



wyndhamcity

2019

# HeALTHY & active EXPO

21 SEPT - 13 OCT

PROGRAM

IT'S ALL  
FREE!



Register Now

[wyndham.vic.gov.au/healthyandactiveexpo](http://wyndham.vic.gov.au/healthyandactiveexpo)

## LOOKING FOR SOME NEW WAYS TO GET ACTIVE IN WYNDHAM?

Wyndham City's free Healthy & Active Expo showcases the best of local sport, fitness and wellbeing activities suitable for all ages and levels.

Whether you're looking to kick start your fitness, try a new team sport or you're in search of a little relaxation – there's a session to suit you.

All activities are suitable for beginners and open to all abilities.

## REGISTER NOW

Spaces are limited, with registrations essential via [www.wyndham.vic.gov.au/healthyandactiveexpo](http://www.wyndham.vic.gov.au/healthyandactiveexpo)

For more information or to book if you do not have internet access please call 9742 0777.



Share photos of your healthy & active Expo sessions on Facebook or Instagram using **#actiuewyndham** for your chance to win one of four \$50 sporting vouchers. T&Cs at [www.wyndham.vic.gov.au/healthyandactiveexpo](http://www.wyndham.vic.gov.au/healthyandactiveexpo)

## HOPPERS CROSSING

DATE	TIME	ACTIVITY	PROVIDER	AGES
21 Sep	10am - 12pm	Little Athletics Come & Try	Werribee Little Athletics	5 - 15
21 Sep	10:30am - 11:30am	Net Set Go	Hoppers Crossing Netball Association	5 - 12
21 Sep	11am - 12pm	Lacrosse Come & Try	Wyndham Lacrosse Club	All
22 Sep	10:30am - 12pm	Introduction to Clinical Pilates	Symmetry Physiotherapy and Sports Medicine	Adults 18+
22 Sep	11:15am - 12pm	F45 Training Class	F45 Training Hoppers Crossing	Adults 18+
22 Sep	12pm - 1:30pm	Introduction to Clinical Pilates	Symmetry Physiotherapy and Sports Medicine	Adults 18+
23 Sep	6:15pm - 7pm	Brazilian Jiu Jitsu - Teens Program	Gracie Barra Hoppers Crossing	12 - 17
24 Sep	6:15pm - 7pm	Brazilian Jiu Jitsu - Little Champions and Juniors	Gracie Barra Hoppers Crossing	5 - 12
24 Sep	6:30pm - 7:30pm	Boxing & Kickboxing Group Class	Ultimate Kickboxing Hoppers Crossing	12 - 17 Adults
25 Sep	6:30pm - 7:30pm	Muay Thai Group Class	Ultimate Kickboxing Hoppers Crossing	12 - 17 Adults
26 Sep	5:15pm - 5:45pm	MetaFit	Fitness with Andrea	Adults 18+
28 Sep	9:45am - 10:15am	Brazilian Jiu Jitsu - Tiny Champions	Gracie Barra Hoppers Crossing	2 - 5
28 Sep	10:30am - 11:30am	Net Set Go	Hoppers Crossing Netball Association	5 - 12
28 Sep	11:15am - 12pm	F45 Training Class	F45 Training Hoppers Crossing	Adults 18+
30 Sep	6:15pm - 7pm	Brazilian Jiu Jitsu - Teens Program	Gracie Barra Hoppers Crossing	12-17
30 Sep	7pm - 8pm	Brazilian Jiu Jitsu - Adults Fundamental Class	Gracie Barra Hoppers Crossing	Adults 18+
1 Oct	5pm - 6pm	Teen Girls Fitness Classes	Lizard Fitness	10 - 16 (Girls Only)
2 Oct	6:30pm - 7:30pm	Muay Thai Group Class	Ultimate Kickboxing Hoppers Crossing	12 - 17 Adults

## HOPPERS CROSSING

DATE	TIME	ACTIVITY	PROVIDER	AGES
3 Oct	5pm - 6pm	Teen Girls Fitness Classes	Lizard Fitness	10 - 16 (Girls Only)
3 Oct	5:15pm - 5:45pm	MetaFit	Fitness with Andrea	Adults 18+
4 Oct	5pm - 6pm	Woolworths Junior Blast & Junior Cricket- Come & Try	Bellbridge Cricket Club & Cricket Victoria	5 - 17
5 Oct	8:15am - 12pm	Athletics Weekly Competition Come & Try	Werribee Little Athletics	5 - 15
5 Oct	9am - 12pm	School Holiday AquaPulse Open Day	Western Leisure Services	All
5 Oct	9:30am - 10:30am	Boxing & Kickboxing Group Class	Ultimate Kickboxing Hoppers Crossing	12 - 17 Adults
5 Oct	9:45am - 10:15am	Brazilian Jiu Jitsu - Tiny Champions	Gracie Barra Hoppers Crossing	2 - 5
5 Oct	10:30am - 11:30am	Net Set Go	Hoppers Crossing Netball Association	5 - 12
8 Oct	6:15pm - 7pm	Brazilian Jiu Jitsu - Little Champions and Juniors	Gracie Barra Hoppers Crossing	5 - 12
9 Oct	10:30am - 12:30pm	Seniors Exercise Park - Come & Try	National Ageing Research Institute	Seniors
9 Oct	11:30am - 12:30pm	Strength 4 Life	Grange Community Centre	Adults Seniors
9 Oct	12:30pm - 1:30pm	Yoga	Grange Community Centre	Adults Seniors
9 Oct	7pm - 8pm	Brazilian Jiu Jitsu - Adults Fundamental Class	Gracie Barra Hoppers Crossing	Adults 18+
10 Oct	9:30am - 10:15am	Walking Group	Grange Community Centre	Adults Seniors
10 Oct	5:15pm - 5:45pm	MetaFit	Fitness with Andrea	Adults 18+
10 Oct	6:30pm - 7:30pm	Boxing & Kickboxing Group Class	Ultimate Kickboxing Hoppers Crossing	12 - 17 Adults
12 Oct	8:15am - 12pm	Athletics Weekly Competition Come & Try	Werribee Little Athletics	5 - 15

## LITTLE RIVER

DATE	TIME	ACTIVITY	PROVIDER	AGES
11 Oct	6:30pm - 7:30pm	Boy & Girls Cricket Come & Try	Little River Cricket Club	5 - 17

## MANOR LAKES

DATE	TIME	ACTIVITY	PROVIDER	AGES
9 Oct	5pm - 6pm	Woolworths Junior Blast & Junior Cricket - Come & Try	Manor Lakes Cricket Club & Cricket Victoria	5 - 17

## POINT COOK

DATE	TIME	ACTIVITY	PROVIDER	AGES
21 Sep	2pm - 3pm	Martial Arts Come & Try Workshop	Martial Fitness Australia	5+ Adults Seniors
22 Sep	3pm - 4pm	Archery Come and Try	Arrow Plus	12+ Adults Seniors
22 Sep	4pm - 5pm	Archery Come and Try	Arrow Plus	12+ Adults Seniors
24 Sep	10am - 1:30pm	Yoga Expo	Wyndham Active Youngs @ 55 Inc.	Adults Seniors
25 Sep	5:30pm - 6:30pm	Martial Arts - Hapkido & Kummooyeh	Kyosado Australia	5+ Adults Seniors
26 Sep	12pm - 1pm	Archery Come and Try	Arrow Plus	12+ Adults Seniors
27 Sep	5pm - 6.30pm	All Girls Cricket Come & Try	Point Cook Cricket Club & Cricket Victoria	10 - 16 (Girls Only)
28 Sep	2pm - 3pm	Martial Arts Come & Try Workshop	Martial Fitness Australia	5+ Adults Seniors
28 Sep	3:30pm - 4:30pm	Martial Arts - Hapkido & Kummooyeh	Kyosado Australia	5+ Adults Seniors
29 Sep	4pm - 5pm	Archery Come and Try	Arrow Plus	12+ Adults Seniors

## POINT COOK

DATE	TIME	ACTIVITY	PROVIDER	AGES
30 Sep	7:30pm - 8:30pm	Seminar: How to get your pre-parenthood body back and keep it!	Constant Evolution Personal Training	Adults 18+
1 Oct	10am - 11am	Archery Come and Try	Arrow Plus	12+ Adults Seniors
2 Oct	5:30pm - 6:30pm	Martial Arts - Hapkido & Kummooyeh	Kyosado Australia	5+ Adults Seniors
5 Oct	2pm - 3pm	Martial Arts Come & Try Workshop	Martial Fitness Australia	5+ Adults Seniors
7 Oct	11am - 12pm	Archery Come and Try	Arrow Plus	12+ Adults Seniors
8 Oct	11am - 12pm	Relax into Tai Chi for Seniors	Jamieson Way Community Centre	Seniors
9 Oct	3pm - 3:45pm	Preschooler Dance Fun	PointCookDance	3 - 5
9 Oct	5:30pm - 6:30pm	Martial Arts - Hapkido & Kummooyeh	Kyosado Australia	5+ Adults Seniors
10 Oct	1:30pm - 2:30pm	Relax into Tai Chi for Seniors	Jamieson Way Community Centre	Seniors
10 Oct	3pm - 3:45pm	Preschooler Dance Fun	PointCookDance	3 - 5
10 Oct	3pm - 5:30pm	Active Boys & Active Girls	The Huddle	12 - 17
12 Oct	8:30am - 9:15am	Fun Fitness Session	In 2 Life Fitness	Adults 18+
12 Oct	2pm - 3pm	Martial Arts Come & Try Workshop	Martial Fitness Australia	5+ Adults Seniors
12 Oct	3:30pm - 4:30pm	Martial Arts - Hapkido & Kummooyeh	Kyosado Australia	5+ Adults Seniors



## TARNEIT

DATE	TIME	ACTIVITY	PROVIDER	AGES
23 Sep	7pm - 7:45pm	Group Boxing Session	Precision Personal Training	Adults 18+
30 Sep	7pm - 7:45pm	Group Boxing Session	Precision Personal Training	Adults 18+

## TRUGANINA

DATE	TIME	ACTIVITY	PROVIDER	AGES
24 Sep	10am - 12pm	Soccer Fun for Boys and Girls	Football Empowerment	10 - 18
25 Sep	10am - 12pm	Soccer Fun for Boys and Girls	Football Empowerment	10 - 18
25 Sep	1pm - 2pm	Women's Support Group	Arndell Park Community Centre	All (Women Only)
26 Sep	9:30am - 10:30am	Women's Group Fitness	Arndell Park Community Centre	All (Women Only)
27 Sep	9:30am - 10:30am	Women's Yoga	Arndell Park Community Centre	All (Women Only)
1 Oct	10am - 12pm	Soccer Fun for Boys and Girls	Football Empowerment	10 - 18
2 Oct	10am - 12pm	Soccer Fun for Boys and Girls	Football Empowerment	10 - 18
2 Oct	1pm - 2pm	Women's Support Group	Arndell Park Community Centre	All (Women Only)
3 Oct	9:30am - 10:30am	Women's Group Fitness	Arndell Park Community Centre	All (Women Only)
4 Oct	9:30am - 10:30am	Women's Yoga	Arndell Park Community Centre	All (Women Only)
5 Oct	4pm - 5pm	StrokeSafe Presentation	Stroke Foundation	Adults 18+
10 Oct	11am - 3:30pm	Seniors Yoga & Outdoor Sports Activities	Club 60 Tarneit	Seniors

## WERRIBEE

DATE	TIME	ACTIVITY	PROVIDER	AGES
21 Sep	9:30am - 10:15am	F45 Training Class	F45 Training Werribee	Adults 18+
21 Sep	10:30am - 11:30am	Yoga	Yoga Moves West	Adults 18+
23 Sep	11am - 12pm	Spring Fit Ninja Warriors Obstacle Course	Wyndham Vibrant City Centres	4-12
24 Sep	9am - 11am	Social Over 50's Table Tennis Session	Werribee Table Tennis Association	Adults Seniors
24 Sep	11am - 12pm	Spring Fit Hip Hop	Wyndham Vibrant City Centres	4-12
24 Sep	7:30pm - 8:30pm	Social Hit & Beginners Table Tennis	Werribee Table Tennis Association	12+
25 Sep	11am - 12pm	Spring Fit Bootcamp	Wyndham Vibrant City Centres	4-12
26 Sep	11am - 12pm	Spring Fit Footy Fever	Wyndham Vibrant City Centres	4-12
28 Sep	10:30am - 11:30am	Yoga	Yoga Moves West	Adults 18+
28 Sep	10:30am - 11:30am	Basics of Boxing	A-Team Boxing Yoga Dietitian	12 - 17 Adults
29 Sep	12:30pm - 1:30pm	Junior Basketball Workshop	Werribee Basketball Association	5 - 17
1 Oct	6:30pm - 7:30pm	Life! Program	Diabetes Victoria	Adults Seniors
1 Oct	7:30pm - 8:30pm	Social Hit & Beginners Table Tennis	Werribee Table Tennis Association	12+
4 Oct	8am - 10am	Walk & Breakfast	Westgate Community Initiative Group	Adults 18+
5 Oct	8:30am - 10am	Table Tennis Coaching Session	Werribee Table Tennis Association	5 - 17
6 Oct	9:30am - 10:15am	F45 Training Class	F45 Training Werribee	Adults 18+
6 Oct	4.15pm - 5pm	Indoor Netball	Werribee Indoor Sports	16+
7 Oct	9:30am - 10:15am	PlayGym	Werribee Gymnastics Club	2 - 5
8 Oct	9am - 11am	Social Over 50's Table Tennis Session	Werribee Table Tennis Association	Adults Seniors
8 Oct	9:30am - 10:15am	ASD PlayGym - (Children w/ Autism only)	Werribee Gymnastics Club	2 - 5

## WERRIBEE

DATE	TIME	ACTIVITY	PROVIDER	AGES
8 Oct	6.30pm - 7.20pm	Indoor Cricket	Werribee Indoor Sports	16+
8 Oct	7:30pm - 8:30pm	Social Hit & Beginners Table Tennis	Werribee Table Tennis Association	12 - 17 Adults
9 Oct	9:30am - 10:15am	PlayGym	Werribee Gymnastics Club	2 - 5
9 Oct	11am - 1pm	Seniors - Badminton Games	Club 60 Tarneit	Adults Seniors
9 Oct	6:30pm - 7:30pm	Life! Program	Diabetes Victoria	Adults Seniors
10 Oct	9:30am - 10:15am	PlayGym	Werribee Gymnastics Club	2 - 5
10 Oct	10:30am - 11:15am	Fitter for Life	Werribee Gymnastics Club	Seniors
10 Oct	5pm - 6pm	Woolworths Junior Blast & Junior Cricket- Come & Try	Glen Orden Cricket Club & Cricket Victoria	5 - 17
11 Oct	9:30am - 10:15am	PlayGym	Werribee Gymnastics Club	2 - 5
11 Oct	4:30pm - 6:15pm	Active Boys & Active Girls	The Huddle	12 - 17
12 Oct	11am - 11:45am	Group Outdoor Exercise Session	Josfit Personal Training	12 -17 Adults
12 Oct	3pm - 4pm	Indoor Soccer	Werribee Indoor Sports	16+
13 Oct	10am - 1pm	Eagle Stadium Come and Try Sports Day	Western Leisure Services	All



## WILLIAMS LANDING

DATE	TIME	ACTIVITY	PROVIDER	AGES
21 Sep	9am - 11am	ANZ Tennis Hot Shots Match Play Come & Try	Williams Landing Tennis Club & Smash Tennis	5 - 12
24 Sep	9am - 11am	Tennis Ladies Mornings	Williams Landing Tennis Club & Smash Tennis	Adults (Women Only)
24 Sep	6:30pm - 8pm	Tennis Come & Try Clinic	Williams Landing Tennis Club & Smash Tennis	Adults Seniors
26 Sep	11am - 12pm	Mums & Bubs Tennis	Williams Landing Tennis Club & Smash Tennis	Adults (Women Only)
26 Sep	2pm - 2:30pm	ANZ Tennis Hot Shots Kids Come & Try	Williams Landing Tennis Club & Smash Tennis	5 - 7
26 Sep	2:30pm - 3pm	Tennis Smash Hot Shots Come and Try	Williams Landing Tennis Club & Smash Tennis	8 - 12
26 Sep	6:30pm - 8pm	Tennis Come & Try Clinic	Williams Landing Tennis Club & Smash Tennis	Adults Seniors
28 Sep	10am - 12pm	Junior Soccer Skills Clinic	Williams Landing Soccer Club	5 - 17
29 Sep	10am - 11am	Woolworths Junior Blast Cricket Come & Try	Williams Landing Cricket Club & Cricket Victoria	5 - 12

## WYNDHAM VALE

DATE	TIME	ACTIVITY	PROVIDER	AGES
21 Sep	7:50am - 9:30am	parkrun	parkrun - Wyndham Vale	All
28 Sep	7:50am - 9:30am	parkrun	parkrun - Wyndham Vale	All
29 Sep	10am - 12pm	Softball Come & Try Session	Werribee Softball Association	5+ Adults
5 Oct	7:50am - 9:30am	parkrun	parkrun - Wyndham Vale	All
5 Oct	10am - 12pm	Softball Come & Try Session	Werribee Softball Association	5+ Adults
11 Oct	6pm - 7pm	Woolworths Junior Blast Cricket Come & Try	Wyndham Vale Cricket Club & Cricket Victoria	5 - 12
12 Oct	7:50am - 9:30am	parkrun	parkrun - Wyndham Vale	All
12 Oct	10am - 12pm	Softball Come & Try Session	Werribee Softball Association	5+ Adults

## MY HEALTHY & ACTIVE EXPO

SET YOURSELF UP FOR SUCCESS! TAKE A MOMENT TO WRITE DOWN SOME SIMPLE GOALS AND ACTIONS:



What are two sessions you would like to try at the 2019 Healthy & Active Expo?

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Who is someone you could do a Healthy & Active session with?

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What is one way you can get a bit more active each day?

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## MY EXPO DIARY

KEEP TRACK OF YOUR SESSIONS:

DATE	TIME	ACTIVITY	PROVIDER	SUBURB

## MAKE LASTING HABITS

Keep up momentum after the Expo, with these simple tips:

- Set aside time to be active together as a family – visit playgrounds, parks, sports reserves, ovals or bike paths. Trying out new activities can be fun and rewarding.
- Try and limit sedentary recreational screen time to no more than 2 hours per day.
- Take a break or use your lunch break to go for a walk – even 10 to 15 minutes is a great start.



# HeALTHY & active EXPO

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