


GREAT FREE ACTIVITIES TO GET FAMILIES MORE ACTIVE THIS APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>PREMIER'S ACTIVE APRIL JOIN THE FUN!</p> <p><i>Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.</i></p> <p>Fitness by the Sea is a collaboration between Brenda's Functional Fitness, YMCA, Portland Runners Club, SNAP Fitness and SEA Change</p>					<p>1 SCHOOL HOLIDAYS</p> <p><u>Heywood Skate Park</u> Heywood Skate Park event</p> <p><u>Fawthrop Lagoon</u> 8.00-9.00am Park Run</p>
<p>2 SCHOOL HOLIDAYS</p>	<p>3 SCHOOL HOLIDAYS</p> <p><u>Portland Foreshore</u> 'Fitness By the Sea' 6.15am – 7am Boot Camp YMCA 7.00-7.30am Community Breakfast YMCA 7.15-7.45am How can an EP help you be more active? PDH 7.30-8.15am ICE Session PT @ Home</p> <p><u>YMCA</u> 4.00pm – 5.00pm Fit Teen 13-15years Group training</p>	<p>4 SCHOOL HOLIDAYS</p> <p><u>Portland Foreshore</u> 'Fitness By the Sea' 6.15am – 7am Runners' Club 7.00-7.30am Community Breakfast YMCA 7.15-7.45am How can an EP help you be more active? PDH 7.30am – 8.15am Pilates BFF</p>	<p>5 SCHOOL HOLIDAYS</p> <p><u>Portland Foreshore</u> 'Fitness By the Sea' 6.15am – 7am Boot Camp YMCA 7.00-7.30am Community Breakfast YMCA 7.15-7.45am How can an EP help you be more active? PDH 7.30am – 8.15am Tai Chi BFF</p> <p><u>YMCA</u> 4.00pm – 5.00pm Fit Teen 13-15years Group training</p>	<p>6 SCHOOL HOLIDAYS</p> <p><u>Portland Foreshore</u> 'Fitness By the Sea' 6.15am – 7am Runners Club 7.00-7.30am Community Breakfast YMCA 7.15-7.45am How can an EP help you be more active? PDH 7.30am – 8.15am Zumba BFF <u>SNAP Fitness</u> 10.00am – 7.00pm Bring a friend for Free</p> <p><u>YMCA</u> 11am – 2pm Y Splash DJ, Waterslide, Pools & inflatables</p>	<p>7 SCHOOL HOLIDAYS</p> <p><u>Portland Foreshore</u> 'Fitness By the Sea' 6.15am – 7am Boot Camp YMCA 7.00-7.30am Community Breakfast YMCA 7.30am – 8.15 am Metafit Snap Fitness</p>	<p>8 SCHOOL HOLIDAYS</p> <p><u>Hood St BBQ Shelter</u> 7.45-9.15am How can an EP help you be more active? 8.00-9.00am Park Run</p> <p><u>PORTLAND FORESHORE</u> Portland Skate Fest</p>
<p>9 SCHOOL HOLIDAYS</p> <p><u>YMCA</u> 5.00-7.00pm. "A NIGHT AT THE Y" BBQ, Pools. DJ. Waterslide 8-12 yrs</p>	<p>10 SCHOOL HOLIDAYS</p> <p><u>YMCA</u> 11am – 2pm Y Splash DJ, Waterslide, Pools & inflatables</p>	<p>11 SCHOOL HOLIDAYS</p> <p><u>YMCA</u> 4.00pm – 5.00pm Fit Teen 13-15years Heywood Group training</p>	<p>12 SCHOOL HOLIDAYS</p> <p><u>YMCA</u> 11.00am – 2.00pm Y Splash DJ Waterslide, Pools & inflatables</p>	<p>13 SCHOOL HOLIDAYS</p>	<p>14 GOOD FRIDAY</p> <p><u>YMCA</u> OPEN DAY</p>	<p>15 EASTER SATURDAY</p> <p><u>Fawthrop Lagoon</u> 8.00-9.00am Park Run</p>

Register today – activeapril.vic.gov.au