

Program of activities continued:

BMX bike riding

Skills, racing and demonstrations.

Location: Hastings Cunningham Reserve & Cave Gardens Mount Gambier
When: 24/02/2010 & 15/02/2010 - Cave Gardens
Time: 24th - 4 to 5pm and 15th - 12pm
Club: Blue Lake BMX Club
Contact: Jayne Galpin on 0438 308 464

Baseball

Skills and game play while having fun.

Location: Memorial Oval, Naracoorte
When: 24/02/2010
Time: Juniors - 5pm & Seniors - 6pm
Club: Naracoorte Baseball Club
Contact: Phil Pedler on 0439 733 537

Super Sunday Soccer

Modified soccer round robin for juniors with 4 or 5 players per team.

Location: Grant High School
When: 21/02/2010
Time: 10 to 11am
Club: The Round Ball
Contact: Scott Dickson on 0407 577 880

Rowing

Safe fun rowing experience in a family friendly environment.

Location: Lake Leake, near Glencoe
When: 28/02/2010
Time: 10am
Club: Limestone Coast Rowing
Contact: Claire Howell on 0438 920 807

Croquet

Come and try croquet with coaching from club members.

Location: Cave Gardens, Watson Terrace, Mount Gambier
When: 15/02/2010
Time: 11:30am to 1:30pm
Club: Mount Gambier Croquet Club
Contact: Jan O'Conner on 08 8725 7560

Fitness, Flexibility and Self Defence

Tuition on basic self defence activities while improving fitness.

Location: 27 Percy Street, Mount Gambier
When: 23/02/2010
Time: 7 to 8:30pm
Club: Shingokan Karate
Contact: Geoff Rohde on 08 8726 8199

Exercise Program for small children

Fitness through fun exercises. Suitable for children 3 to 6 years.

Location: St Martins Lutheran College Gym
When: 20/02/2010
Time: 9am Kindergarten kids and 9:45am Mini moves
Club: Mini Moves - Ready Set Move Personal Training
Contact: Jane Hillier on 0434 961 395

Pre-season Round Robin Netball

All past, present and new junior and senior netballers participate in an internal round robin. Dinner provided.

Location: Mundulla netball courts
When: 18/02/2010
Time: 5pm
Club: Mundulla Netball Club
Contact: Debra Clarke on 0419 826 790

Fitness Circuits

Full body workout including strength and cardio exercises. Suitable for all fitness levels.

Location: Naracoorte Health and Fitness, Cedar Avenue, Naracoorte
When: 22/02/2010, 24/02/2010 & 25/02/2010
Time: 22nd & 24th - 5pm & 6pm and 25th - 5:30pm & 6:30pm
Club: Naracoorte Health and Fitness
Contact: Brett Gould on 08 8762 3399

Pilates/Body Mix - Tuesday

Body Combat - Thursday

Location: Activ8 Health and Fitness Centre, 99 Penola Road, Mount Gambier
When: 16/02/2010 & 18/02/2010
Time: 5:35pm both nights
Club: Activ8 Health and Fitness Centre
Contact: Sarah Gritton on 08 8723 0288

Fun with Calisthenics

Improve strength, flexibility and poise through simplified ballet and dancing. Coaches are Level 1 Accredited.

Location: Scout Hall, Margaret Street, Mount Gambier
When: 18/02/2010
Time: 4 to 6pm
Club: Mount Gambier Calisthenics College
Contact: Karen Shelton on 0408 549 629

For general enquiries contact:

Angela Solly
SELGA be active Community Field Officer
Old Town Hall, Mount Gambier, SA 5290
Phone 08 8723 1057
Mobile 0400 262 738. Email beactive@lcrdb.com

RECREATION

have a go!

WEEK

FEEL BETTER & GET ACTIVE IN 2010

SELGA SPORT & RECREATION
www.sportse.com.au

be active.



FEBRUARY 13TH - 28TH, 2010

- Increase your fitness
- Try a new sport or recreation
- Attend a social activity

GIVEAWAYS AND LIGHT MEAL & DRINKS ON OFFER

Its all Free!

Please see list of activities YOU can register for inside

Program of activities



Why not make 2010 the year that you improve your wellbeing through being involved in a sport and/or recreation that improves your fitness while having FUN.

Don't be a statistic of bad health through inactivity, look after your physical, social and mental wellbeing and 'Have a Go!' at activities offered during this week. **Enjoy yourselves!**

Angela Solly, be active Community Field Officer

Gym Circuit

Selection of exercises in new circuit room.

Location: Border Gym, 44 - 46 Wellington Street, Bordertown
When: 13/02/2010 & 14/02/2010
Time: 2pm
Club: Border Gym
Contact: Nigel Fuss on 0438 520 587

Freestyle Karate

Suitable for all to improve fitness and self confidence.

Location: Bordertown High School Hall
When: 22/02/2010 & 24/02/2010
Time: 22nd - 7 to 9pm and 24th - 5 to 6pm
Club: Bordertown Karate Club
Contact: Robyn Miles on 0417 873 084

Body Tone/Step

Pilates and Personal Training

Location: Fox Fitness, Millicent
When: 23/02/2010 & 25/02/2010
Time: 23rd - 6pm and 25th - 10am & 7pm
Club: Fox Fitness
Contact: Kelly Fox on 0448 331 995

Soccer Training Session

Preseason training for junior and senior males and females.

Location: Millicent Soccer Reserve, Plunkett Terrace, Millicent
When: 26/02/2010
Time: 6pm
Club: Millicent United Soccer Club
Contact: Sue Lines on 0407 344 595

Croquet

Golf Croquet with tea, coffee and afternoon tea supplied.

Location: Naracoorte Bowling Club, Smith Street
When: 22/02/2010
Time: 6 to 8pm
Club: Naracoorte Croquet Club
Contact: Ann Baker on 08 8762 1535

Junior Basketball Training

Basketball for beginners in a fun, non threatening environment.

Location: Mount Gambier Basketball Stadium (Ice house), Commercial Street West
When: 19/02/2010
Time: 5:30 to 6:30pm
Club: Mount Gambier Basketball Association
Contact: Beth Serle on 0417 866 489

Group Outdoor Personal Training

Get fit and healthy in a group outdoor environment.

Location: Vansittart Park, Mount Gambier
When: 15/02/2010, 16/02/2010 & 17/02/2010
Time: 15th - 11.30am Cave Gardens and 16th & 17th - 9.30am Vansittart Park
Club: Step into Life
Contact: Garth Willoughby on 0448 882 401

Volleyball

Indoor, outdoor and beach volleyball for beginners and all ages. Coaching and exhibition match from trained athletes.

Location: McDonald Park Primary School, Mount Gambier
When: 17/02/2010
Time: 3pm
Club: Be active Field Officer
Contact: Angela Solly on 0400 262 738

Tennis

Coaching and round robin games. Available for people aged 6 to 80 years and all abilities. Light dinner to be provided.

Location: Naracoorte Sports Park
When: 24/02/2010
Time: 6pm
Club: Naracoorte Tennis Club
Contact: Cathy Cobbledick on 08 8762 3101

Archery

Family Activity suitable for all ages and abilities.

Location: Winters Road, Bordertown (opposite the Recreation Lake)
When: 21/02/2010
Time: 10am
Club: Bordertown Archery Club
Contact: Paula and Ashley Blackwell on 0418 833 256

Modern American Square Dancing

Physical and mental exercise suitable for everyone. No experience necessary.

Location: Glenburnie Hall, Casterton Road, Glenburnie
When: 20/02/2010
Time: 7:30pm
Club: All About Squares
Contact: Andrea Braun on 0417 509 144

Touch Football

Touch Footy with experienced coaching for beginners. Competition will be formed on interest from community. Light snack and drink following.

Location: Naracoorte High School
When: 24/02/2010
Time: 6:30pm
Club: Kybybolite Football Netball Club
Contact: Nadia Sears on 0408 811 356

Yoga

Improves flexibility and core strength. Suitable for everyone.

Location: Cave Gardens, Watson Terrace and Hellenic Hall, 31 Sturt Street, Mount Gambier
When: 15th - 12pm Cave Gardens and 17th - 2 & 5pm Hellenic Hall
Time: 15th - 12pm and 17th - 2pm
Club: Yoga Mill
Contact: Valerie Finnis on 0427 445 027

Netball skills and games

Come along and receive skills training & game play with friendly faces.

Location: Frances Recreation Reserve
When: 25/02/2010
Time: 6:30pm
Club: Borders Netball Club
Contact: Carol Pfitzner on 0429 863 707

Netball Come and Try

Skills training, game play and fun! Followed by light meal and drinks.

Location: Padthaway Netball Courts, Memorial Drive, Padthaway
Date: 25/02/2010
Time: 6:00pm
Club: Padthaway Netball Club
Contact: Michelle Lampard on 0418 220 678

Table Tennis

Come and Try for everyone. Light meal available.

Location: Table Tennis Hall, Price Avenue, Naracoorte (next to Michelle DeGaris Kindergarten)
When: 28/02/2010
Time: 12 to 4pm
Club: Naracoorte Table Tennis Club
Contact: John Kenny on 08 8762 1927

Sailing

Free sailing lessons and learning parts of the boat. Rescue boat and clubhouse facilities available.

Location: Rivoli Bay, Leake Street, Southend
When: 13/02/2010
Time: 9am to 4pm
Club: Rivoli Bay Sailing Club
Contact: Darryl Brooksby on 08 8725 0998