

This Girl Can 2024 Valley

Join the movement from 10th November - 7th December

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10	11	12	13 4.30pm: ***Come & try Tennis at Yarra Glen Tennis Club (up to 12 years).	14 9am: Aqua Mega Class at Jack Hort	15 4.30pm: ***Come & try Tennis at Yarra Glen Tennis Club (12-20 years).
17	18 9.30am: ***Come & try Tennis at Yarra Glen Tennis Club (adults only).	19	20	21 9am: Aqua Mega Class at Jack Hort	22
24 From 10.30am: Come & try clay target shooting at Melbourne Gun Club, Yering.	25	26	27	28 9am: Aqua Mega Class at Jack Hort	29
1	2 1pm: Chair Aerobics at Yarra Glen Memorial Hall	3	4	5 9am: Aqua Mega Class at Jack Hort	6

- **Monday, 18th November from 9:30-11 am: ***** Come and try Tennis at Yarra Glen Tennis Club. Adults only. 14 Anzac Avenue, Yarra Glen, 3775.
- **Monday, 2nd December:** Chair Yoga with Abi at the Yarra Glen Memorial Hall. Free. Register here: <https://www.trybooking.com/events/landing/1306367>
- **Wednesday, 13th November from 4:30-5:30 pm: ***** Come and try Tennis at Yarra Glen Tennis Club. Girls up to 12 years of age. 14 Anzac Avenue, Yarra Glen, 3775.
- **Thursdays at 9 am:** Aqua Mega class at Jack Hort Memorial Community Pool. 10 Camerons Road, Healesville. Wear whatever you feel comfortable in. Free. Call 59625 2709 to book.
- **Friday, 15th November from 4:30-5:30 pm:** Come and try Tennis at Yarra Glen Tennis Club. Girls aged 12-20 years. 14 Anzac Avenue, Yarra Glen, 3775.
- **Sunday, 24th November from 10:30 am-12:30 pm & 1:30-3:30 pm:** Come and try clay target shooting at Melbourne Gun Club. \$10 donation to McGrath Foundation. 12 years and older. No firearms licence is required, but you must not be a prohibited person as defined in the Firearms Act of 1996. 192 Victoria Road, Yering, 3770. Register here: <https://www.trybooking.com/events/landing/1294011>

Email Health.Promotion@easternhealth.org.au for any enquiries regarding access requirements.

Please note: No Tuesday or Saturday events in the Valley. Check out other areas for something to try!

