

This Girl Can

22-28 March 2021



#ThisGirlCanVic

This Girl Can Nillumbik 2021

This Girl Can Week is a VicHealth initiative inspiring women to get active whenever, wherever and however they choose – without worrying about being judged. Women of all ages and skill levels can try loads of different sports and activities across the Shire for free. Proudly supported by Nillumbik Shire Council.

EVENT CATEGORY



yoga/meditation/
pilates



basketball



tennis



golf



football/Rugby



mums and bubs



cardio



group fitness

Program of Events:

Monday 22 March
11.30am



This Girl Can Week Launch: Meditation & Morning Tea

Join us for a relaxing 30-minute meditation session, followed by morning tea and learn more about This Girl Can Week. An opportunity to take a Centre tour and set up your free seven-day visit pass. All ages.

- Eltham Leisure Centre
40 Brougham Street, Eltham
- 9439 2266
- Free. Plus free childcare**
- Bookings are essential. Register at elthamleisurecentre.com.au

Monday 22 March
8.15pm



Body Balance Class

Body Balance is a yoga, tai chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. All-age and pregnancy friendly if cleared by your medical professional.

- Eltham Leisure Centre
40 Brougham Street, Eltham
- 9439 2266
- Free**
- Bookings are essential. Register at elthamleisurecentre.com.au

Monday 22 March
All day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

- Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat
- 9436 2201
- Free**
- yarrambatgolf.com.au

Tuesday 23 March
9am – 11am



Females with Drive

Yarrambat Park Golf Course invites you and your family to give golf a go! We have fun, easily accessible activities to get you putting and driving in no time. Mini golf more your thing? We've got you covered. Come down for Goanna Golf giveaways on the day.

- Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat
- 9436 2201
- Free**
- yarrambatgolf.com.au



Tuesday 23 March
7pm – 8.15pm



Yoga

- Living & Learning Nillumbik
119 Cowin Street, Diamond Creek
- 9433 3744
- Free**
- Bookings are essential.
www.livinglearningnillumbik.vic.gov.au/Courses-and-activities/Find-a-course-or-activity#section-10

Tuesday 23 March
9.30am – 10.30am



Walking group

Meet behind the Shell garage in Diamond Creek.

- Living & Learning Nillumbik
119 Cowin Street, Diamond Creek
- 9433 3744
- Free**
- Bookings are essential.
https://ax.livinglearningnillumbik.vic.gov.au/course-details/?course_id=26692&course_type=w

Tuesday 23 March
5pm – 6pm



Basketball skills program

For girls currently playing basketball, run by NBL1 and Big V Youth female players. All attendees receive a free pass to the first Big V Youth Women's game on 27 March at 6pm and a free pass to the first NBL1 Women's game on 17th April at 6pm at the Community Bank Stadium, Diamond Creek.

- Parade College, Plenty Road, Bundoora
- 9432 4720
- Free**
- dvbasketball.com.au



Tuesday 23 March
10.25am



Barre

A fusion of Pilates and yoga inspired by ballet training and choreographed to music. For all ages.

Diamond Creek Community Centre
28 Main Hurstbridge Road,
Diamond Creek

9438 5299

Free. Plus free childcare

Bookings are essential. Register at diamondcreekcc.com.au

Tuesday 23 March
11.20am



Body Pump

A simple, fun and motivating workout that builds strength. A moderate intensity, non-impact class designed for a total body workout. All ages.

Eltham Leisure Centre
40 Brougham Street, Eltham

9439 2266

Free. Plus free childcare

Bookings are essential. Register at elthamleisurecentre.com.au

Tuesday 23 March
4.30pm – 5.30pm



Free Womens' golf clinic

Open to all ages.

Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat

9436 2201

Free

yarrambatgolf.com.au

Tuesday 23 March
All Day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat

9436 2201

Free

yarrambatgolf.com.au

Wednesday 24 March
9.30am – 11am



Tennis for Womens'

Training session for females.

Diamond Creek Tennis Club
28 Phipps Crescent, Diamond Creek

Free

Contact Wendy O'Connor on:
No.1coach@bigpond.com

Wednesday 24 March
4pm – 5pm



Come and try day

Meet some of Hurstbridge Hurricanes, coaches and give basketball a try. Girls aged 5-14 years.

Hurstbridge Hurricanes Stadium
Greys Harps Road, Hurstbridge

Free

infohhbc@gmail.com or
[facebook.com/Hurstbridgehurricanes](https://www.facebook.com/Hurstbridgehurricanes)

Wednesday 24 March
7.15pm



This Girl Can Group Exercise Session

Meet other TGC participants in this group session that will introduce you to the gym environment, using beginner-friendly equipment. Our trainer will support you through a full body workout suitable for all levels. You will learn exercises that you can continue to do from home!

- Eltham Leisure Centre
40 Brougham Street, Eltham
- 9439 2266
- Free**
- elthamleisurecentre.com.au

Wednesday 24 March
6pm – 8pm



Self Defence Class

This two hour class will provide simple, practical solutions so you have the knowledge, tools and power to reduce your chances of being a victim. Our aim is to introduce concepts that convey the fundamentals of Self Defence.

- 129 – 163 Main Hurstbridge Road,
Diamond Creek
- 9438 8900
- Free**
- Register at info@aask.com.au



Wednesday 24 March
All Day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

- Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat
- 9436 2201
- Free**
- yarrambatgolf.com.au

Thursday 25 March
5pm – 6pm



Basketball skills program

For girls currently playing basketball, run by NBL1 and Big V Youth female players. All attendees receive a free pass to the first Big V Youth Women's game on 27 March at 6pm and a free pass to the first NBL1 Women's game on 17th April at 6pm at the Community Bank Stadium, Diamond Creek.

- Parade College, Plenty Road,
Bundoora
- 9432 4720
- Free**
- dvbasketball.com.au



Thursday 25 March
6pm



Pilates & Stretch

This session will introduce you to Pilates principles while providing an opportunity to stretch and strengthen your muscles. Suitable for beginners through to advanced.

 Diamond Creek Community Centre
28 Main Hurstbridge Road,
Diamond Creek

 9438 5299

 **Free**

 Bookings are essential. Register at diamondcreekcc.com.au

Thursday 25 March
10.30am – 11.30am



Mums and Bubs

Our qualified instructors will guide you through and help you get active after having your baby. Sessions are tailored specifically to assist new mums. Work at your pace, attend to your baby and have some fun while you exercise!

 129 – 163 Main Hurstbridge Road,
Diamond Creek

 9438 8900

 **Free**

 Bookings are essential contact rosie.haszler@alignedleisure.com.au

Thursday 25 March
9.30am – 10.30am



Walking group

Meet behind the Shell garage in Diamond Creek.

 Living & Learning Nillumbik
119 Cowin Street, Diamond Creek

 9433 3744

 **Free**

 Bookings are essential.
https://ax.livinglearningnillumbik.vic.gov.au/course-details/?course_id=26692&course_type=w

Thursday 25 March
6pm – 7pm



'Come and Try' session girls' rugby

Opportunity to welcome new players. Join in the growing girls' squad; and experience full training session and activities.

 Eltham Rugby Union Football Club,
58 Bridge St, Eltham

 9439 9729

 **Free**

 elthamrugby.com.au

Thursday 25 March
All day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

- Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat
- 9436 2201
- Free**
- yarrambatgolf.com.au

Friday 26 March
All day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

- Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat
- 9436 2201
- Free**
- yarrambatgolf.com.au

Friday 26 March
10.30am – 12pm



Tennis Cardio/lesson

- Plenty Park, Cnr Memorial Drive
and Yan Yean Rd, Plenty
- Free**
- plentytennisclub.com.au

Friday 26 March
10.25am – 11.30am



This Girl Can Hour of Power

This one-hour session will include an introductory session to the gym as well as a taste of a cycle class. This session is designed to help you become familiar with Diamond Creek Community Centre.

- Diamond Creek Community Centre
28 Main Hurstbridge Road,
Diamond Creek
- 9438 5299
- Free. Plus free childcare**
- Bookings are essential. Register at diamondcreekcc.com.au

Saturday 27 March
11.30am



This Girl Can Hour of Power learn to use gym machines and intro to cycle class

This one-hour session will include an introductory session to the gym as well as a taste of a cycle class. This session is designed to help you become familiar with Eltham Leisure Centre.

- Eltham Leisure Centre
40 Brougham Street, Eltham
- 9439 2266
- Free**
- Bookings are essential. Register at elthamleisurecentre.com.au



Saturday 27 March All day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat

9436 2201

Free

yarrambatgolf.com.au

Saturday 27 March 4.30pm – 5.30pm



Free Womens' clinic

All ages.

Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat

9436 2201

Free

yarrambatgolf.com.au

Saturday 27 March 9am – 1pm



Females with Drive

Give golf a go with your families! We have fun, easily accessible activities to get you putting and driving in no time. Mini golf more your thing? We've got you covered. Come down for Goanna Golf giveaways on the day.

Eltham Leisure Centre
40 Brougham Street, Eltham

9439 2266

Free

elthamleisurecentre.com.au

Sunday 28 March All Day



Golf

Free access to golf for females all week. Free access to practise facilities for females all week. Free access to hire equipment for females all week.

Yarrambat Park Golf Course
649 Yan Yean Road, Yarrambat

9436 2201

Free

yarrambatgolf.com.au

Sunday 28 March 10.45am



Body Balance

Body Balance is a yoga, tai chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. All ages and pregnancy friendly if cleared by your medical professional.

Diamond Creek Community Centre
28 Main Hurstbridge Road,
Diamond Creek

9438 5299

Free

Bookings are essential. Register at diamondcreekcc.com.au



THIS GIRL CAN

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