

Women's Sport and Recreation Initiative Cranbourne

The Women's Sport and Recreation Initiative Cranbourne is funded by Sport and Recreation Victoria. City of Casey is working in partnership with Sport and Recreation Victoria to develop and implement programs and activities in the Cranbourne area that provide young mothers and teenage girls the opportunity to participate in sport and active recreation in a fun and friendly environment. New programs are being implemented in the Cranbourne area and these are detailed below. Through this initiative existing programs will also be promoted through regular updates and promotional material circulated throughout the community. Leadership opportunities, workshops, coaching courses and training will be on offer throughout the year dependant on what people are interested in being involved in. For further information or to provide feedback contact the Women's Sport and Recreation Project Officer on 9705 5200 or email leisure@casey.vic.gov.au.

ACTIVITIES

Activity: Touch Football – Mums' program and Girls' program

Facilitator: Marcelle Tuai, Ali Tuai & Carli Goodrich
Casey Cougars

Contact: Marcelle Tuai - 0421 567 075 or
Honesty Mason, City Casey – 9705 5200

Dates: Every Wednesday commencing the
18/02/2009 for an 8 week period (mums' program) 6 week
period (girls program).

Time: 6:30pm – 7:30pm
(Morning sessions may be available in future)

Venue: Casey Fields touch fields
160 Berwick Cranbourne Road, Cranbourne East

Cost: \$5 per session for mums' program and \$30 up front
for girls' program (girls receive a free ball, hat and drink bottle)

Description: Touch football is played on a large, grassy playing field. It is one type of football and isn't a rough sport.

Sessions facilitated by Casey Cougars allow for mums and girls to learn the skills of the game and have fun at the same time. In each session different skills will be learnt. All sessions allow mums to bring their children along, activities allow for prams.

Comfortable clothing should be worn, no uniforms are required. All welcome no experience necessary.

Activity: Mums' Tennis Program

Facilitator: Ben Goltz

Cranbourne Tennis Club

Contact: 0407 846 007

Dates: Commencing 9/02/2009 – 13/03/2009 days
negotiable with facilitator

Time: negotiable with facilitator

Venue: Casey Fields Tennis Centre

160 Berwick Cranbourne Road, Cranbourne East

Cost: \$15 per person for 5 weeks of group tennis
coaching

Description: The program is open to players of all standards from beginners through to those who have played tennis previously and would like to get back into the game.

The Mums' Tennis Program is a subsidised 5-week group tennis coaching program conducted by qualified coaches at Cranbourne tennis club. The program is great for health, fitness and fun and is an ideal way to meet and socialise with other mothers in your area. All tennis racquets and tennis balls are supplied.

The program will continue after the 5 weeks, although cost will be reviewed depending on number of participants.

Activity: Cricket for beginners – Get In2CRICKET

Facilitator: Mel Jones & Di Day (Cricket Victoria)

Contact: Honesty Mason, City of Casey – 9705 5200

Dates: Dates being scheduled

Time: Times can be negotiated

Venue: TBC

Cost: (low cost) TBC depending on number of
participants.

Description: Cricket is a fun game that anyone can play. You don't have to know the rules to play this game as courses will be running that teach you how to play in a fun, non-competitive environment.

Stay tuned for further details. Please call Honesty Mason if you would like to register your interest to be involved in this activity.

Activity: Mums' and kids' active exercise program

Contact: Melinda Carlson, YMCA – 5996 1753

Facilitator: YMCA staff member

Dates: Come and try day 24/02/09, ongoing session
dates being scheduled.

Venue: Cranbourne Indoor Pool, Grant Street, Cranbourne

Cost: Free come and try days

Details: This is an activity that is tailored for mothers who would like to involve their child/ren in the exercise class they are partaking in.

Stay tuned for more details or contact Melinda Carlson for further information.

Women's Sport and Recreation Initiative Cranbourne

ACTIVITIES

Activity: Mums and Bubs Yoga

Facilitator: Lesley Gough

(Just Be. Yoga and Meditation)

Contact: 0408 510 945

lesley@justbeyoga.com.au

www.justbeyoga.com.au

Dates: Every Thursday from

26/02/2009 – 16/04/2009

Time: 10:00am – 11:30am

Venue: The Factory –

Rehearsal Centre for the Arts

65 Berwick Cranbourne Road, Cranbourne East

Cost: \$12 per class for mother and child

Description: Although these classes give an opportunity to connect and interact with your baby there is a strong focus on supporting women to return to exercise after giving birth. The yoga sessions work with;

- gentle stretches and breathing exercises to warm up the body
- postures to strengthen and stretch the pelvic floor, abdominal area and lower back
- opening and releasing tensions in the chest, shoulders, neck and arms (often caused by breastfeeding, nursing, holding your baby in a carrier) and improving posture.
- restful, restorative and recuperative yoga for pure exhaustion.
- meditation and visualisation.
- A good dose of fun and laughter.....

Activity: Recreational Football

Contact: Honesty Mason, City of Casey – 9705 5200

to register your interest to play, umpire or find out more.

Facilitator: AFL Vic

Dates: TBC Come and try days coming soon.

Venue: TBC (sporting ground in Cranbourne)

Cost: (low cost) TBC depending on number of participants

Description: AFL Recreational Football has been developed in order to provide an opportunity for all Australian Football enthusiasts to enjoy participating in a modified game that has strong parallels with the traditional game. The game is played in a friendly social environment whilst enabling people of all ages and ability levels to participate in same or mixed gender competitions.

Recreational Football is a non-contact sport and no uniforms are required. Just wear comfortable clothing. No experience necessary.

Activity: Basketball

Contact: Shannon Thiel, Life Be In It - 5996 6033 or
Honesty Mason, City of Casey – 9705 5200

Dates: Every Monday - commencing 23/02/09

Time: Mornings between 9:30am – 12:00pm, starting
time negotiable depending on participants schedules.

Venue: Casey Indoor Leisure Centre

65 Berwick Cranbourne Road, Cranbourne East

Cost: \$5 per game

Description: Basketball is an excellent way to
improve fitness, have fun and socialise.

Basketball can be played at various levels - from
shooting baskets to playing one-on-one with
someone of equal ability, or playing a rigorous,
competitive, full-court game. This running and
jumping sport is a fun way to get a workout with
friends.

If you have never played before, there will be the
opportunity to learn the rules and partake in skills
and drills sessions to begin with. Childcare may be
available if required.

Activity: Netball

Contact: Shannon Thiel, Life Be In It - 5996 6033 or
Honesty Mason, City of Casey – 9705 5200

Dates: Every Tuesday morning and Thursday nights.

Time: Mornings from 9:30 am and nights as per
fixtures.

Venue: Casey Indoor Leisure Centre

65 Berwick Cranbourne Road, Cranbourne East

Cost: TBC

Description: Netball is a fun team sport. You
don't need to have played netball before to be part of
team. There will be the opportunity to learn how to
play the game for those who haven't played before.

All rules will be explained, if you would like to come
and try netball or get back into this sport, please
contact either Shannon Thiel or Honesty Mason. The
morning sessions will be run for mum's and the
evening sessions are open to women and teenage
girls.

Activity: Walking group

Contact: Marni Ford, City of Casey – 9705 5200

Dates: Every Tuesday

Time: 9:15am – 10:15am

Venue: Balla Balla Community Centre

65 Berwick Cranbourne Road, Cranbourne East

Cost: Free

Description: If you enjoy walking or would like to
meet new people, this may be for you.

Walking is a suitable physical activity for most people.
Walking is low impact, requires minimal equipment, can be
done at any time of day and can be performed at your own
pace. Come along bring a friend and meet new people on
these facilitated walking groups.

Other walking groups will be starting in the Cranbourne
area, please contact Marni Ford to be part of an existing
walking group or to start up a new group.