



South East Primary Care Partnership

PHYSICAL ACTIVITY DIRECTORY

City of Casey
City of Greater Dandenong
Shire of Cardinia

Introduction

Obesity is becoming a growing trend throughout Australia and a prompt for change by all government sectors has increased demand for physical activity services. The AusDiab Steering Committee (2001) claims that 61% of the population is viewed as overweight, including 22% as obese. These statistics have a direct correlation with the amount of premature and total burden of disease. Physical inactivity contributes approximately 18% to all causes of death throughout Victoria and in particular raises the risk of chronic diseases such as coronary heart disease, type 2 diabetes, colon cancer, breast cancer, stroke and mental illnesses such as depression (Stephenson et al, 2000). Through physical activity these outcomes can be reduced and therefore provide higher qualities of life.

The National Public Health Partnership of Australia (2002) recommends 30 minutes per day of moderate intensity physical activity. 54% of all adults undertake sufficient physical activity (Smith et al, 1999), leaving 46% of adults doing an insufficient amount of exercise. An increase in physical activity will help the national health care bill dramatically. It is estimated that \$464 million dollars per annum has a direct association with obesity (Australian Institute of Health and Welfare, 2002). By reducing expenditure with diseases attributed to obesity, it is more likely that more funds will be allocated to health services to maintain obesity at a low level.

This resource has been designed so service providers can easily refer clients and patients to local physical activities.

The update of this resource has been made possible through a project funded by the Department of Human Services to encourage the use of the Lifescripts resources by General Practitioners.

Lifestyle Prescriptions (or Lifescripts) aims to build on preventive activities being undertaken in the primary health care system. Lifescripts provides general practice with tools to assist patients to make healthier lifestyle choices. Building on work undertaken on the SNAP lifestyle risk factors Lifescripts covers those risk factors (Smoking, Nutrition, Alcohol and Physical activity) and adds weight management as an additional risk factor.

Lifescripts provides a framework for GPs, Practice Nurses and staff in the general practice setting to bring lifestyle risk factors to the fore in their engagement with patients. Implementing Lifescripts involves: discussing risk factors with patients; setting lifestyle change goals; providing written lifestyle prescriptions; organising ongoing review of lifestyle risk factors; and referring patients to other services that support healthy lifestyle choices.

For more information about the Lifescripts program please contact your local Division of General Practice, contact numbers are listed under 'Other Contacts For Physical Activity'.

The directory itself is in alphabetical order and each service is listed under its type of physical activity. For example, a group which walks weekly in a shopping mall will be listed under 'Walking.'

References:

AusDiab Steering Committee (2001). *Diabetes & Associated disorders in Australia 2000: The accelerating epidemic (Executive Summary)*. International Diabetes Institute: Melbourne.

Australian Institute of Health and Welfare (AIHW). (2002). "Diabetes: Australian Facts" National Centre for Monitoring Diabetes Canberra.

Bauman A, Bellew B, Vita P, Brown W, Owen N. (2002) *Getting Australia active: towards better practice for the promotion of physical activity*. National Public Health Partnership. Melbourne, Australia.

Smith, JR., Owen, N., Leslie, E & Bauman A (1999). *Active For Life: Physical Activity Patterns and Health Impacts in Victoria 1998*. Melbourne, Victoria: Victorian Department of Human Services

Stephenson J, Bauman A, Armstrong T et al. (2000) *The costs of illnesses Attributable to Physical Inactivity in Australia. A preliminary Study*. {Discussion paper prepared for the Commonwealth Department of Health and Aged Care and the Australian Sports Commission}.

Please note

Every effort has been made to ensure that the information is as current and accurate as possible at the time of printing. However, the information contained is not exhaustive. There are various other contacts for physical activity options and some useful details are provided below.

The listing of any group, club, organization or establishment is not an endorsement by SEPCP of such group, club, organisation or establishment. Readers should not rely on information provided and must make their own enquiries, inspections and assessments as the suitability and quality of services.

This directory is intended as an electronic resource and updated versions will be emailed to the distribution list.

To update any information within this directory or for changes to the distribution list, please email: sepcp@southernhealth.org.au or telephone: 8792 2313

Other Contacts for Physical Activity

Neighbourhood Houses & Community Centres

These centres offer a wide range of activities and programs, most at low cost and may include gentle exercises, yoga, tai chi, martial arts, badminton, community singing. Programs are based on school terms and may change from term to term.

Beaconsfield Neighbourhood House
8 O'Neil Road, Beaconsfield. 3807
Phone: 8768 4400
Hours: Mon. to Thurs. 9.00 – 3.00 p.m.
Web: www.beaconsfield.org.au/ncentre.htm

Berwick Neighbourhood Centre
112 High Street, Berwick, 3806
Phone: 9796 1970
Hours: 9am – 3.30pm Mon-Thur,
9am -12noon Friday
Email: bnc10@bigpond.com

Blind Bight Community Centre
Anchorage Drive, Blind Bight 3980
Phone: 5998 7014
Website: www.geocities.com/blindbightcc
Hours: 9am – 3pm Mon-Thursday;
9am – 1pm Friday

Cranbourne Community House
49 Valepark Cres, Cranbourne 3977
Phone: 5996 2941
www.cranbournecommunityhouse.com
Hours: 9am – 4pm Mon - Fri.
(Closed school holidays.)

Dandenong Neighbourhood House
34 King Street, Dandenong
Phone: 9792 5298
Hours: 9.30am–3pm Mon-Thur,
9.30am–12pm Fri

Doveton Neighbourhood Learning Centre
Oak Avenue, Doveton 3177
Phone: 9791 1449
Website: www.dovetonnlc.com.au
Hours: 9am – 3pm Mon-Fri

Endeavour Hills Uniting Care
Neighbourhood Centre
Lower Level, 10 Raymond McMahon Blvd
Endeavour Hills 3802
Phone: 9700 3789
Website: home.vicnet.net.au/~ehunc
Hours: 9am – 3pm Mon-Fri

Hallam Community Centre
56 Kays Road, Hallam 3803
Phone: 9703 1688
Hours: 9am–3pm Mon-Thur;
9am – 2pm Fri

Hampton Park Community House
Lot 9 Stuart Ave, Hampton Park 3976
Phone: 9799 0708
Website: www.hamptonparkch.com.au
Hours: 9am-3pm Mon – Fri.
Wed 9am – 7pm.

Keysborough Learning Centre
402 Corrigan Rd, Keysborough 3173
Phone: 9798 7005
Hours: 9am – 4pm Mon-Fri

Merinda Park Learning/Community Centre
151-153 Endeavour Dve, Cranbourne
3977
Phone: 5996 9056
Hours: 9am – 4.30pm Mon-Fri

Other Contacts for Physical Activity

Neighbourhood Houses (continued)

Narre Community Learning Centre
1 Malcolm Crt, Narre Warren 3805
Phone: 9704 7388
Website: www.narreclc.net.au
Hours: 9am – 4.30pm Mon-Friday.

Oakgrove Community Centre
89-101 Oakgrove Drive, Narre Warren
Sth 3805
Phone: 9704 2781
Hours: 9.00am – 3pm Mon-Friday
oakgrove@satlink.com.au

Noble Park Community Centre Inc
Ross Reserve, Memorial Drive, Noble Park
Phone: 9547 5801
Hours: 9am – 5pm Mon, Tue & Thursday,
9am – 1pm Wed-Friday

Springvale Community Centre
1 Osborne Ave, Springvale 3171
Phone: 9547 2647

Noble Park – Jan Wilson Community
Centre
Halton Rd, Noble Park North
Phone: 9795 9279
Hours: 9am – 4.30pm Mon-Fri

Springvale Neighbourhood House
16 Grace Park Avenue, Springvale 3171
Phone: 9548 3972

Wellsprings for Women
79 Langhorne Street, Dandenong 3175
Phone: 9701 3740

Local Government

City of Casey

Mail: PO BOX 1000 Narre Warren Vic 3805
Email: caseycc@casey.vic.gov.au
Website: www.casey.vic.gov.au
Phone: 03 9705 5200
TTY: 03 9705 5568 (Telephone Typewriter)
TIS: 131 450 (Translating & Interpreting
Service)

City of Greater Dandenong

Mail: PO BOX 200 Dandenong Vic 3175
Email: council@cgd.vic.gov.au
Website: www.greaterdandenong.com
Phone: 03 9239 5100
TTY: 03 9239 5153 (Telephone Typewriter)

Cardinia Shire Council

Mail: Henty Way Pakenham Vic 3810
Email: mail@cardinia.vic.gov.au
Website: www.cardinia.vic.gov.au
Phone: 1300 787 624

Other Contacts for Physical Activity

Information Lines and Directories

Go For Your Life

Information Line: 1300 73 98 99

Website: www.goforyourlife.vic.gov.au

Go For Your Life is a Victorian Government initiative which aims to increase levels of physical activity and healthy eating and promote stronger communities. Search the A to Z index for hundreds of ideas to help you stay happy, healthy and active.

The 'Go for your life' Infoline service provides useful information on physical activity, healthy eating and community activities for all Victorians. The trained operators will inform you about the activities and services that exist in your local area.

Service Seekers

Website: www.serviceseekers.com.au

The Infoxchange Service Seeker currently contains details on government and non-government services and agencies in Victoria.

Division Contacts for Lifescripts Information

Dandenong District Division of General Practice

Phone: 03 9706 7311

Monash Division of General Practice

Phone: 03 9570 3727

Eastern Rangers GP Association

Phone: 03 9739 6751



- TYPE** **Aerobics - (low – high impact)**
A variety of group fitness classes are conducted from low to high impact, refer to “**Group Fitness**” Pg. 11-15
- TYPE** **Aquatic Education & Water Aerobics**
AGE CATERGORY Any
WHERE Casey Aquatic and Recreation Centre,
Cnr Overland Dve & Princes Hwy, Narre Warren
TIME Please phone 9705 5000 for times
COST Please phone 9705 5000 for details
SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session **BEFORE** the class commences.
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons, water exercises specific for older adults.
- TYPE** **Aquatic Education**
AGE CATERGORY 8 months old through to adults.
WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne
TIME Please phone 5996 1753 for aquatic education times.
COST Please phone 5996 1753 for more details.
SPECIAL REQ. Bookings essential
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons available.
- TYPE** **Aquatic Education & Water Aerobics**
AGE CATERGORY Any
WHERE Dandenong Oasis (Cnr Cleeland St & Heatherton Rd, Dandenong)
TIME Please phone 9767 3100 for aquatic education and group times.
COST Please phone 9767 3100 for more details
SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session **BEFORE** the class commences.
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons (6 months – 3years), gentle water exercises in hydro pool and medium intensity classes in 50m pool.

B

TYPE **Basketball - Recreational (Indoor Court)**
AGE CATERGORY Any
WHERE Dandenong Indoor Sports Centre. 270 Stud Road Dandenong.
TIME Weekdays 9am-11pm, weekends 8:30am-7:30pm (Depending on game commitments).
COST \$2 per player
SPECIAL REQ. None
OTHER INFO. Ph: 9794 7192. Function room available for hire. Show court capable of seating 2000 for various events. 10 Basketball courts and 4 volleyball courts.

TYPE **Basketball – Junior Basketball Competitions (Indoor Court)**
AGE CATERGORY u/8 – u/18
WHERE Pakenham Indoor Sports Complex –YMCA, 930 Princes Highway, Pakenham.
TIME 3:30pm – 4:00pm. Days of week vary depending on age group.
COST Varies.
SPECIAL REQ. Boys Only

TYPE **Basketball – Junior Basketball Competitions (Indoor Court)**
AGE CATERGORY u/8 – u/18
WHERE Pakenham Indoor Sports Complex – YMCA, 930 Princes Highway, Pakenham.
TIME 3:30pm – 4:30pm. Days of week vary depending on age group.
COST Varies.
SPECIAL REQ. Girls Only

TYPE **Big Top**
These classes will help participant learn big top/circus skills.
AGE CATERGORY 5yrs and above
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME Saturday 1pm, 2pm and 3pm.
COST Please phone 9700 4697

TYPE **Bushwalking (Dandenong Valley Bushwalking Group INC)**
Refer to: "Walking" pg. 30

C

TYPE	Cheerleading
AGE CATERGORY	13yrs and above
WHERE	Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME	Thursday 8pm
COST	Please phone 97004697
SPECIAL REQ.	N/A
OTHER INFO.	These classes are designed for anyone who would like to try cheerleading or would like to better their skills.

D

TYPE	Dance – Breakdancing
	These classes are designed for anyone who would like to try break-dancing or would like to better their skills
AGE CATERGORY	Teenagers.
WHERE	Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills.
TIME	Friday 5pm
COST	Please phone 97004697 for details.
SPECIAL REQ.	N/A
OTHER INFO.	

TYPE	Dance – Modern Dance
	This is a recreational based dance program which allows children to have and display their creative flair.
AGE CATERGORY	5-14yrs
WHERE	Berwick Leisure Centre, 79 Manuka Rd, Berwick
TIME	Tue and Wed afternoons
COST	Please phone 9707 3371
SPECIAL REQ.	N/A

D

TYPE	Dance - Pre-School Dance Pre-School dance is a recreational movement to music class. This is not a parent assisted class.
AGE CATERGORY	3-5yrs
WHERE	Berwick Leisure Centre, 79 Manuka Rd, Berwick
TIME	Tuesday 4pm and Wed 9.30am, 10.15am and 4pm
COST	Please phone 9707 3371
SPECIAL REQ.	N/A

G

TYPE	Gentle Exercises - Refer to: "Neighbourhood/Community Centres" Pg. 5-6
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TYPE	Gym – Refer to: "Health Club" Pg 18-19
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TYPE	Group Fitness (Light Paced) Compliment to the Parkmore Community Walk, an integration of gym and fitness activities. Walk and fitness with light weights, at your own pace.
AGE CATERGORY	Any
WHERE	Springers Leisure Centre, 400 Cheltenham Rd, Keysborough
TIME	7:30pm Thursdays.
COST	\$4
SPECIAL REQ.	None
OTHER INFO.:	Ph 9701 5900



TYPE **Group Fitness - Low Impact exercise program**
AGE CATERGORY Young people with disabilities and frail aged.
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME Weekly on Friday - 10:30am-12:15pm
COST \$4.00
SPECIAL REQ. A medical clearance form must be completed by a GP prior to commencement.
OTHER INFO.: Call Kellie on 8792 2354

TYPE **Group Fitness – Lite pace classes**
An exercise class coordinated through Greater Dandenong Community Health Service
AGE CATERGORY Young people with disabilities and frail aged.
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St, Dandenong.)
TIME Wednesday 9.30am -10.30am
COST \$4.00
SPECIAL REQ. Available for anyone living in the City of Greater Dandenong
OTHER INFO.: Call 8558 9000 for more information.

TYPE **Group Fitness - Step Forward (Women Only) (Low Impact)**
Support program for recovery of breast cancer surgery, heart disease, stroke or injury. Involves 30min of gentle exercises in the hydrotherapy pool followed by a chat & refreshments.
AGE CATERGORY Any
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St, Dandenong.)
TIME Monday – 11:00am.
COST Please phone 9767 3100 for more details
SPECIAL REQ. Women Only.

TYPE **Group Fitness – African Women’s Aerobic Group**
 An exercise class for African women coordinated through Greater Dandenong Community Health Service

AGE CATERGORY Any

WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St, Dandenong.)

TIME Tuesday 9-10am.

COST \$6.50/group

SPECIAL REQ. Women Only. Please phone 8558 9000 for more details

TYPE **Group Fitness (low intensity – high intensity)**
 A range of classes are offered including yoga, tai chi and pilates, martial arts based classes, weight training classes, circuit classes and indoor cycling.

AGE CATERGORY 16yrs and above

WHERE Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren

TIME Various times and days available, please phone 9705 5000 for more details.

COST please phone 9705 5000 for details

SPECIAL REQ. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it is your first session BEFORE the class commences.

TYPE **Group Fitness (low intensity – high intensity)**
 A range of classes are offered including yoga, tai chi, pilates, weight training classes, circuit classes and indoor cycling.

AGE CATERGORY 16yrs and above

WHERE Genesis Fitness Centre, 63 Scott Street, Dandenong

TIME Various times and days available, please phone 9792 3444 for more details.

COST please phone 9792 3444 for details

SPECIAL REQ. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it is your first session BEFORE the class commences.



TYPE **Group Fitness (low intensity – high intensity)**
A range of classes are offered including yoga, tai chi and pilates, martial arts based classes, weight training classes, circuit classes and indoor cycling

AGE CATERGORY 16yrs and above

WHERE Dandenong Oasis Leisure Centre
Cnr Heatherton Rd & Cleeland St Dandenong

TIME There are various times and days available for a variety of classes, please phone 9767 3100 for more details.

COST please phone 97673100 for more details

SPECIAL REQ. Children under 10 must be supervised whilst in the facility. Bring water bottle and towel.

OTHER INFO. Please advise instructor if you are pregnant, have any injuries or if it is the first session **BEFORE** the class commences.

TYPE **Group Fitness (low intensity – high intensity)**
A range of classes are offered including yoga, tai chi, pilates, martial arts based classes, weight training classes, circuit classes, indoor cycling, line dancing etc..

AGE CATERGORY 16yrs and above

WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills.

TIME There are various times and days available for a variety of classes, please phone 9700 4697 for more details.

COST please phone 9700 4697 for details

SPECIAL REQ. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it is your first session **BEFORE** the class commences.

TYPE **Group Fitness and Water Aerobics (low intensity – high intensity)**
A range of classes are offered including Body Balance – Tai Chi Yoga, Pilates, Aerobics classes and Water Aerobics

AGE CATERGORY 16yrs and above

WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne

TIME There are various times and days available, for a variety of classes, please phone 5996 1753 for more details.

COST please phone 95996 1753 for more details

SPECIAL REQ. Participants must bring a bottle of water and a hand towel to the classes. Participants must inform the instructor before the class starts if they have an injury or if they are pregnant.



TYPE **Group Fitness (low – high impact)**
A range of classes are offered including aerobics classes, tummy toning, weight training etc.

AGE CATERGORY Any

WHERE Springers Leisure Centre, 400 Cheltenham Rd, Keysborough

TIME 6:30pm Tuesdays.

COST Please phone for more information 9701 5900.

SPECIAL REQ. None

TYPE **Group Fitness - PrYme Movers (Medium - High Intensity)**
Conducted both dry (gym programs) and Aqua programs. Specifically for men and women over 55yrs. The group caters for different levels of ability and mobility. Everyone regardless of fitness levels can participate.

AGE CATERGORY Over 55 years of age

WHERE Casey Aquatic & Recreation Centre, Cnr Overland Dve & Princes Hwy, Narre Warren

TIME Most Weekdays between 12 noon – 2pm and most mornings of the week, please phone 9705 5000 for more details on class times and content..

COST Range of cost depending on the program but all programs include coffee at the conclusion.

SPECIAL REQ. Initial health assessment or a doctor's clearance

OTHER INFO. Similar programs are conducted at YMCA's across the state and for more information people can log onto the YMCA web site www.victoria.ymca.org.au.



TYPE **Group Fitness - PrYme Movers (Medium - High Intensity)**
Conducted both dry (gym programs) and Aqua programs. Specifically for men and women over 55yrs. The group caters for different levels of ability and mobility. Everyone regardless of fitness levels can participate.

AGE CATERGORY Over 55 years of age

WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills

TIME Most Weekdays between 12 noon – 2pm and a few mornings a week, please phone 9700 4697 for more details on class times and content.

COST Range of cost depending on the program so please phone 9700 4697

SPECIAL REQ. Initial health assessment or a doctor's clearance

OTHER INFO. Similar programs are conducted at YMCA's across the state and for more information people can log onto the YMCA web site www.victoria.ymca.org.au

TYPE **Group Fitness - PrYme Movers**
Conducted both dry (gym programs) and Aqua programs. Specifically for men and women over 55yrs. The group caters for different levels of ability and mobility. Everyone regardless of fitness levels can participate.

AGE CATERGORY Age 55yrs and above.

WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne.

TIME There is a variety of classes suitable for all fitness levels phone 5996 1753 to find a class that is suitable for you.

COST Please phone 5996 1753 for more details.

SPECIAL REQ. A medical clearance is required before you start the classes.

OTHER INFO. Similar programs are conducted at YMCA's across the state and for more information people can log onto the YMCA web site www.victoria.ymca.org.au

TYPE **Group Fitness - Total Workout**
An aerobic warm-up followed by conditioning exercises. Use of own body weight or resistance to strengthen or tone.

AGE CATERGORY Any

WHERE Springers Leisure Centre, 400 Cheltenham Rd, Keysborough

TIME Ph 9701 5900 for times.

COST \$5

SPECIAL REQ. None



TYPE **Gymnastics – ED Gym**
This is a parent assisted educational gymnastics class conducted by a qualified gym instructor.

AGE CATERGORY 12 months – 4yrs

WHERE Berwick Leisure Centre, 79 Manuka Rd, Berwick

TIME Mon – Thursday 9.30am – 10.15am

COST Please phone 9707 3371

SPECIAL REQ. Child must be able to walk

TYPE **Gymnastics – ED Gym**
This is a parent assisted educational gymnastics class conducted by a qualified gym instructor. .

AGE CATERGORY 18 months – 4yrs

WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills

TIME Wed 9.30am, Tue & Wed 10.15am and Tues & Wed 11am

COST Please phone 9700 4697

SPECIAL REQ. Child must be able to walk

TYPE **Gymnastics - GymSafe**
This is a YMCA developed gymnastics program designed for boys and girls. All classes conducted by qualified instructors.

AGE CATERGORY 5-14yrs

WHERE Berwick Leisure Centre, 79 Manuka Rd, Berwick

TIME Mon, Tue and Wed 4pm and 5pm and Saturday 9am & 10am. **COST**
Please phone 9707 3371 for details

SPECIAL REQ. N/A



TYPE **Gymnastics - Little Big Gym**
This class is designed as an introduction to formal gymnastics. All classes conducted by qualified instructors

AGE CATERGORY 4-5yr olds

WHERE Berwick Leisure Centre, 79 Manuka Rd, Berwick

TIME Tue and Wed 4pm and Saturday 9am – 10am

COST Please phone 9707 3371

SPECIAL REQ. N/A

TYPE **Gymnastics - Pre-School Gym**
This class is designed as an introduction to formal gymnastics.

AGE CATERGORY 4yrs

WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills

TIME Wed 4pm, Thur 4pm, fri 9.30am, 10.15am, 11am, Sat 9am & 10am.

COST Please phone 9700 4697

OTHER INFO.: All classes conducted by a qualified gym instructor. .

TYPE **Gymnastics Squad**
Designed for children who have progressed through the gymnastic levels and are capable of training for a number of hours.

AGE CATERGORY 5-14yrs

WHERE Berwick Leisure Centre, 79 Manuka Rd, Berwick

TIME Mon, Tue, Wed, Friday and Saturday

COST Please phone 9707 3371

SPECIAL REQ. By assessment only

TYPE **Gymnastics - Adult**
These classes are designed for anyone who wants to try gymnastics or would like to improve their skills. Classes are conducted in a fun, non-competitive environment

AGE CATERGORY 15yrs and above

WHERE Berwick Leisure Centre, 79 Manuka Rd, Berwick

TIME Friday 7pm

COST Please phone 9707 3371 for details

OTHER INFO.: All classes conducted by qualified instructors.

G

TYPE	Gymnastics We offer competitive gymnastics for girls and boys, rhythmic gymnastics, gymstar and gymsafe for beginners.
AGE CATERGORY	5yrs and above
WHERE	Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME	Every afternoon Mon-Fri and Saturday mornings. For more information please phone 9700 4697
COST	Please phone 9700 4697
SPECIAL REQ.	Competitive classes are by assessment only

TYPE	GymnasticsThemed Birthday Parties
AGE CATERGORY	Any
WHERE	Berwick Leisure Centre, 79 Manuka Rd, Berwick
TIME	Available on weekends or other times on request
COST	Please phone 9707 3371
SPECIAL REQ.	Minimum of 12 children,
OTHER INFO.:	45min of gymnastics and 45 min of party time. Bookings essential..

H

TYPE	Health Club - Casey
AGE CATERGORY	16yrs and above
WHERE	Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren
TIME	Mon – Thu 6am – 10pm, Friday 6am – 8pm, Sat/Sun 8am -8pm
COST	please phone 9705 5000 for details
SPECIAL REQ.	All health club members must bring a hand towel to the gym.
OTHER INFO.:	The health club is open every day except Christmas Day and Good Friday.



TYPE **Health Club - Dandenong**
AGE CATERGORY 16yrs and above
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St, Dandenong)
TIME Mon – Fri 6am – 9pm, Sat/Sun 8am -4pm
COST please phone 97673100 for details
SPECIAL REQ. All health club members must bring a hand towel to the gym.
OTHER INFO.: The health club is open every day except Christmas Day and Good Friday.

TYPE **Health Club – Endeavour Hills**
AGE CATERGORY 16yrs and above
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME Mon-Fri 6am – 9.30pm, Sat 8am – 4pm and Sunday 9am – 2pm.
COST Please phone 9700 4697 for details
SPECIAL REQ. All members must bring a hand towel to the gym.
OTHER INFO.: The health club is open every day except Christmas Day & Good Friday.

TYPE **Healthy Kids**
AGE CATERGORY 7-12yrs old
WHERE Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren
TIME Tue 4pm -5pm
COST please phone 9705 5000 for details
SPECIAL REQ. N/A
OTHER INFO. This is a term based program aimed at keeping kids active and promoting a healthy and balanced lifestyle.

TYPE **Healthy Kids**
OTHER INFO. This is a term based program aimed at keeping kids active and promoting a healthy and balanced lifestyle.
AGE CATERGORY 7-12yrs old
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME Tue 4pm
COST please phone 9700 4697 for details
SPECIAL REQ. N/A
OTHER INFO.



TYPE **Healthy Kids**
This is a term based program aimed at keeping kids active and promoting a healthy and balanced lifestyle.

AGE CATERGORY 6-12yrs

WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne.

TIME Wednesday 4pm – 5pm.

COST Please phone 5996 1753 for more details.

SPECIAL REQ. N/A

OTHER INFO.

TYPE **Hydrotherapy**
Ideal for those with arthritis or degenerative conditions who would benefit from exercising in reduced weight-bearing conditions. Also ideal for post-operative rehabilitation.

AGE CATERGORY Any

WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne

TIME 2.30pm Mondays, 2.00pm Thursdays

COST \$15/class (private health insurance rebatable)

SPECIAL REQ. Bookings essential

OTHER INFO. All classes conducted by physiotherapist, Phone Michelle Scoles (Physiotherapist) 5996 2693.

K

TYPE	Kids Corp 45 minutes of fun-filled fitness activities for 10 – 16 year olds.
AGE CATERGORY	10 – 16 years old
WHERE	Dandenong Oasis (Cnr Heatherton Rd & Cleeland St Dandenong.)
TIME	4.15pm Mondays & 4.30pm Wednesday.
COST	Please phone 9767 3100 for more details
SPECIAL REQ.	N/A
OTHER INFO.:	For more details ph 9767 3100.

M

TYPE	Martial Arts Refer to: Neighbourhood Houses/Community Centres Pg. 5-6
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P

TYPE	Pelvic Floor Exercise Programs Individual pelvic floor assessment and exercise program by Continence physiotherapist.
AGE CATERGORY	Any
WHERE	3/177 Sladen Street, Cranbourne
TIME	Phone Michele Scoles (Physiotherapist) 5996 2693 for details
COST	\$60 (private health insurance rebatable)

TYPE	Personal Training
AGE CATERGORY	Any
WHERE	Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills.
TIME	Times are determined by the individual and the trainer.
COST	Please phone 97004697 for details
SPECIAL REQ.	N/A
OTHER INFO.	These sessions can be one on one or you can come along with a friend and train with a personal trainer.

P

TYPE	Personal Training
AGE CATERGORY	Any
WHERE	Dandenong Oasis Cnr Heatherton Rd & Cleeland St Dandenong.
TIME	A range of times and days are available and are determined by the individual and trainer.
COST	Please Ph 9767 3100 for more details
SPECIAL REQ.	N/A
OTHER INFO.	These sessions can be one on one or you can come along with a friend and train with a personal trainer. Please phone 9767 3100 for complete details.

TYPE	Personal Training
AGE CATERGORY	Any
WHERE	Genesis Fitness Centre, 63 Scott Street, Dandenong.
TIME	Times are determined by the individual and the trainer.
COST	Please phone 9792 3444 for details
SPECIAL REQ.	N/A

TYPE	Personal Training
AGE CATERGORY	Any
WHERE	Casey Aquatic and Recreation Centre, Cnr Overland Dve & Princes Hwy, Narre Warren.
TIME	A range of times are available and are determined by the individual and the trainer
COST	Please Ph 9705 5000 for details
SPECIAL REQ.	N/A
OTHER INFO.	These sessions can be one on one or you can come along with a friend and train with a personal trainer.

P

TYPE **Pilates**
Low impact class aimed to improve core control, posture and body tone. Ideal for injury rehabilitation especially back and neck pain.
For beginners to advanced.

AGE CATERGORY Any
WHERE Littlecroft Community Centre, The Strand Narre Warren South
TIME 9.15am Monday, 6.15pm, 7pm & 7.45pm Wednesdays
COST \$12 class or 10 for \$90 (private health insurance rebatable)
SPECIAL REQ. Bookings Essential
OTHER INFO.: Phone Michele Scoles (Physiotherapist) 5996 2693

TYPE **Pilates**
AGE CATERGORY Any
WHERE Springers Leisure Centre, 400 Cheltenham Rd, Keysborough
TIME 7:00pm Mondays.
COST \$5
SPECIAL REQ. None
OTHER INFO.: Suitable for beginners and intermediate levels. Ph 9701 5900

TYPE **Pilates**
AGE CATERGORY 16yrs and above
WHERE Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren
TIME This is an 8 week program so classes vary, please phone 9705 5000 for details.
COST please phone 9705 5000 for details
SPECIAL REQ. Participants need to bring a towel and water bottle and wear comfortable clothing.
OTHER INFO.: We offer Pilates mat, reformer and Pilates and props.

P

TYPE **Pilates**
AGE CATERGORY 16yrs and above
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME This is a term based course so classes vary, so please phone 9700 4697
COST please phone 97004697 for details
SPECIAL REQ. Participants need to bring a towel and water bottle and wear comfortable clothing.
OTHER INFO.: We offer Pilates mat classes

TYPE **Pilates**
AGE CATERGORY Any
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St Dandenong.)
TIME There are a variety of days and times available so please Ph 9767 3100 for timetable
COST Ph 9767 3100 for more details
SPECIAL REQ. Participants need to bring a towel and water bottle and wear comfortable clothing.
OTHER INFO.: We offer a Pilates mat class.

TYPE **Post-Natal Exercise Classes**
For Mums & Babies from 6 weeks to 12 months.
AGE CATERGORY Any
WHERE Cranbourne Indoor Pool – fitness room, Grant Street, Cranbourne
TIME 11am Mondays
COST \$6/class
SPECIAL REQ. Bookings essential.
OTHER INFO. All classes conducted by a women's health physiotherapist.
Phone Michele Scoles (Physiotherapist) 5996 2693



TYPE **Sports Aerobics**
AGE CATERGORY all ages
WHERE Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME Saturday 10am
COST Please phone 97004697 for details
SPECIAL REQ. N/A
OTHER INFO. We offer sports acrobatics with an international level coach. These are held for any ages on a Monday 5pm.

TYPE **Sport Complex - Pakenham**
AGE CATERGORY Any
WHERE 930 Princess Hwy, Pakenham
TIME
COST Varies
SPECIAL REQ. Depending.
OTHER INFO. Facility offers Junior basketball, Senior basketball, Junior netball, senior netball, mid-week netball, floorball (indoor hockey), soccer, badmington, ed gym, volleyball.

TYPE **Strength Training (New Beginnings)**
Strength training classes designed for the individual in small groups.
AGE CATERGORY Any
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St Dandenong.)
TIME Tue 9.30am, 10.30am, 7.30pm. Thu 6.30pm, Fri 8.30am & 9.30am
COST Please phone 9767 3100 for more details

TYPE **Strength Training**
AGE CATERGORY Over 50.
WHERE Timbarra Community Hall, Berwick
TIME 10am-11am.
COST \$35 (seven weeks)
SPECIAL REQ. Wear comfortable, loose clothing and sensible shoes.
OTHER INFO.: Call Jenny on 9796 1970 or Karen 9705 5018



TYPE **Strength Training**
Designed especially for those new to strength training, led by qualified fitness instructor, will introduce you to the basics in a safe, relaxed and supportive environment.

AGE CATERGORY Over 50yrs

WHERE Upper Beaconsfield Community Centre

TIME Mon & wed 11am – 12noon (ongoing during school term).

COST \$80 (16 sessions in 8 weeks)

SPECIAL REQ. Wear comfortable, loose clothes. Allow time for a coffee and chat afterwards.

OTHER INFO. Ph: 5944 3484.

TYPE **Strength Training**
Designed especially for those new to strength training, led by qualified fitness instructor. Introduction to the basics in a safe, relaxed, supportive environment.

AGE CATERGORY Over 50yrs

WHERE Koo Wee Rup Regional Health Service, Rossiter Road, Koo Wee Rup

TIME Mon 9.30am to 10.30am (ongoing during school term).

COST \$5/session

SPECIAL REQ. Wear comfortable, loose clothes. Allow time for coffee and chat afterwards.

OTHER INFO. Ph: 5997 1202.

TYPE **Strength Training**
Designed especially for those new to strength training, led by qualified fitness instructor, will introduce you to the basics in a safe, relaxed and supportive environment.

AGE CATERGORY Over 50yrs

WHERE Casey Cardinia Community Health Service, Cockatoo Centre, McBride Street.

TIME Wednesday 2pm – 3pm (ongoing during school term).
Call 5968 8146 for information regarding evening sessions.

COST \$5/session

SPECIAL REQ. Wear comfortable, loose clothing. Allow time for coffee and chat afterwards.

OTHER INFO. Ph: 5968 8146.



TYPE **Strength Training**
Designed especially for those new to strength training, led by volunteer leader, will introduce you to the basics in a safe, relaxed and supportive environment.

AGE CATERGORY Over 50yrs

WHERE Lang Lang Community Centre

TIME 3 times/week. Phone 5997 4100

COST Phone for more information.

SPECIAL REQ. Wear comfortable, loose clothing. Allow time for coffee and chat afterwards

OTHER INFO. Ph: 5997 4100.

TYPE **Strength Training**
Designed especially for those new to strength training, led by qualified fitness instructor, will introduce you to the basics in a safe, relaxed and supportive environment.

AGE CATERGORY Over 50yrs

WHERE Pakenham LLINC

TIME Thursdays 9.30am-10.30am (ongoing during school term).

COST \$40 (8 sessions)

SPECIAL REQ. Wear comfortable, loose clothing. Allow time for coffee and chat afterwards.

OTHER INFO. Ph: 5941 2389 (Carolyn).

TYPE **Swimming Education & Water Aerobics**
Infant and pre-school swimming lessons, aqua play and parent and child lessons, water exercises specific for older adults.

AGE CATERGORY Any

WHERE Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren

TIME Please phone 9705 5000 for times

COST Please phone 9705 5000 for details

SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session BEFORE the class commences.



TYPE **Swimming Education**
Infant and pre-school swimming lessons, aqua play and parent and child lessons available.

AGE CATERGORY 8 months old through to adults.

WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne

TIME Please phone 5996 1753 for aquatic education times.

COST Please phone 5996 1753 for more details.

SPECIAL REQ. Bookings essential

TYPE **Swimming Education & Water Aerobics**
Infant and pre-school swimming lessons, aqua play and parent and child lessons (6 months – 3years), gentle water exercises in hydro pool and medium intensity classes in 50m pool.

AGE CATERGORY Any

WHERE Dandenong Oasis (Cnr Cleeland St & Heatherton Rd, Dandenong)

TIME Please phone 9767 3100 for aquatic education and group times.

COST Please phone 9767 3100 for more details

SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session BEFORE the class commences.

TYPE **Swimming Education**
Suitable for all ages and from beginners to advanced. Friendly qualified instructors to improve confidence and techniques..

AGE CATERGORY Any age

WHERE Genesis Fitness Centre, 63 Scott Street, Dandenong.

TIME Please phone 9792 3444 for aquatic education times.

COST Please phone 9792 3444.

TYPE **Swimming Group – African & Afghani Women**
A social and exercise group for African and Afghani Women, coordinated through Dandenong Community Health Service.

AGE CATERGORY Any age

WHERE Dandenong Oasis (Cnr Cleeland St & Heatherton Rd, Dandenong).

TIME Thursdays 10-11am, Saturdays 6.15pm – 7pm.

COST	\$5 /group (+ crèche cost).
OTHER INFO.	Phone Nabiha Ibrihim & Faduma Salah Musse, Dandenong Community Health Centre. 8558 9000.

T

TYPE	Tai Chi
	Refer to: "Neighbourhood Houses/Community Centres" Pg. "Health Clubs" or "Group Fitness" Pg. 5-6
TYPE	Team Sports – Basketball and Volleyball
AGE CATERGORY	Any
WHERE	Dandenong Indoor Sports Centre, 270 Stud Road, Dandenong
TIME	Weekdays 9am – 11pm, weekends 8.30am-7.30pm (depending on game commitments)
COST	\$2 per player
SPECIAL REQ.	None
OTHER INFO.	Phone 9794 7192. Function room available for hire. Show court capable of seating 2000 for various events. 10 Basketball courts and 4 volleyball courts.
TYPE	Teen Gym
AGE CATERGORY	13 – 17yrs
WHERE	Casey Aquatic and Recreation centre, Cnr Overland Dve & Princes Hwy, Narre Warren
TIME	Mon, Wed, Friday 3.30pm – 5.30pm, Sat & Sun 9am – 2pm
COST	Please phone 9705 5000 for details
SPECIAL REQ.	N/A
OTHER INFO.:	Teen gym times are supervised, members cannot access gym outside of times listed above.
TYPE	Trampolining
AGE CATERGORY	7-14yrs
WHERE	Berwick Leisure Centre, 79 Manuka Rd, Berwick
TIME	Friday 4and 5pm and Saturday 9am
COST	Please phone 9707 3371
SPECIAL REQ.	N/A
OTHER INFO.:	We offer classes that cater for both beginner and intermediate participants. .

T

TYPE	Trampolining
AGE CATERGORY	5yrs and above
WHERE	Endeavour Hills Leisure Centre, Raymond McMahon Blvd, Endeavour Hills
TIME	Thur 4.30pm, 5.30pm and 6.30pm and Saturday 9am
COST	Please phone 9700 4697
SPECIAL REQ.	N/A
OTHER INFO.:	We offer advanced trampolining but this is by assessment only.

V

TYPE	Volleyball
AGE CATERGORY	Any
WHERE	Dandenong Indoor Sports Centre, 270 Stud Road, Dandenong
TIME	Weekdays 9am – 11pm, weekends 8.30am-7.30pm (depending on game commitments)
COST	\$2 per player
SPECIAL REQ.	None
OTHER INFO.	Phone 9794 7192. Function room available for hire. Show court capable of seating 2000 for various events. 10 Basketball courts and 4 volleyball courts.



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TYPE Walking - Bushwalking (Dandenong Valley Bushwalking Group INC)
AGE CATERGORY None.
WHERE 16 Essex Park Drive Endeavour Hills
TIME Not specified.
OTHER INFO.: Contact Ms Marjorie Millard – 9707 2970

WALKING GROUPS

(Due to the large numbers of walking groups, it is divided by days of operation.)

MONDAY Walking Groups

AGE CATERGORY Any
WHERE Dandenong Park
(meet at Stan Prior Soundshell/ stage Dandenong Park, Pultney St Dandenong.
TIME Monday 8:30am – 9:30am (except School Holidays)
COST Free
OTHER INFO. Chat and Walk Ph: Maria Mastroianni– 9792 5045, mobile: 0405 320 800

AGE CATERGORY Over 50.
WHERE Parkland strolls.
TIME Every 2nd Monday of every month (11am).
COST Joining fees and memberships apply
OTHER INFO : Life Activities Club Dandenong Ph: Ken Smales – 9798 3670

TUESDAY Walking Groups

AGE CATERGORY Any
WHERE Parkmore Shopping Centre, Cheltenham Rd Keysborough.
TIME Tuesday 7:30am (10 week pilot program.)
COST Free
SPECIAL REQ. Wear Suitable clothing and footwear.
OTHER INFO : Phone 9798 5222



TUESDAY Walking Groups (continued)

AGE CATERGORY Any
WHERE Noble Park Community Centre Ross Reserve, Memorial Drive Noble Park
TIME Tuesday and Thursday 7:45am.
COST \$2 Joining fee.
OTHER INFO.: Ramblers Walking Group, Ph: Sue– 9547 5801

AGE CATERGORY Any
WHERE Endeavour Hills Shopping Centre
TIME Tuesday 7:45am.
OTHER INFO.: Phone 9700 2374

AGE CATERGORY Any
WHERE Cranbourne Park Shopping Centre.
TIME Tuesday and Thursday 7:45am.
COST Free
OTHER INFO.: Phone 5996 3166

WEDNESDAY Walking Groups

AGE CATERGORY Any
WHERE Westfield, Fountain Gate. (ANZ entry, the Best and Less Mall)
TIME Wednesday and Fridays weekly 7:45am.
OTHER INFO.: Phone 9704 6666

THURSDAY Walking Groups

AGE CATERGORY Any
WHERE Noble Park Community Centre Ross Reserve, Memorial Drive Noble Park
TIME Tuesday and Thursday 7:45am.
COST \$2 Joining fee.
OTHER INFO.: Ph: Sue– 9547 5801



THURSDAY Walking Groups (continued)

AGE CATERGORY Any
WHERE Cranbourne Park Shopping Centre.
TIME Tuesday and Thursday 7:45am.
COST Free
OTHER INFO : Phone: 5996 3166

AGE CATERGORY Any
WHERE Dandenong Plaza, McCrae Street, Dandenong.
TIME Thursday 7:30am.
COST Free
SPECIAL REQ. Wear Suitable clothing and footwear.
OTHER INFO.: Call 9792 0130

FRIDAY Walking Groups

AGE CATERGORY Any
WHERE Noble Park Nth.
TIME Fridays 10:00-11:00am (except school holidays)
COST Free
OTHER INFO.: Walk and Talk Group, Ph: Jan Wilson – 9795 9279

TYPE **Water Aerobics**
AGE CATERGORY Any
WHERE Casey Aquative and Recreation centre,
Cnr Overland Dve & Princes Hwy, Narre Warren
TIME Please phone 9705 5000 for times
COST Please phone 9705 5000 for details
SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session BEFORE the class commences.
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons, water exercises specific for older adults.



TYPE **Water/Aquatic Education**
AGE CATERGORY 8 months old through to adults.
WHERE Cranbourne Indoor Pool, Grant Street, Cranbourne
TIME Please phone 5996 1753 for aquatic education times.
COST Please phone 5996 1753 for more details.
SPECIAL REQ. Bookings essential
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons available.

TYPE **Water Aerobics / Water Education**
AGE CATERGORY Any
WHERE Dandenong Oasis (Cnr Cleeland St & Heatherton Rd, Dandenong)
TIME Please phone 9767 3100 for aquatic education and group times.
COST Please phone 9767 3100 for more details
SPECIAL REQ. Children under 10yrs must be supervised whilst in the facility. Bring water bottle and towel. Please advise instructor if you are pregnant, have any injuries or/and if it the first session BEFORE the class commences.
OTHER INFO. Infant and pre-school swimming lessons, aqua play and parent and child lessons (6 months – 3years), gentle water exercises in hydro pool and medium intensity classes in 50m pool.

TYPE **Weight Training (individual)**
AGE CATERGORY Minimum age 16.
WHERE Dandenong Oasis (Cnr Heatherton Rd & Cleeland St Dandenong.)
TIME Mon-Fri: 6:00am – 9:00pm. Sat & Sun: 8:00am-4:00pm.
COST Membership fees apply
SPECIAL REQ. None
OTHER INFO.: Ph 9767 3100.

Y

TYPE Yoga
Classes include breathing exercise, relaxation techniques and meditation.

AGE CATERGORY Any

WHERE Raymond McMahan Blvd, Endeavour Hills.

TIME Wednesday Nights. See Reception

COST See Reception

SPECIAL REQ. None

OTHER INFO. Bookings essential.

TYPE Yoga
One hour session that balances relaxation, strength, stamina, and flexibility, improving all over body conditioning

AGE CATERGORY Any

WHERE Springers Leisure Centre, 400 Cheltenham Rd, Keysborough

TIME 6:30pm Tuesdays.

COST \$5

SPECIAL REQ. None

OTHER INFO. Ph 9701 5900