifestyle. Through participating in community sport and recreation you will not only reap the rewards of exercise but make new friends, be part of a team or club and achieve personal goals.

Whether you're seeking a chance to improve your skill or elite glory, sport and recreation is for everyone, regardless of ability.



**People with a disability are 15% less likely to participate in sport and active recreation than the general population – let's change this by promoting access for all.**

## Access for All Abilities

Funded by the Victorian State Government, Access for All Abilities has helped grow inclusive sports and recreation for people with a disability for more than ten years, now funding over thirty community and sporting organisations – from Blind Sports, Basketball and Baseball to Lawn Bowls, Sailing and Balloon Football. Access for All Abilities ensures that every person, regardless of ability, has an opportunity to participate in sports and recreation in their community.

**To begin a new experience in sport today visit [aaavic.org.au](http://aaavic.org.au) and search for an activity close to you.**

For personalised assistance contact

**1800 AAA VIC (222 842)**



Like us



Follow us



Signup to the newsletter

# SCORE!

PHYSICAL ACTIVITY FOR EVERY ABILITY

Find all the inclusive activities on offer this Premier's Active April on Score!  
the only website dedicated to sport and active recreation  
for Victorians with disability

[www.scoredsr.org.au](http://www.scoredsr.org.au)



**This calendar is provided for information purposes only.**

**While every effort has been made to ensure that the information is accurate and current at the time of publication, Knox City Council does not accept responsibility for any errors or omissions or inaccuracies whatsoever or for changes in the policy of the organisations listed.**

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**This document is available as a PDF at [knox.vic.gov.au/activeapril](http://knox.vic.gov.au/activeapril) or in hardcopy at Knox City Council, Knox Social and Community Health Service, neighbourhood houses, libraries and other venue. Available 09/03/2015 to 01/04/2015.**