



# Active Life Term Program



TOWN OF  
VICTORIA PARK

## Post-Natal Fitness Program

**24 April – 30 June**

### **Mondays:**

10am – 10.40am (10wk–6mo bubs)

10.50am – 11.30am (7–14mo bubs)

### **Fridays:**

10am – 10.40am (10wk–6mo bubs)

10.50am – 11.30am (7–14mo bubs)

**Leisurelife Centre, East Victoria Park and John MacMillan Park (when weather permits)**

**\$8 per session**

**(Town of Victoria Park residents only)**

**\$10 per session (non-residents)**

**Book early as there are limited spots available.**

This interactive program is designed specifically for optimal postnatal fitness. Sessions will include low-impact pram cardio, pelvic floor exercises and practical resistance training. The program can be catered to each individual's needs and fitness levels. You will love the way it makes you feel and will be excited to see improvements each week. Best of all, you can exercise with your bub!

## Family Fitness Program

### **Fridays:**

28 April – 30 June

9am – 9.50am

**Leisurelife Centre, East Victoria Park and John MacMillan Park (when weather permits)**

**\$8 per session (Town of Victoria Park residents only)**

**\$10 per session (non-residents)**

**Book early as there are limited spots available.**

This program is specifically designed for toddlers (15mo – three years) along with mum or dad. It is an interactive program for both the toddlers and their parent to exercise together. Sessions will include pram cardio, practical resistance training, obstacle courses and much more. The program can be catered to each individual's needs and fitness levels. (Ask about our sessions specifically for mums with a toddler and bub).

## Weekly Walking Groups

### **Bushland Walkers:**

Tuesdays, 8.30am, Kensington Bushland  
(meet by club room, Harold Rossiter Park)

### **Mothers' Walking Group:**

Wednesdays, 8.30am and 9.30am

(start at Antz inya Pantz, 965 Albany Hwy, East Victoria Park)

Enjoy a coffee after the walk. Dads, prams and children welcome!

### **Junipark Senior Walking Groups:**

Wednesdays, 8am, Bentley Park Village (meet at SwanCare Administration Centre, corner of Plantation Drive and Stirling Close, Bentley)

Fridays 7.30am, Juniper Rowethorpe Village  
(meet at the Terrace Café on The Boulevard, Bentley)

## Weekly Vic Park Running Group

Have you wanted to get into running and just don't know where to start? This weekly program may be perfect for you! We go at the pace of the participants and can adjust the program for all levels.

**Wednesdays, 5.30pm**

**McCallum Park (meet at the end of Taylor St)**

**\$35 for the term (April – June)**

**Booking is essential**

## Living Longer Living Stronger

Living Longer Living Stronger is an evidence based strength training and exercise program designed specifically for the over 50s. It aims to achieve a reduction in falls, improved health, quality of life and fitness in people aged over 50 years.

### **Weekly group session at Leisurelife:**

Thursday from 9.30am – 10.30am

### **Individual sessions at Leisurelife:**

Tuesday, Thursday and Friday from 10am – 12noon

**Initial assessment \$55**

**Individual session \$8**

**10 pass (plus one free) \$80**



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## Ping Pong for Everyone!

During the Vic Park Arts Season and in partnership with POPP (Public Outdoor Ping Pong) we are excited to bring you this action packed event.

### 9am Masterclass

A fun, casual one hour group workshop with professional table tennis player Holly Nicolas from the Western Australian Table Tennis Association. Participants will run through a series of games and activities to develop basic table tennis skills tailored to all ages and levels. All equipment is provided. Booking is essential for this class.

### 10am and 11am Longest Rally Tournament

A \$150 fitness voucher is up for grabs for the winner of the longest rally tournament (the person with the most hits in a row). Sign-up on the day. Anyone can join in the competition (professional players excluded).

**Sunday 30 April, 9am – 12 noon**

**John MacMillan Park alongside the Vic Park Farmers Markets | Free**

## Active Photography Program

Put on your walking shoes and bring your camera along to this four-week Active Photography Program. Each week you will walk through local areas taking snaps of the Town's beautiful scenery and attractions. Learn how to explore light, composition and content to produce beautiful photographs. Professional photographer Adele Miles will give participants the skills and confidence to operate their cameras more competently.

Participants are required to bring their own camera. Digital SLR, point and shoot, phone or film cameras, it's your choice.

**Sunday 7, 14, 21 and 28 May**

**9am – 11am**

**Various locations within the Town**

**\$35 (all four sessions)**

**Booking is essential**

## Nutrition Sessions

### Healthy Eating and Weight Management

Need a little motivation to improve your health? This session is for people who are looking to improve the quality of their diet, regardless of whether they want to increase, maintain or decrease their weight. It will cover the basic principles of changing weight as well as what a healthy diet looks like. This session will be delivered by a dietitian from the Juniper Day Therapy Centre Outreach and Wellness Program.

**21 June, 11am – 12noon**

**Leisurelife Centre, East Victoria Park**

**\$7 | Booking is essential**

## Men's BBQ Business at the Shed

To celebrate Men's Health Week we are holding an all-male barbecue cooking class at the Victoria Park Men's Shed. At this session, Chef Dale Sniffen he will teach you the secrets to hot smoking, preparing meats and even vegetables for the barbecue. Chef Dale is famous for developing delicious recipes and has worked in some of WA's top restaurants.

**13 June, 6.30pm – 8.30pm**

**Victoria Park Men's Shed,**

**51 Anketell St, Kensington**

**\$7 | Booking is essential**

## HelpingMinds Wellbeing Lunch

Is someone in your life isolating themselves, having sudden outbursts or extreme moods, detached from reality or having suicidal thoughts? Supporting a family member or friend with a mental illness can be confusing, frightening, exhausting and isolating. You do not have to go through it alone. The person you care for does not need to have a diagnosis. You could simply be concerned about them and early intervention is important. HelpingMinds are running this forum for you to ask questions and find out more.

**26 May, 11am – 12.30pm**

**Leisurelife Centre, East Victoria Park**

**\$7 | Booking is essential | Light lunch provided**



[victoriapark.wa.gov.au](http://victoriapark.wa.gov.au)