

# ACTIVE YOUR WAY

## GLENELG

### MONTHLY NEWS BULLETIN

This bulletin is an initiative introduced in February 2023 by the Glenelg Shire Recreation Team, providing an opportunity for the team to share any upcoming events, opportunities and information that might assist or be of interest to Clubs / User Groups and their volunteers across the Shire.

## Portland District Health - Health Promotion

Portland District Health, Health Promotion and Glenelg Shire Council Recreation Teams are excited to present a plethora of free or low-cost, beginner-friendly come and try activities during This Girl Can week (15th – 21st April).

This Girl Can is a VicHealth initiative all about inspiring women and girls to get active, embracing physical activity in any way that suits them.

This year, the campaign will be run twice within the Glenelg Shire, with the first week of events being held next week, and the second week to be held in later this year.



A huge thank you to the local clubs, businesses and physical activity providers who have jumped on board to support this initiative.

Please see on the following pages a calendar of events for the week, event details, and registration information.

Any questions, please contact [promotions.pdh@swarh.vic.gov.au](mailto:promotions.pdh@swarh.vic.gov.au)

# THIS GIRL CAN: CALENDAR OF EVENTS



	MON 15 APRIL	TUE 16 APRIL	WED 17 APRIL	THU 18 APRIL	FRI 19 APRIL	SAT 20 APRIL	SUN 21 APRIL
<b>AM</b>	<p><b>6:30am:</b> Mat Pilates (Pilates with Kez)</p> <p><b>9:30am:</b> Semi Private Reformer Pilates (BFF Studios)</p> <p><b>10/11am:</b> Yoga/Chair Yoga (Dartmoor Bush Nursing Centre)</p> <p><b>11:15am:</b> Pole Fitness Foundations (Stronger Fit Together)</p>	<p><b>9:30am:</b> Exercise Rehabilitation Class (PT@Home)</p> <p><b>10:00am:</b> Healthy Your Way Dietitian Q&amp;A (Mara Tan, Portland District Health)</p>	<p><b>6am:</b> Barre Attack (BFF Studios)</p> <p><b>9am:</b> Walking Group (Dartmoor Bush Nursing Centre)</p> <p><b>9:15am:</b> Pilates Basics (Nettique Pilates)</p>	<p><b>6am:</b> Boxing for Fitness (BFF Studios)</p> <p><b>9:30am:</b> Enchanted Forest Walk (Friends of the Great South West Walk)</p>	<p><b>9:30am:</b> Semi Private Reformer Pilates (BFF Studios)</p> <p><b>10:30am:</b> Healthy Your Way, Dietitian Q&amp;A (Portland District Health)</p>	<p><b>8am:</b> Parkrun</p> <p><b>9am:</b> Small Group Training (BFF Studios)</p>	<p><b>10am:</b> Mat Pilates (Pilates with Kez)</p>
<b>PM</b>	<p><b>5:30pm:</b> Yoga (Satsang with Shae)</p> <p><b>6pm:</b> Pilates Basics (Nettique Pilates)</p> <p><b>6:30pm:</b> Circuit Class (PT@Home)</p>	<p><b>4:30pm:</b> Come &amp; Try Tennis and Pickleball (Portland Lawn Tennis Club)</p> <p><b>5:30pm:</b> Pilates ARC Small Group Session (BFF Studios)</p> <p><b>6:30pm:</b> Boxing for Fitness (PT@Home)</p>	<p><b>5:30pm:</b> Just Weights (BFF Studios)</p> <p><b>5:30pm:</b> Come &amp; Try AFL Umpiring (SW District Football Netball League)</p> <p><b>6pm:</b> Come &amp; Try Women's AFL Footy (Tyrendarra Football Netball Club)</p> <p><b>6pm:</b> Come &amp; Try Women's Soccer (Portland Soccer Club)</p> <p><b>6:30pm:</b> TRX and Kettlebells (PT@Home)</p>	<p><b>6pm:</b> Stretch and Relax Class (PT@Home)</p>	<p><b>7:30pm:</b> Pole Fitness Foundations (Stronger Fit Together)</p>	<p><b>MORE INFORMATION:</b></p> <p>For more information on each event/class, including cost and registration details, please see following pages.</p> <p>For any other questions, contact <a href="mailto:promotions.pdh@swarh.vic.gov.au">promotions.pdh@swarh.vic.gov.au</a></p>	



## EVENT INFORMATION:

### BFF STUDIOS

**Location:** BFF Studios (36 Percy St, Portland)

**To Register:** Call 0417 341 510 or Text 0485 868 490

**Ages:** 15+ (Parent/caregiver will need to attend if under 18)

**Cost:** Semi Private Reformer Pilates are \$5. All other classes are FREE.

**Semi Private Reformer Pilates:** Up to 4 participants so you get the attention you need.

**Pilates ARC Small Group Session:** Core strengthening sessions that focus on functional fitness. We utilise the Pilates ARC (AKA Spine Corrector), a versatile piece of equipment that offers a multitude of exercises catering to a diverse range of fitness levels and goals.

**Barre Attack:** A dynamic fusion of Pilates, Ballet, and Fitness. An all-body workout using the classic Ballet Barre that attacks the legs, butt, thighs and arms.

**Just Weights:** Progress each week, toning muscles, building strength and endurance using weights.

**Boxing for Fitness:** This is a total body workout focusing on cardio, strength and balance for an ultimate Functional Fitness HIIT class.

**Small Group Training:** Get fit and healthy, challenge your mind and body. This class combines strength, cardio, muscle endurance, flexibility, core and functional movement.

### AFL UMPIRING (SWD FOOTBALL NETBALL LEAGUE)

**Location:** Tyrendarra Football Netball Club

**To Register:** 0417 353 673. Bring comfortable clothing and runners.

**Ages:** 12+ **Cost:** FREE

**Event Info:** Come and Try AFL Umpiring. Participants will also get access to a FREE virtual event on Mon 22 April, run by female AFL umpires.

### DARTMOOR BUSH NURSING CENTRE

**Walking Group:** Meet at Dartmoor General Store for a 30min walk around the Dartmoor walking track. All welcome, mums & bubs, prams, and dogs.

**Yoga/Chair Yoga:** Yoga at 10am, followed by Chair-based yoga at 11am. All ages and abilities welcome. Held at Dartmoor Bush Nursing Centre.

**To Register:** Call Dartmoor Bush Nursing Centre 5528 1381

**Cost:** Walking Group (FREE), Yoga (\$15)

### FRIENDS OF THE GREAT SOUTH WEST WALK

**Location:** Enchanted Forest Carpark (Norman Wade Scenic Drive)

**To Register:** Call 0488 629 163 or email [friends@greatsouthwestwalk.com](mailto:friends@greatsouthwestwalk.com)

**Ages:** All ages **Cost:** FREE

**Event Info:** Bushwalking through the Enchanted Forest (2.2km/1-1.5 hours). Easy, but some steep bits and steps.

# EVENT INFORMATION:

## PT@HOME:

**Location:** PT@Home Studio (4 Blair St, Portland)

**To Register:** No need to register, just rock up.

**Ages:** 15-85 years

**Cost:** FREE

**Circuit:** 40 minute circuit.

**Exercise Rehabilitation:** Light weights, balance, coordination, social interaction. All levels and ages welcome. 45 minutes.

**Boxing for Fitness:** 40 minute boxing session.

**TRX and Kettlebells:** TRX, Kettlebell and slam ball circuit. 40 minutes.

**Stretch and Relax:** 40 minutes.

## SATSANG WITH SHAE

**Location:** Sankalpa Mandir Yoga Studio (46 Francis St, Portland)

**To Register:** Direct message @SatsangwithShae on Facebook or Instagram, or email Shae at [sprys@hotmail.com](mailto:sprys@hotmail.com). Please advise Shae upon arrival if you are managing any conditions or injuries, or if you are pregnant.

**Ages:** 16+

**Cost:** FREE

**Class Info:** Yoga with Shae involves a mix of asana (physical postures and flows), pranayama (breathing practices that influence the physical and energetic bodies) and dharana (meditation and mindfulness practices). Absolute beginners welcome. Arrive a little early to settle in. Bring a yoga/exercise mat or towel. Wear comfortable clothing that offer you a full range of movement.

## STRONGER FIT TOGETHER

**Location:** Stronger Fit Together Studio (49 Benbows Road, Gorae)

**To Register:** Spaces are limited. Secure your spot via direct message Stronger Fit Together on Facebook [www.facebook.com/StrongerFitTogether](http://www.facebook.com/StrongerFitTogether)

**Ages:** 16-99+

**Cost:** FREE

**Class Info:** Pole Fitness Foundations. 45min of fun. Gain confidence, flexibility, strength and coordination, on a static or spinning pole. Suitable for beginners.

## TYRENDARRA FOOTBALL NETBALL CLUB

**Location:** Tyrendarra Football Netball Club

**To Register:** Turn up with a drink bottle and a smile.

**Ages:** 18+

**Cost:** FREE

**Event Info:** Come and Try Women's Footy

## HEALTHY YOUR WAY - DIETITIAN Q&A

**Location:** Tues 16th (Fawthrop Community Centre, Hood Street Portland), Friday 19th (Neighbourhood House Office, Pioneer Plaza, Percy Street Portland).

**To Register:** email [promotions.pdh@swarh.vic.gov.au](mailto:promotions.pdh@swarh.vic.gov.au)

**Ages:** 18+

**Cost:** FREE

**Event Info:** Join Mara Tan one of Portland District Health's Dietitians for a 45min Q&A session: Healthy Your Way - A Virtual supermarket tour including smart shopping hints and tips.

## PORTLAND LAWN TENNIS CLUB

**Location:** Portland Lawn Tennis Club, Henty Park

**To Register:** Text 0408 758 973

**Ages:** 8+ (children will need a parent with them)

**Cost:** FREE

**Event Info:** Come and Try Tennis and Pickleball.

## NETTIQUE PILATES

**Location:** Nettique Pilates (24 Barkly St, Portland)

**To Register:** Scan the QR code below, or head to: <https://app.squarespacescheduling.com/schedule.php?owner=26714315>



**Ages:** 13+

**Cost:** FREE

**Pilates Basics:** An introduction to Pilates, at a level suitable for everyone. Exercises are layered to enable everyone to work at their level.

## PARKRUN

**Location:** Fawthrop Lagoon, Hood Street

**To Register:** Register on the Parkrun website: [www.parkrun.com.au/portland/](http://www.parkrun.com.au/portland/)

**Ages:** All ages

**Cost:** FREE

**Event Info:** A free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer or spectate – it's up to you!

## PILATES WITH KEZ

**Location:** Virtual (Zoom link provided on registration)

**To Register:** Email your name and session you'd like to book to [hello@pilateswithkez.com](mailto:hello@pilateswithkez.com)

**Ages:** 18+

**Cost:** FREE

**Mat Pilates:** Join Kez on the mat for 45 minutes of Pilates. Start with movements that everyone can do, and progress through layers based on your ability.

## PORTLAND SOCCER CLUB

**Location:** Portland Soccer Club, Friendly Societies Reserve (13 Glenelg St)

**To Register:** No need to register. Any questions, please contact [portlandsoccerclub@hotmail.com](mailto:portlandsoccerclub@hotmail.com)

**Ages:** 15+

**Cost:** FREE

**Event Info:** Come and Try Women's Soccer.



# Licenced User Groups Incentivisation Procedure

In February 2024, Council's Recreation Team introduced an Incentivisation Procedure, the aim of which is to encourage Organisations/Clubs to undertake activities and offer programs that promote inclusivity, increase participation levels, and improve Organisation/Club governance capabilities. This in turn promotes healthy lifestyles throughout our Community and assists with working towards strategies identified within [Councils Active Your Way Glenelg Recreation Plan](#).

The procedure covers 4 focus areas:

- Active Ageing
- Female Friendly
- Modified & Inclusive Sport / Recreation
- Healthy Clubs
- Club Development

*What does that mean for Licenced User Group's?*

The procedure provides an opportunity for Licenced User Group's to receive a partial reimbursement of the most recently paid Lease/Licence fee. To be eligible for a partial fee reimbursement, the Licenced User Group must meet the criteria outlined within the procedure and be able to provide evidence of doing so via the required measures across the 4 focus areas. Should your Licenced User Group wish to seek a copy of this procedure and further information please email [recreation@glenelg.vic.gov.au](mailto:recreation@glenelg.vic.gov.au)

## Glenelg Junior Sport Trust

The Glenelg Junior Sport Trust provides financial support for individual athletes or teams aged up to 18 years (inclusive) who have been selected to represent at state, national or international level in their chosen sport within the next 12 months.

Since 2017, the Glenelg Junior Sport Trust has assisted 26 individual athletes and 3 teams, such as the 2023 Glenelg Netball State Titles team (pictured above), who received assistance under this program.

The Glenelg Junior Sport Trust is available for individual athletes or team participant/s that are Glenelg Shire residents, and each individual athlete or team participant must be 18 years old or younger at the time the activity/event is being held.

Applications are to be submitted via [Council's SmartyGrants website](#), and must be submitted at least 3 weeks prior to the activity/event.

For further information, the Glenelg Junior Sport Trust Guidelines are available via [Council's website](#).



# Grants & Funding Opportunities

Clubs / User Groups often ask us about where they can go for assistance with Grants or what funding opportunities are available.

Some externally funded grants and fundraising opportunities that may be of particular interest to your club that are currently advertised include:

- **[Port of Portland](#)** are offering sponsorship through their Community Sponsorship program aiming to assist local projects/events that reflect their organisational values and positively contribute to our local community - *applications close on 30 June 2024*
- **[Youth Aquatic Accreditation Program](#)** is being offered through Sport and Recreation Victoria for young people aged 16 to 25 years to undertake accreditation to ensure they are qualified to teach swimming and water safety - *applications close at 5pm on 31 May 2024*
- **[Australian Sports Foundation](#)** provides a platform for tax deductible fundraising

There are also some [quick links on our website](#) for organisations that regularly release different grant opportunities as well as [VicSport](#) offering some helpful links on their website.

Below are some online resources that may assist with grant writing:

[Clubhelp](#)

[Grant Writing for Dummies](#)

[The Grants Hub](#)

[Funding Centre](#)

[Sports Community – How to win a grant](#)

[GrantGuru – grant search portal](#)



We would also like to seek any expressions of interest from Club representatives that may be interested in participating in a Grants Writing Workshop. Should enough club representatives express interest then we will advise further once details are confirmed. Please submit your interest via email to [recreation@glenelg.vic.gov.au](mailto:recreation@glenelg.vic.gov.au) including how many representatives may like to attend.



## Monthly Community Newsletter

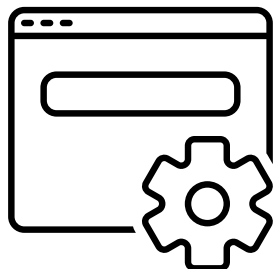
*Want to receive updates and information about other Council projects, initiatives and news from around the Glenelg Shire?*

[The monthly Glenelg Shire Community Newsletter is now available online.](#)

There is also an option on the [website](#) to sign up with your email address to receive a notification when each new edition of the community newsletter is uploaded.

# Maintenance Requests for Council Recreation Reserves & Pavilions

*Did you know that all maintenance items/requests can be submitted online via [Council's website](#)?*



All maintenance items/requests for Council recreation facilities must be submitted in writing either via the [online request form](#) or alternatively submitted via email to [enquiry@glenelg.vic.gov.au](mailto:enquiry@glenelg.vic.gov.au).

Submitting any maintenance requests via this process ensures the issues are correctly lodged into Council's maintenance system. We appreciate user groups continued co-operation and understanding with this process.

## Update Your Club Contact & Membership Details

*Has your club/organisation had an Annual General Meeting recently?*

So that our Recreation Team can ensure they maintain an up-to-date contact database for clubs, we have introduced a simple online form for a Club committee representative to complete.

There is also the option to opt-in to this monthly bulletin (or opt out if you no longer want to receive the emails).

Click below to access the form, which is also accessible via the Glenelg Shire Council website:  
<https://au.openforms.com/Form/6f1550ca-22ee-42e0-9124-61278e834dc5>

## Council Recreation Reserve & Pavilions Casual Bookings

*Did you know that most of Council's Recreation Reserve pavilions and facilities can be casually booked by other organisations, schools or for private recreation events (subject to eligibility)?*

If your club or another organisation or an individual wish to casually book a Council recreation facility this can be done through our IMS Reserves Manager website  
<https://www.imscomply.com.au/glenelgrm/>

For further details regarding Council's Recreation facilities casual hire conditions as well as a risk assessment template required for all bookings [click here](#).

If you require further support with submitting a casual booking or have any queries please contact the Recreation Team.

[GSC Club Committee Kit Resources](#)

Follow Us at [Active Your Way Facebook](#)

*Need Help?*

Contact Us via [recreation@glenelg.vic.gov.au](mailto:recreation@glenelg.vic.gov.au)



If you no longer wish to receive this bulletin please [email us](#).

