

# This Girl Can 2024 Hills

\*\*\* Indicates events which are open to all genders.

- **Everyday:** Call Monbulk Aquatic Centre (MAC) on 9756 8000 to receive a free 12-visit pass for use outside of This Girl Can events on the calendar across the 4-week period.
- **Monday, 25th November at 1 pm:** Chair Yoga with Abi at Kalorama Pavilion. Free. Register here: <https://www.trybooking.com/events/landing/1306362>
- **Mondays at 6:15 pm:** Aqua class at Belgrave Outdoor Pool. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.
- **Tuesdays at 7:15 am:** Aqua class at Belgrave Outdoor Pool. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.
- **Tuesday, 12th & 19th November at 10:30 am:** Heart Foundation walking group at Rhododendron Gardens, Olinda. Free. Call MAC on 9756 8000 to book. Wear comfortable shoes.
- **Tuesday, 26th November & 3rd December at 10:30 am:** Heart Foundation walking group at Grants Picnic Ground, Kallista. Free. Call MAC on 9756 8000 to book. Wear comfortable shoes.
- **Tuesdays at 4:30 pm (8-12 years), 5:30 pm (13-14 years) & 5:45 pm (15-18 years):** \*\*\* Open Training Sessions with Belcoma Netball Club. Belgrave South Recreation Reserve.
- **Wednesdays at 11:45 am:** Mindfulness Painting Session. All materials provided. Free. Call MAC on 9756 8000 to book.
- **Wednesdays at 6:15 pm:** Aqua Zumba class at Belgrave Outdoor Pool. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.
- **Fridays at 1 pm:** Tai Chi in the Garden at Monbulk Aquatic Centre. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.
- **Fridays 15th, 22 & 29th November at 5.30 pm:** Sherbrooke Twilight Walks with Parks Victoria at Sherbrooke Forest. Free. Wear comfortable shoes. Register here: <https://www.eventbrite.com.au/e/sherbrooke-forest-womens-twilight-walk-tickets-1002747082517?aff=oddtcreator>
- **Fridays at 6:15 pm:** Aqua deep-water class at Belgrave Outdoor Pool. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.
- **Saturdays at 9 am:** Mother and daughter yoga session at Belgrave Outdoor Pool. Wear whatever you feel comfortable in. Free. Call MAC on 9756 8000 to book.

Join the movement from 10th November - 7th December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11</p> <p>6.15pm: Aqua Class at Belgrave Outdoor Pool.</p>	<p>12</p> <p>7.15am: Aqua at Belgrave Outdoor Pool.</p> <p>10.30am: Walking group at Rhododendron Gardens.</p> <p>From 4.30pm: Open Netball Training with Belcoma.</p>	<p>13</p> <p>11.45am: Mindfulness Painting at Monbulk Aquatic Centre.</p> <p>6.15pm: Aqua Zumba at Belgrave Outdoor Pool.</p>	<p>14</p>	<p>15</p> <p>1pm: Tai Chi in the MAC Garden.</p> <p>5.30pm: Sherbrooke Walk with Parks Vic.</p> <p>6.15pm: Aqua Deep class at Belgrave Outdoor Pool.</p>	<p>16</p> <p>9am: Mother &amp; Daughter Yoga at Belgrave Outdoor Pool.</p>
<p>18</p> <p>6.15pm: Aqua Class at Belgrave Outdoor Pool.</p>	<p>19</p> <p>7.15am: Aqua at Belgrave Outdoor Pool.</p> <p>10.30am: Walking group at Rhododendron Gardens.</p> <p>From 4.30pm: Open Netball Training with Belcoma.</p>	<p>20</p> <p>11.45am: Mindfulness Painting at Monbulk Aquatic Centre.</p> <p>6.15pm: Aqua Zumba at Belgrave Outdoor Pool.</p>	<p>21</p>	<p>22</p> <p>1pm: Tai Chi in the Garden.</p> <p>5.30pm: Sherbrooke Walk with Parks Vic.</p> <p>6.15pm: Aqua Deep class at Belgrave Outdoor Pool.</p>	<p>23</p> <p>9am: Mother &amp; Daughter Yoga at Belgrave Outdoor Pool.</p>
<p>25</p> <p>1pm: Chair Aerobics at Kalorama Pavilion.</p> <p>6.15pm: Aqua Class at Belgrave Outdoor Pool.</p>	<p>26</p> <p>7.15am: Aqua at Belgrave Outdoor Pool.</p> <p>10.30am: Walking group at Grants Picnic Ground.</p> <p>From 4.30pm: Open Netball Training with Belcoma.</p>	<p>27</p> <p>11.45am: Mindfulness Painting at Monbulk Aquatic Centre.</p> <p>6.15pm: Aqua Zumba at Belgrave Outdoor Pool.</p>	<p>28</p>	<p>29</p> <p>1pm: Tai Chi in the Garden.</p> <p>5.30pm: Sherbrooke Walk with Parks Vic.</p> <p>6.15pm: Aqua Deep class at Belgrave Outdoor Pool.</p>	<p>30</p> <p>9am: Mother &amp; Daughter Yoga at Belgrave Outdoor Pool.</p>
<p>2</p> <p>6.15pm: Aqua Class at Belgrave Outdoor Pool.</p>	<p>3</p> <p>7.15am: Aqua at Belgrave Outdoor Pool.</p> <p>10.30am: Walking group at Grants Picnic Ground.</p> <p>From 4.30pm: Open Netball Training with Belcoma.</p>	<p>4</p> <p>11.45am: Mindfulness Painting at Monbulk Aquatic Centre.</p> <p>6.15pm: Aqua Zumba at Belgrave Outdoor Pool.</p>	<p>5</p>	<p>6</p> <p>1pm: Tai Chi in the Garden.</p> <p>6.15pm: Aqua Deep class at Belgrave Outdoor Pool.</p>	<p>7</p> <p>9am: Mother &amp; Daughter Yoga at Belgrave Outdoor Pool.</p>

Email [Health.Promotion@easternhealth.org.au](mailto:Health.Promotion@easternhealth.org.au) for any enquiries regarding access requirements.

Please note: No Saturday events for the Urban area. Check out other areas for something to try!

