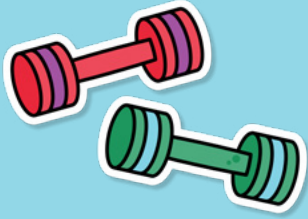
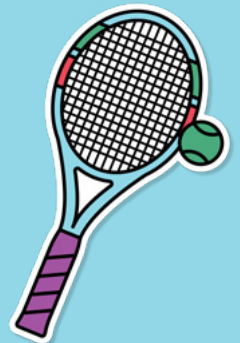


**Get active your way
and feel great!**



MANNINGHAM

GIRLS CAN



**Program of activities
2025**



Find out more and see what's on
manningham.vic.gov.au/manningham-girls-can



Active Manningham

Tai chi in the park

Saturday 1, 15 and 29 November
10:00am to 11:00am

Join Active Manningham for a gentle and mindful Tai Chi session in the fresh air at Ruffey Lake Park. Set on the scenic yoga platform overlooking the park, this class is beginner-friendly and a great way to improve balance, relaxation and overall wellbeing. All ages and abilities.

📍 Boulevard Hill Lookout, Ruffey Lake Park,
The Boulevard, Doncaster

\$ Free

🔗 manningham.vic.gov.au/events/tai-chi-park



Women's only swim and gym evenings

Sunday 2, 16 and 30 November
8:15pm to 10:00pm

Dance Fusion class: 8:15pm to 9:15pm
Open access to gym: 8:30pm to 10:00pm

Swimming lessons for all levels.

These sessions provide women exclusive access to Aquarena's facilities including gym and pools, ensuring privacy and cultural sensitivity while promoting physical wellbeing and community engagement. Supported by female staff. All ages.

📍 Aquarena Aquatic and Leisure Centre
139/153 Williamsons Road,
Templestowe Lower

\$ \$8.80 for adults and \$7.70 for children.
Free for members, who can bring a friend for free during MGC.

🔗 manningham.vic.gov.au/events/womens-only-swim-and-gym-evenings



Circuit training for teen girls

Monday 3, 17 November

Wednesday 12, 26 November

4:30pm to 5:30pm

A fun, beginner-friendly workout designed for teen girls. This class will take place in a supportive, private gym floor space, making it the perfect place to build confidence while getting active. You'll move through a series of simple circuit exercises that improve strength, fitness and coordination – no experience needed. Ages 15 to 24 years.

📍 Aquarena Aquatic and Leisure Centre
139/153 Williamsons Road,
Templestowe Lower

\$ Free

🔗 manningham.vic.gov.au/events/circuit-training-teen-girls



Pram walking group

Tuesday 11, 18 and 25 November

10:00am to 11:00am

Grab your pram, your little one and come for a stroll with Active Manningham! It's all about fresh air, friendly chat, and a free coffee at the end. All ages.

📍 Mullum Mullum Stadium,
Corner Springvale and Reynolds roads,
Donvale

\$ Free

🔗 manningham.vic.gov.au/events/pram-walking-group



Active Manningham

Women's only zumba

Thursday 6, 13, 20 and 27 November
6:30pm to 7:30pm

Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All ages.

📍 Aquarena Aquatic and Leisure Centre
139/153 Williamsons Road,
Templestowe Lower

\$ Free

🔗 manningham.vic.gov.au/events/womens-only-zumba

Women's only pilates

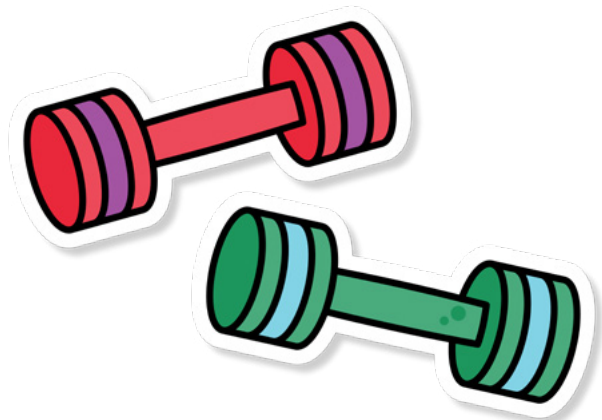
Friday 7, 14, 21 and 28 November
7:00pm to 8:00pm

Unwind, strengthen, and stretch in our Women's Only Mat Pilates class, designed for all levels. Held in a calm, private space with blinds down and a female instructor, this class is perfect for improving flexibility, posture and core strength, while relaxing the mind in a welcoming environment. All ages.

📍 Aquarena Aquatic and Leisure Centre
139/153 Williamsons Road,
Templestowe Lower

\$ \$11.75 or free for Aquarena members who can bring a friend for free

🔗 manningham.vic.gov.au/events/womens-only-pilates-bring-friend-free



Outdoor gym demonstrations for women

Saturday 8 and 22 November
9:00am to 10:00am

Discover how to get the most out of the outdoor fitness equipment at wonguim wilam park. This hands-on demonstration by Active Manningham staff will show you safe and simple ways to use the equipment, with exercises suitable for all fitness levels. All ages.

📍 wonguim wilam, 225 Yarra Street,
Warrandyte

\$ Free

🔗 manningham.vic.gov.au/events/outdoor-gym-demonstrations

Community events

Bocce games for youth

Wednesday 5, 12, 19 and 26 November
4:30pm to 6:00pm

These sessions will focus on gentle exercise, learning new skills, hand-eye coordination, teamwork and having fun. Each week, there will be different bocce games using coloured balls and target mats. Participants will progress through a range of bocce activities and games as they learn and refine their bowling skills. All equipment provided. Ages 5 to 25 years.

📍 The Veneto Club, 191 Bulleen Road, Bulleen
\$ \$5

✓ To register, call 0400 414 199 or email
culture@venetoclub.com
0400414199 or culture@venetoclub.com

🔗 manningham.vic.gov.au/events/bocce-games-youth



Walking basketball

Thursday 6, 20 and 27 November
10:00am to 11:00am

Walking basketball is for participants across all ages, genders and abilities, however the program is particularly valuable for seniors or those returning to activity from illness, injury or surgery. This is a low-impact session, focusing on gentle movement, judgment-free exercise, moving at your own pace and having a laugh along the way. All ages and abilities.

📍 Bulleen Templestowe Basketball Club
Sheahans Road Reserve,
33 Sheahans Road, Bulleen

\$ Free

🔗 playhq.com/basketball-victoria/register/082d74



Community events



Women's and girls' hockey

Thursday 6, 13, 20 and 27 November
7:00pm to 8:00pm

Come and try hockey! Sessions will start with 10 minutes of coaching and skill development followed by half-pitch fun social matches. A great chance for mums to play with their daughters – no experience necessary! Mouthguards essential and can be bought from a pharmacy. Ages 14+ years, adult women and mums.

📍 Doncaster Hockey Club,
Mullum Mullum Reserve,
Corner Springvale and Reynolds roads,
Donvale

\$ \$15 per session

📧 womens@doncasterhockeyclub.com.au

🌐 manningham.vic.gov.au/events/women-and-girls-get-hockey

Manningham Girls Can run

Friday 7 and 14 November,
9:30am to 10:30am

Tuesday 11 and 18 November,
7:15pm to 8:15pm

Think you can't run? Ruffey Runners says: Yes You Can!

Join inspiring coaches Colleen and Laura for fun, friendly sessions designed to get you moving and feeling amazing. Expect energising warm-up games, walk-jog intervals at your own pace and relaxing cool down stretches. You'll be welcomed, supported and encouraged every step of the way. Unleash your inner runner, feel stronger healthier and more confident. All ages and abilities.

📍 Tom Kelly Athletics Track,
125 George Street, Doncaster East

\$ Free

✓ Register, text Laura 0405 192672 or
Colleen 0413 926 330

🌐 manningham.vic.gov.au/events/manningham-girls-can-run





Birrarrung Park pram walk

Thursday 13 November

Friday 21 November

10:00am to 11:00am

Enjoy this pram-friendly walk, led by Parks Victoria rangers at Birrarrung Park. Nestled at the confluence of the Plenty and Yarra rivers, Birrarrung Park's 2.8km loop trail provides a sealed, flat surface ideal for prams, mobility aids, or anyone seeking an easy walk. This is a great opportunity for mums and/or grandmothers to get out and enjoy a walk in nature. Learn more about this beautiful urban oasis and chat with the rangers about their diverse roles. All ages and abilities.

📍 Birrarrung Park, meet at picnic shelter, Templestowe Road, Bulleen

\$ Free

✓ eventbrite.com.au/e/manningham-girls-can-birrarrung-park-pram-walk-tickets-1657906215119?aff=oddtcreator

🔗 manningham.vic.gov.au/events/birrarrung-park-pram-walk

Bocce games for women

Thursday 13, 20, 27 November

10:30am to 12:00pm

These sessions will focus on gentle exercise, learning new skills, hand-eye coordination, teamwork and having fun. Each week, there will be different bocce games using coloured balls and target mats. Participants will progress through a range of bocce activities and games as they learn and refine their bowling skills. All equipment provided. Ages 35 plus.

📍 The Veneto Club, 191 Bulleen Road, Bulleen
\$ \$5

✓ To register, call 0400 414 199 or email culture@venetoclub.com

🔗 manningham.vic.gov.au/events/bocce-games-women



Community events



Barefoot bowls

Friday 14 November
4:00pm to 7:00pm

Come and try barefoot bowls at Donvale Bowls Club. Coaching and equipment provided.

Bring a friend or your family with you and stay for as long as you like. Sausage sizzle will be provided. All ages.

🏠 Donvale Bowls Club,
Mullum Mullum Reserve,
1-14 Springvale Road, Donvale

\$ Free

✓ No registration required

🔗 manningham.vic.gov.au/events/barefoot-bowls

Try and fly radio control model airplanes

Saturday 15 November
11:00am to 3:00pm

An opportunity for women and girls to experience flying a remote-controlled airplane with guidance from skilled and friendly trainers. This activity has all the aspects of STEM, engineering, construction skills, aviation principles and hands-on experience.

Participants are encouraged to bring their parents, family and friends with them. Stay for as little or as long as you like! All ages.

🏠 Doncaster Aeromodellers Club Inc,
Bulleen Park, Bulleen Road, Bulleen

\$ Free

✓ events@dac.org.au

🔗 manningham.vic.gov.au/events/try-and-fly-radio-control-model-airplanes





Come and try cricket with Warrandyte Cricket Club

Monday 17 November
5:30pm to 6:30pm

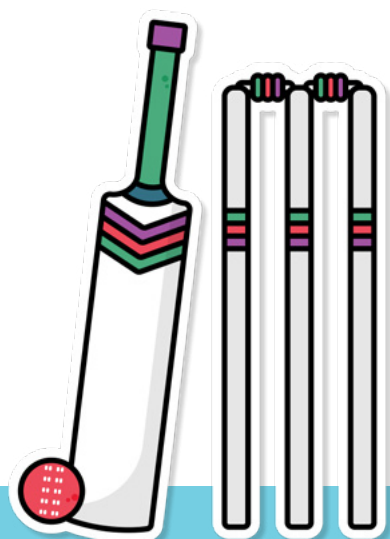
The club will be hosting fun and interactive games to showcase what cricket is. Come down and give it a go! All ages.

📍 Warrandyte Reserve, Corner Heidelberg Warrandyte Road and Taroona Avenue, Warrandyte

\$ Free

✓ president@warrandytecc.com or 0450 289 410

🔗 manningham.vic.gov.au/events/come-and-try-cricket-warrandyte-cricket-club



Come and try cricket with Bulleen Cricket Club

Tuesday 18 November
6:00pm to 7:00pm

The session will be a fun and relaxed introduction to cricket, offering the chance to learn new skills, meet new people and experience the enjoyment of being part of a team. Qualified coaches and current players will run activities designed for beginners and those with some cricket experience. All equipment provided. Ages 12 and over.

📍 Koonung Park, Corner Furneaux Grove and Balwyn Road, Bulleen

\$ Free

📞 0433 350 264

✉ bulleencc@hotmail.com

🔗 manningham.vic.gov.au/events/womens-cricket-come-and-try

Bike-powered smoothies

Friday 21 November
5:00pm to 7:00pm

Pedal your way to a free smoothie! Hop on a blender bike, get moving, mix up a healthy drink and enjoy. All ages.

📍 Doncaster Library, MC Square, 687 Doncaster Road

Bikes will be set up in library foyer.

\$ Free

✓ No registration required

🔗 manningham.vic.gov.au/events/bike-powered-smoothies

Community events



Like mother like daughter basketball

Sunday 23 November
3:00pm to 4:30pm

Are you a mum who loves watching your daughter play basketball, while cheering from the sidelines? Why not have a go yourself. Bulleen Boomers are hosting a mother/daughter session, where mothers and daughters come together to train and play.

Kate Stacker (300 game WNBL star) will be running the session with support coaches from other programs at Bulleen Boomers.

This will be an all-female event with coaches, mums, daughters, aunties, or any special other female in your life, all suiting up for a fun filled session of basketball. All ages.

📍 Sheahans Road Reserve, 33 Sheahans Road, Bulleen

💰 \$10.00 per person

✓ playhq.com/basketball-victoria/register/cc2b75

🔗 manningham.vic.gov.au/events/mother-daughter-basketball



Girls Can pilates in the park

Monday 24 November
5:30pm to 6:15pm

Move, stretch, and feel strong at this 45-minute FREE Pilates session, hosted by Wellness by PP and the Warrandyte Pink Ladies (one of the recent Manningham Community Awards winners). A chance to connect, breathe and enjoy wellness in the fresh air. Come along, give it a go. All ages.

📍 Warrandyte Reserve,
Corner Heidelberg Warrandyte Road
and Taroona Avenue, Warrandyte

💰 Free

✓ trybooking.com/events/landing/1464327

🔗 manningham.vic.gov.au/events/girls-can-pilates-park

Manningham
Carols
by Candlelight

Friday 12 December, 6:00pm to 10:00pm
Ruffey Lake Park

Register at

 manningham.vic.gov.au/carols

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