

ACTIVE MARIBYRNONG

get out there, get active!



Maribyrnong Overview

Geographic size of Maribyrnong

31.2 square kilometers

Suburbs of Maribyrnong

Footscray, West Footscray, Seddon, Yarraville, Kingsville, Tottenham, Maidstone, Maribyrnong & Braybrook

Current population size

83,515



Maribyrnong Recreation Facilities Overview

- 60 Sports Clubs
- 40 Reserves
- 3 Recreation Centres (1 Aquatic Centre)
- 5 Community Centres
- 2 Neighbourhood houses
- 4 Seniors Centres
- 37 Seniors Groups



Maribyrnong Overview

Cultural diversity

40% of our population was born overseas and 43% speak a language other than English.

9.9% of the population does not speak English well or at all.

Employment status of householders

As of June 2013, our unemployment rate was 7.8% which is relatively high compared to the Melbourne rate of 5.6% and the national rate of 5.4%.

Unemployment is the highest in Braybrook which has an unemployment rate of 15%.

Key health issues

Males in Maribyrnong have the lowest life expectancy in Victoria (74.8 years).

Females experience the poorest health in the western region.

Approximately 1 in 5 people in Maribyrnong have a disability.



Maribyrnong's Older Adult Population

City of Maribyrnong	2016		2026		2036		Change between 2016 and 2036
	Number	%	Number	%	Number	%	
Age group (years)							
60 to 64	3,146	3.6	4,045	3.4	5,386	3.7	2,240
65 to 69	2,337	2.7	3,261	2.7	4,231	2.9	1,894
70 to 74	1,690	1.9	2,559	2.2	3,418	2.4	1,728
75 to 79	1,447	1.7	2,001	1.7	2,900	2.0	1,453
80 to 84	1,187	1.4	1,508	1.3	2,311	1.6	1,124
85 and over	1,342	1.5	1,755	1.5	2,393	1.7	1,052
Total persons	11,149	12.8%	15,129	12.8%	20,639	14.0%	9,491



Existing Programs for Older Adults in Maribyrnong

- Living Longer Living Stronger – Seniors Strength Class
- Gentle Aqua
- Trugo
- Ballroom Dancing
- Sequential dancing
- Tai Chi for Arthritis
- Carpet Bowls
- Bocce
- Use it or Lose it – Yoga for Older Adults
- Community Walking Group
- PRYME Movers – Seniors Aerobic Class
- Young at Heart Seniors



Community Consultation

- **Increased access to information about physical activity opportunities**
- **Increased promotion/access to existing physical activity opportunities**
- **Free/low-cost opportunities to participate in physical activity**



Solution?



Background to Active Maribyrnong

•Strategic direction

Maribyrnong Council Plan (2013-2017)
 Maribyrnong Recreation Strategy (2013)
 Recreation Services Review (2013)

•Benchmarking with other LGAs

- \$100,000 Council initiative (12 month pilot)
- \$20,000 VicHealth Funding – TeamUp

•Project working group



Key target groups of increased participation for Active Maribyrnong

- Older Adults
- Females
- Culturally and Linguistically Diverse (CALD) groups
- People with disability



Active Maribyrnong Vision and Mission Statements

Vision

Improve the health and wellbeing of the Maribyrnong community through physical activity

Mission

*To **promote, develop, encourage, support** and **provide** physical activity for ALL*



Key Objectives

- To **promote** existing sport, recreation and leisure activities, facilities and opportunities within Maribyrnong
- To **develop** partnerships with key stakeholders aimed at increasing physical activity opportunities
- To **encourage** and **support** all people to live active and healthy lifestyles
- To **provide** an opportunity for people to participate in a range of sport, recreation and leisure activities



Key Objectives

- To **promote** existing sport, recreation and leisure activities, facilities and opportunities within Maribyrnong
- To **develop** partnerships with key stakeholders aimed at increasing physical activity opportunities
- To **encourage** and **support** all people to live active and healthy lifestyles
- To **provide** an opportunity for people to participate in a range of sport, recreation and leisure activities



Key Objectives

- To **promote** existing sport, recreation and leisure activities, facilities and opportunities within Maribyrnong
- To **develop** partnerships with key stakeholders aimed at increasing physical activity opportunities
- To **encourage** and **support** all people to live active and healthy lifestyles
- To **provide** an opportunity for people to participate in a range of sport, recreation and leisure activities



Key Objectives

- To **promote** existing sport, recreation and leisure activities, facilities and opportunities within Maribyrnong
- To **develop** partnerships with key stakeholders aimed at increasing physical activity opportunities
- To **encourage** and **support** all people to live active and healthy lifestyles
- To **provide** an opportunity for people to participate in a range of sport, recreation and leisure activities



Key Objectives

- To **promote** existing sport, recreation and leisure activities, facilities and opportunities within Maribyrnong
- To **develop** partnerships with key stakeholders aimed at increasing physical activity opportunities
- To **encourage** and **support** all people to live active and healthy lifestyles
- To **provide** an opportunity for people to participate in a range of sport, recreation and leisure activities



Active Maribyrnong

Major Initiatives

- Active Maribyrnong Logo & Branding
- Active Maribyrnong Guide
- Active Maribyrnong Website
- Maribyrnong Get Active! Expo
- Maribyrnong Spring into Summer Series
- Parkrun Maribyrnong
- Junior Netball Program
- Female Cricket Hub
- Active Maribyrnong Grants Program



Active Maribyrnong

Major Initiatives targeting

Older Adults

- Active Maribyrnong Guide
- Maribyrnong Get Active! Expo
- Maribyrnong Spring into Summer Series



Community Consultation

- **Increased access to information about physical activity opportunities**
- **Increased promotion/access to existing physical activity opportunities**
- **Free/low-cost opportunities to participate in physical activity**

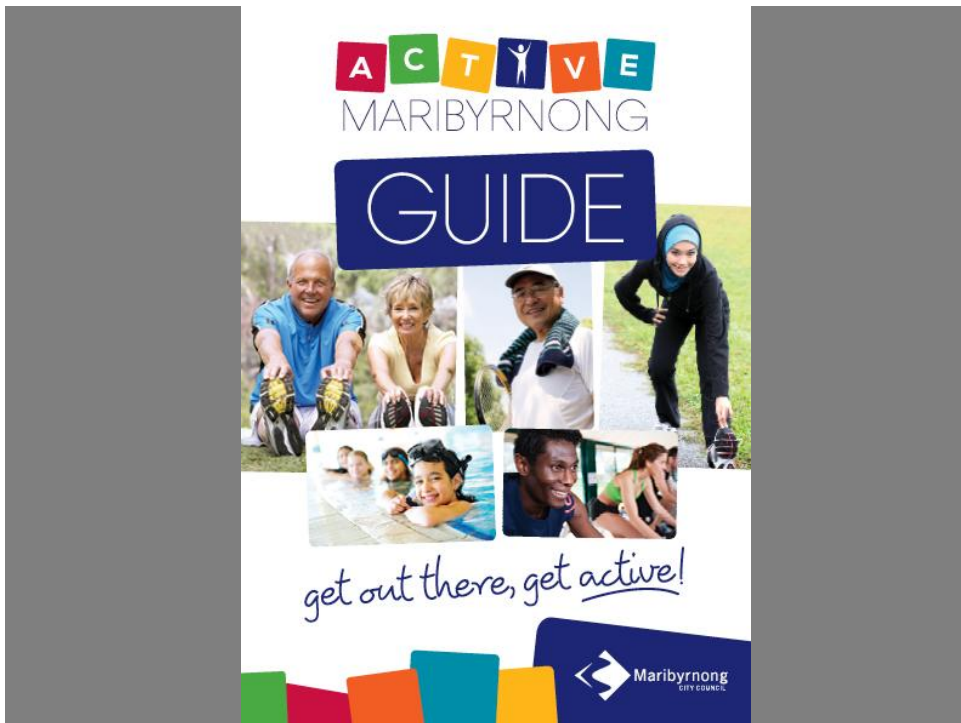


Community Consultation

- **Increased access to information about physical activity opportunities**
- Increased promotion/access to existing physical activity opportunities
- Free/low-cost opportunities to participate in physical activity



Active Maribyrnong Guide



LEISURE CENTRES



Owned and managed by Maribyrnong City Council, Maribyrnong Aquatic Centre is one of Melbourne's leading leisure facilities, catering for all ages and fitness levels.

Aquatic Facilities

- Three pools, all with ramp access or walk-in entry
- 50 metre Lap Pool
- Leisure Pool with Beach Entry
- Warm Water Exercise Pool
- Water Safety Education
- Swim School - MACqua Education
- Training Squads
- Spa (capacity of 20)
- Sauna and Steamroom (capacity of 15)

Health and Fitness Facilities

- Fully supervised Gymnasium with qualified and friendly staff. All assessments and training programs are included in your membership saving you time and money!
- A huge range of Cardio, Pin loaded and Free weight equipment to use.
- Individual and Group Personal Training giving you that extra edge to achieve your goals faster.

- Stationary Cycle Theatre – accommodating up to 30 participants.
- Group Exercise Classes – accommodating anywhere between 30-60 participants depending on the type of class.
- Other group training programs; Ice Reshape, TuffMudder and Bootcamp.
- Sports Development.

Other Facilities

- Family Change rooms
- Accessible Change rooms with hydraulic lifting table
- Multi-Function Room for hire
- Onsite Physiotherapy and Massage
- Mind and Body Wellbeing Programs
- Outdoor paved and grass recreation area
- Venue Hire
- First Aid and CPR Training Updates
- Childcare
- Cafe with Healthy Eating Options

Please Note: Children aged 10 years or under must be accompanied by a parent or guardian 16 years or older at all times whilst in the Centre.



Active Maribyrnong Guide

LEISURE CENTRES

RecWest Braybrook



RecWest Braybrook is a modern multi-purpose facility owned by the City of Maribyrnong and managed in partnership with the YMCA.

RecWest Braybrook offers a range of sporting facilities including a spacious 4 court stadium that is used for basketball, futsal, netball, volleyball, and badminton as well as a mirrored dance/fitness studio, and multi-purpose room.

As well as centre programs and sporting competitions, the stadium and rooms are also available for casual use, group hire and large events.

There is something for everyone in the community at RecWest Braybrook.

Active Activities available

YMCA programs
NetSetGO!
Junior Netball program for ages 5-10

Aussie Hoops
Junior Basketball program for ages 5-10

Futsal Fun
Junior Futsal program for ages 5-10
Junior Netball
Junior Netball competition

Active Activities available

Externally provided

- Men's Basketball
- Women's Basketball
- Junior basketball
- Men's Futsal
- Dean Marks Basketball Clinic Coaching session for ages 12-18 looking to up-skill their game
- Big Bang! Drop-in Basketball, Futsal and dance youth program for ages 12-18

Contact details

RecWest Braybrook
59 Lily St, Braybrook, 3019
Phone: 9311 3400
www.recwestbraybrook.ymca.org.au

Opening Hours

Monday to Friday 9am-10pm
Saturday 9am-3pm
Sunday 10am-10pm
Closed public holidays, Christmas and New Year weeks



Active Maribyrnong Guide

COMMUNITY CENTRES & NEIGHBOURHOOD HOUSES

Braybrook Community Centre

Braybrook Community Centre accommodates Western Region Health Centre, the Braybrook Men's Shed, the Australian College of Optometry, Maternal and Child Health, Youth Services Drop-in, The Family Inclusive Language and Learning Support Program, The Braybrook Community Garden, The Sports Equipment Library, The Indigenous Food Cooperative and other groups and programs.

Braybrook Community Centre is currently housed in the temporary portable village whilst works begin on the new Braybrook Community Hub which will include a library, early years hub, new community centre, sports pavilion and men's shed once completed.



The Hub is expected to be completed in late 2014.

Active Activities available

Open Gardening Session Come along to the Braybrook Community Garden and get your hands dirty, help our volunteers in the upkeep of our garden and share some of the produce from the garden. Bring along cuttings that you would like to grow, or things that you can't grow at home.

Slow Walking Group Walking is a great way to stay fit and meet new friends. Join us for a gentle relaxing walk, followed by a cuppa and a chat.

All fitness levels welcome, wheelchair and pram accessible.

Hip Hop Dance Hip Hop is an opportunity for individuals to express themselves physically while celebrating in the freedom and empowerment of dance.

Youth Drop-in Providing a safe place for all young people 12-25 years, the free drop-in program offers a range of fun and exciting activities from screen printing, badge making, table tennis, arcade basketball, board games, playstation and more.

Contact details

107-139 Churchill Avenue
Braybrook 3019
Phone: 9334 6500
Email:
braycomm@maribyrnong.vic.gov.au
www.maribyrnong.vic.gov.au/braycomm

Office Hours

Monday to Friday 9am-5pm



Active Maribyrnong Guide

Duke Street Community House

Duke Street Community House provides education and recreation services to the local community and has been operating for 40 years.

Active Activities available

Walking Group
Our walking group is fun and informal and caters for people ranging in age and physical fitness. The group walks in the local area for 40-45 minutes. Each term there is a walking excursion to a location such as Brimbank Park, Williamstown, Cherry Lake, etc.

Contact details

27 Duke Street
Sunshine 3020
Phone: 93119973
Email: dukest@vicnet.net.au

Office Hours

Monday to Friday 9am-5pm



Active Maribyrnong Guide

Maidstone Community Centre

Maidstone Community Centre offers a range of services to local residents and hosts a range of events annually.

Active Activities available

Toy Library Service This FREE service offers recreational and educational toys for children between the ages of 3 months – 6 years. A great cost effective way of keeping children engaged and active.

Women's only Yoga A great way to learn to relax whilst using yoga moves to strengthen the body and keep active and fit. Aimed at all levels.

Zumba A great and fun way to burn calories whilst dancing the hour away. Aimed at all levels of fitness.

Lotus Health Martial Arts An insight into Martial Arts for all abilities.

Positive Steps Walking Group Heart Foundation registered – With various skill levels this is a great way to get out and active in your local area. Stay for a cuppa and biscuit.

Veivan Martial Arts Training An insight into Martial Arts for all abilities.

The facility is fully accessible for all abilities.

Contact details

21 Yardley Street
Maidstone 3012
Phone: 96880543
Email:
maidcomm@maribyrnong.vic.gov.au
www.maribyrnong.vic.gov.au

Office Hours

Monday to Friday 9am-5pm



SPORTS CLUBS



Indoor Carpet Bowls

Maldstone Community Centre
21 Yardley Street
Maldstone 3012
P 9688 0543
E maldcomm@marbyrnong.vic.gov.au

West Footscray Senior Citizens Club Inc
C/O RecWest Footscray
Footscray West 3012
P 9687 3429 or 9312 2135
E meszpark403@gmail.com

Lawn Bowls

Footscray Park Bowling Club
Headley Ct, Footscray 3011
Nicola Ferguson
P 0417 300 079
E fdc@logpond.com.au
Senior Men and Women and Juniors

Rosamond Bowling Club
Rosamond Road, Maribyrnong
Michael Gould
P 0419 525 723
E rosamondbowlingclub@logpond.com
Senior Men and Women and Juniors

Yarraville Footscray Bowling Club
Francis Street, Yarraville
Terry White
P 0419 948 120
E bowie@telnet.au
Senior Men and Women and Juniors

Lacrosse

Footscray Lacrosse Club
Anglia Reserve
John Morgan
P 0411 121 252
E john@morgan.com.au
Senior Men and Women and Juniors

Martial Arts

Australia Integrated Martial (AIM) Arts Academy
Level 1, 199-201 Banky Street
Footscray 3011
P 9077 5028
E info@aimacademy.com.au

Legacy Taekwon-Do
154 Malcolm Crt Kealba 3021
P 9020 7110 or 0402 319 935
E legacytaekwondo@hotmail.com

Queang Minh Temple
18 Sullivan Street, Graybrook 3019
P 9312 3729
E phucclan@queangminh.org.au

Victoria University – Footscray Park Campus
Bairnart Road, Footscray 3011
P 1300 842 864

Netball

Sensilae Netball Association
RecWest Graybrook
39 Lily Street, Graybrook 3019
P 9311 3400
Senior Women, Juniors

Victoria University
Footscray Park Campus
Bairnart Road, Footscray 3011
P 1300 842 864

Nicholson Street Campus
Cnr Nicholson and Buckley Streets, Footscray 3011
P 1300 842 864

Rowing

Footscray City Rowing Club
40 Farnsworth Avenue
Keith Bourne
P 9375 7978
E kbourne@logpond.com.au
Senior Men and Women and Juniors

Rugby Union

Footscray Rugby Union Club
Henry Turner South Reserve
Nigel Corry
P 0423 606 814
E ncorry@logpond.com.au
Senior Men and Women and Juniors

Soccer

AAA Sports Club
Henry Turner South
NHLU Le
P 0413 139 104
E nhlule@hotmail.com
Senior Men

Braybrook United Soccer Club
Skinner Reserve
Marnie Munoz
P 0432 529 261
E el_munoz@hotmail.com
Senior Men and Juniors

Footscray United Soccer Club
Hansen Reserve
Zoran Kostadinski
P 0413 401 505
E zcosti@logpond.com
Senior Men

Maldstone United Soccer Club
Scovell Reserve
Brenton Coles
P 0418 339 927
E brenton.coles@iprimus.net.au
Senior Men and Women

Maribyrnong Greens Soccer Club
Skinner Reserve
Morris Musovic
P 0422 765 118
E mrimusovic@optusnet.com.au
Senior Men

Maribyrnong Swifts Soccer Club
Johnson Reserve
Lupiana Gonzalez
P 0433 713 597
E marbyrnongswifts@gmail.com
Senior Women

Melbourne Knights Soccer Club
Dobson Reserve
Paul Juric
P 0419 319 927
E jpuric@melbourneknights.com.au
Senior Men and Women and Juniors

Melbourne Lions Soccer Club
Maribyrnong Reserve
Yonas Antschow
P 0431 810 799
E melbourne.lions@gmail.com
Senior Men and Juniors

Yarraville Glory Soccer Club
McIvor Reserve
Jon Babovic
P 0401 236 501
E jon@yarravilleglory.com.au
Senior Men and Women and Juniors

Swimming

Footscray Swimming and Water Polo Club
Maribyrnong Aquatic Centre
David Bloomcamp
P 0417 310 779
E davidbloomcamp@logpond.com
Senior Men and Women and Juniors

Maribyrnong Swimming Club
Maribyrnong Aquatic Centre
Angie Uhm
P 0433 227 913
E marbyrnongsc@gmail.com
Senior Men and Women and Juniors

Tennis

Kingsville Tennis Club
Hansen Reserve
Trevor Lind
P 0402 1137 757
E Trevor.Lind@woodgroup.com
Senior Men and Women and Juniors

Rosamond Tennis Club
Rosamond Rd, Maribyrnong
Denise McNick
P 0402 523 172
E mcnickd6@iprimus.com.au
Senior Men and Women and Juniors

Yarraville Tennis Club
Cnr Hyde and Harris Streets
Yarraville
Ken Jones
P 9334 6507
E yerravilletc@iprimus.com.au
Senior Men and Women and Juniors

Trugo

Yarraville Trugo Club
Beaton Reserve
John McMahon
P 0421 791 071
E jmac27@opplusnet.com.au
Senior Men and Women

Volleyball

RecWest Graybrook
39 Lily Street, Graybrook
P 9689 1322

Victoria University of Technology – Footscray (Nicholson St Campus)
Cnr Nicholson and Buckley Streets, Footscray
P 1300 842 864

Weightlifting

Western Suburbs Weightlifting Club
Maribyrnong Sports Academy
James Stilton
P 0412 472 885
E james_stilton@hotmail.com
Junior, Youth, Men and Women, Masters



Access for All Abilities is a Victorian Government initiative coordinated by Sport and Recreation Victoria and includes the participation of over 25 State Sport Associations and community organisations. The AAA program supports and develops inclusive sport and recreation opportunities for people with a disability throughout Victoria, and aims to include families, friends, carers, clubs, sporting associations, leisure centres and community groups. Everyone involved benefits from Access for All Abilities.

Not only are there health and wellbeing benefits to be found in active recreation and sport, but there are opportunities to meet new people, make new friends, learn new skills, have fun, or even build a whole new sporting career!

The Access for All Abilities – First Point of Call Service connects people with a disability in Melbourne to sports and recreation opportunities, acting as an 'opportunity broker' or 'front door' for people needing assistance in finding the right fit for them or simply seeking information on available sports and recreation options.

Visit www.aaavic.org.au for more information or call 1800 222 842 to talk to someone about getting active today. Follow us on Twitter @Access4AA or like us on Facebook at www.facebook.com/aaavic

PARKS & RESERVES



Community Consultation

- **Increased access to information about physical activity opportunities**
- **Increased promotion/access to existing physical activity opportunities**
- **Free/low-cost opportunities to participate in physical activity**



Community Consultation

- **Increased access to information about physical activity opportunities**
- **Increased promotion/access to existing physical activity opportunities**
- **Free/low-cost opportunities to participate in physical activity**





What is the Expo?

- Five and a half weeks of free Events, Clinics and “Come & Try” days
- Registration to all Expo sessions is completely free
- Sessions delivered by a range of event partners
- 65 events across 40 days
- Sessions tailored for various community groups including older adults



Proudly brought to you by **ACTIVE** | **MARIBYRNONG** | **MARIBYRNONG**

2016 MARIBYRNONG *get active!* EXPO

Saturday 19 March - Wednesday 27 April

IT'S ALL FREE!

Where to register?

- Yarville Festival - Sunday 7 February
- Western Bulldogs Family Day - Saturday 13 February
- Seddon Festival - Saturday 5 March
- Walk West - Sunday 8 March
- Expo Launch (Braybrook Community Hub) - Saturday 19 March
- Online via www.activemaribyrnong.com.au

get active! Youth & kids activities include:

- Joe Spillet Soccer Pro Academy Clinic
- Melbourne City Soccer Clinic
- Melbourne Renegades
- Coral Clinic
- Melbourne United Basketball Clinic
- Western Bulldogs Football Clinic
- Plus many more!

get active! Adults, seniors & family sessions include:

- Archery 'Come & Try'
- Badminton 'Come & Try'
- Rip Flop Bowls
- Gentle Aqua
- Group Fitness 'Come & Try'
- Tennis 'Come & Try'
- Trugo 'Come & Try'
- Street Orienteering
- Walking Groups
- Plus many more!

FREE Access to MAC membership for all registered participants!

Registrations open Sunday 7 February
www.activemaribyrnong.com.au

Media Partner: **Leader** COMMUNITY NEWSPAPERS

Event Supporters: **Western Health**, **W**, **ERDF**, **RecWest**

Event Supporters: **Western Health**, **W**, **ERDF**, **RecWest**



Calendar of events 2016 (All sessions are 'Access All Abilities')

Date	Event	Suburb	Time	Category
Day 1 Sat Mar 19	Expo Launch	Braybrook	10.00am-2.00pm	👶👧👦👨👩👪
Day 2 Sun Mar 20	Make sure you register for any Expo sessions you wish to attend!			
Day 3 Mon Mar 21	Don't forget to activate your FREE 4-week Maribyrnong Aquatic Centre membership!			
Day 4 Tue Mar 22	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
	Street Orienteering	Yarville	6.30pm-8.00pm	👶👧👦👨👩👪
Day 5 Wed Mar 23	Melbourne Renegades Junior Cricket Clinic	Yarville	4.30pm-5.30pm	👶👧👦
Day 6 Thu Mar 24	Junior Rugby 'Come & Try'	Footscray	5.30pm-6.30pm	👶👧👦
Day 7 Fri Mar 25	Good Friday			
Day 8 Sat Mar 26	Easter Saturday			
Day 9 Sun Mar 27	Easter Sunday			
Day 10 Mon Mar 28	Easter Monday			
Day 11 Tue Mar 29	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
Day 12 Wed Mar 30	Don't forget to get your Event Passport stamped at each event you attend!			
Day 13 Thu Mar 31	Group Fitness 'Come & Try'	Footscray	6.00pm-7.00pm	👶👧👦
Day 14 Fri Apr 01	Rip Flop Bowls	Yarville	5.30pm-7.30pm	👶👧👦
Day 15 Sat Apr 02	Trugo 'Come & Try'	Yarville	10.00am-12.30pm	👶👧👦👨👩👪
	Archery 'Come & Try'	Braybrook	12.30pm-2.30pm	👶👧👦
Day 16 Sun Apr 03	Badminton 'Come & Try'	Maribyrnong	11.30am-1.00pm	👶👧👦
Day 17 Mon Apr 04	Walking Group	Maribyrnong	9.30am-10.30am	👶👧👦
	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
Day 18 Tue Apr 05	Zumba 'Come & Try'	Maribyrnong	6.30pm-7.30pm	👶👧👦
Day 19 Wed Apr 06	Melbourne UTD Junior Basketball Clinic	Footscray	4.30pm-5.30pm	👶👧👦
Day 20 Thu Apr 07	Walking Group	Braybrook	9.30am-10.30am	👶👧👦
Day 21 Fri Apr 08	Joe Spillet Soccer Pro Academy Clinic	Braybrook	4.30pm-5.30pm	👶👧👦

Date	Event	Suburb	Time	Category
Day 22 Sat Apr 09	Archery 'Come & Try'	Braybrook	12.30pm-2.30pm	👶👧👦
Day 23 Sun Apr 10	Badminton 'Come & Try'	Maribyrnong	11.30am-1.00pm	👶👧👦
Day 24 Mon Apr 11	Walking Group	Maribyrnong	9.30am-10.30am	👶👧👦
Day 25 Tue Apr 12	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
	Street Orienteering	Footscray	6.30pm-8.00pm	👶👧👦👨👩👪
Day 26 Wed Apr 13	Melbourne City Junior Soccer Clinic	Braybrook	4.00pm-5.00pm	👶👧👦
Day 27 Thu Apr 14	Walking Group	Braybrook	9.30am-10.30am	👶👧👦
	Lacrosse 'Come & Try'	Yarville	5.00pm-7.00pm	👶👧👦
Day 28 Fri Apr 15	Have you registered for our Closing Ceremony/Movie Night yet?			
Day 29 Sat Apr 16	Pacific Islands Hula Dance	Maribyrnong	10.00am-11.00am	👶👧👦
Day 30 Sun Apr 17	Archery 'Come & Try'	Braybrook	12.30pm-2.30pm	👶👧👦
	Get into Cardio Tennis	Yarville	11.00am-12.00pm	👶👧👦
Day 31 Mon Apr 18	Walking Group	Maribyrnong	9.30am-10.30am	👶👧👦
Day 32 Tue Apr 19	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
	Western Bulldogs Junior AFL Clinic	Footscray	4.30pm-5.30pm	👶👧👦
Day 33 Wed Apr 20	Make sure you bring your stamped Event Passport to our Closing Ceremony/Movie Night for some great prizes!			
Day 34 Thu Apr 21	Walking Group	Braybrook	9.30am-10.30am	👶👧👦
Day 35 Fri Apr 22	Volleyball 'Come & Try'	Braybrook	7.00pm-9.00pm	👶👧👦
Day 36 Sat Apr 23	Archery 'Come & Try'	Braybrook	12.30pm-2.30pm	👶👧👦
Day 37 Sun Apr 24	Kingville Tennis 'Come & Try'	West Footscray	10.00am-1.00pm	👶👧👦
Day 38 Mon Apr 25	Walking Group	Maribyrnong	9.30am-10.30am	👶👧👦
Day 39 Tue Apr 26	Seniors Gentle Aqua	Maribyrnong	2.00pm-3.00pm	👨👩👪
Day 40 Wed Apr 27	Closing Ceremony	Yarville	6.30pm-8.30pm	👶👧👦👨👩👪

👶 Infants (0-2) 👧 Toddlers (2-5) 👦 Children (5-12) 👨👩👪 Youths (12-17) 👨👩👪 Adults 👨👩👪 Seniors (60+) 👩👩👪 Women Only

Did participants enjoy the Expo?

1623 Participants in total – 16% Older Adults

Strongly Disagree (Rating 1)	Disagree (Rating 2)	Neutral (Rating 3)	Agree (Rating 4)	Strongly Agree (Rating 5)	Average Rating
0.00%	0.00%	6.92%	39.23%	53.85%	4.47

←
93.08% of respondents enjoyed the Expo



Community Consultation

- Increased access to information about physical activity opportunities
- Increased promotion/access to existing physical activity opportunities
- Free/low-cost opportunities to participate in physical activity



Community Consultation

- Increased access to information about physical activity opportunities
- Increased promotion/access to existing physical activity opportunities
- **Free/low-cost opportunities to participate in physical activity**



What is the Spring into Summer Series?

- 18 different five-week health and wellbeing programs
- Delivered outdoors in parks and reserves around Maribyrnong
- All completely free to participate



What activities are available and how many people are registered?



624 registered participants

18% Older Adults



Activity	Number of Registrations
Yoga - Mondays 6.30pm (Yarraville)	149 (23%)
Pilates - Wednesdays 6.30pm (Yarraville)	113 (32%)
Group Fitness Circuit - Thursdays 6.30pm (West Footscray)	92
Parents and Bubs Exercise - Fridays 11.00am (Yarraville)	72
Tai Chi - Saturdays 10.30am (Maribyrnong)	50 (57%)
Self Defence - Tuesdays 6.30pm (Maribyrnong)	49
Tai Chi - Fridays 8.00am (Footscray)	25 (63%)
Women's Only Yoga - Tuesdays 10.00am (Maidstone)	24 (55%)
Wheel Women Cycling - Sundays 9.30am (Maribyrnong)	23
Tai Chi - Mondays 10.00am (Maribyrnong)	22
Teen Boot Camp - Wednesdays 4.45pm (Maribyrnong)	11
All Girls In2Cricket - Tuesdays 4.15pm (Footscray)	9
Wheel Women Cycling - Thursdays 10.00am (Maribyrnong)	6
Walking Group - Wednesdays 10.00am (Maidstone)	4

How do we market to/target older adults?



- **Physical visits/presentation to seniors' groups**
- **Images of real seniors in marketing material**
- **Targeted letter box drops**
- **Presentations to relevant Council contacts/departments**
- **Information at Libraries and Community Centres**



What's next for Active Maribyrnong and Older Adults?



- Increased promotion of existing Senior's activities
- Creation of a Senior's specific Expo
- Creation and ongoing support for new walking groups
- Increased facility based programming



Questions?

Rick Morris
Recreation Participation Officer
Maribyrnong City Council
rick.morris@maribyrnong.vic.gov.au
9688 0330

