

December 2020 and January 2021

SPORT PHILLIP



Rolla Bae - Come & Try

Saturday 19 December 2020
2.45 pm
Peanut Farm Reserve
Crn Spenser and Chaucer St, St Kilda
FREE

Council is collaborating with Rolla Bae to offer members of the community a unique opportunity to come and try roller skating. The program is open to adults only and limited spots available.

Registration essential:

recreation@portphillip.vic.gov.au



Reclink Connect Programs



Programs held online via ZOOM
FREE

Reclink Australia is offering a large variety of online programs to ensure you remain active. Activities include dance (vibe with Porsche), yoga with cat and more.

For more information:

portphillip.vic.gov.au/explore-the-city/sport-and-recreation/sport-phillip



Outdoor Mini Judo

Wednesday 9.30 am
Commencing 6 January 2021
Elwood Park, Ormond Esplanade
Near children's Playground
FREE

A 6 week outdoor junior Judo program for children aged 2 to 5 years. Registrations essential. Please note participants would be registering for the full 6 weeks. Limited spots available

Registration essential:

recreation@portphillip.vic.gov.au



Stand up paddle boarding Pro

Sunday 13 December
10 am
Pier Road, St Kilda near the Royal Yacht Squadron
FREE

Council and SUP HQ are offering stand up paddle boarding sessions. Come and join the fun at the iconic St Kilda location. Why not try a new activity this summer and enjoy the beach, sun and stand up paddle boarding. No experience required.

Registration essential:

recreation@portphillip.vic.gov.au



Zumba in the Park

Saturday 23 January 2021
10.30 am
Catani Gardens, St Kilda
FREE

Enjoy the latino inspired dance class facilitated by United by Keren. The program will be held at the beautiful Catani Gardens, St Kilda.

Registration essential:

recreation@portphillip.vic.gov.au



HIT Class for Parents

Mondays 9.30 am
Commencing 30 November
Edwards Park, Port Melbourne
\$5 per class

Join Keighly for a 45 minute HIT Class. Child Friendly Fitness session with local Mums and Dads in Edwards Park, Port Melbourne.

Registration essential:

Keighly 0451 660 355
sweatwithsoul.com.au



Fitness Express - St Kilda East

Saturdays 9 am
Commencing 5 December
Alma Park, St Kilda East
FREE

An outdoor 45 minute high intensity workout that caters to all fitness levels. Local members of the community are welcome to join.

Registration essential:

recreation@portphillip.vic.gov.au



Fitness Express - Port Melbourne

Saturdays 9 am
Commencing 5 December
Edwards Park, Port Melbourne
FREE

An outdoor 45 minute high intensity workout that caters to all fitness levels. Local members of the community are welcome to join.

Registration essential:

recreation@portphillip.vic.gov.au
bit.ly/3IY5LwU



Yoga in the Park

Saturdays 9 am
Commencing 12 December
St Kilda Botanical Gardens
FREE

A vinyasa yoga class delivered for mums and suitable for bubs or local members of the community to attend. Please bring your own yoga mat.

Registration essential:

recreation@portphillip.vic.gov.au



One Ball

Sundays 4 pm
JL Murphy Reserve, Port Melbourne
\$50 per term

A soccer program for youth aged 8 to 18. A great way to make new friends and develop your soccer skills.

For more information:

Kamal 0411 122 814
info@oneball.org.au
oneball.org.au



SUP Hire - Kite Republic

Weekdays 10 am to 5 pm
Saturdays 10 am to 3 pm
St Kilda Sea Baths,
Jacka Boulevard
\$29 for 1 hour or \$50 for 2 hours

Explore Port Phillip Bay by renting a Stand Up Paddleboard from Kite Republic at St Kilda Beach! Dependent on weather conditions.

Walk ins welcome

03 9537 0644



Beach Tennis - Rock up & play

Weekly play days Wednesday, Saturday and Sunday
From 10 am to 12 pm
Port Melbourne Foreshore
\$15

Beach Tennis ROCK UP & PLAY! 2 for 1, Bring a MATE Free! Fitness, Fun, Friends, PASSION. Summer Season Starting December & ongoing weekly signup.

Registration essential:

Paul 0418 522 008
paul@beachtennis.com.au
beachtennis.com.au



Foreshore spin classes

Saturday 12 December and Sunday 13 December
(3 sessions available per day)
8.30 am, 9.30 am and 10.30 am
South Melbourne Lifesaving Club - deck
FREE

Council has teamed up with Bodhi and Ride to deliver spin classes along the South Melbourne foreshore. Register with a friend and enjoy some beats while enjoying a spin class overlooking the beautiful South Melbourne Foreshore. Limited spots available.

Registration essential:

recreation@portphillip.vic.gov.au



Fishcare



Thursday 21 January
9 am and 2.30 pm
90 min sessions
Location: TBC
FREE

Fishcare Victoria will be running community fishing clinics for all members of the community to enjoy.

Registrations essential:

recreation@portphillip.vic.gov.au



Kanga Trail

Mondays
Commencing 30 November
St Kilda Foreshore
\$15

KangaTrail is for mums and bubs that love walking, talking and exercising all at the same time! This class takes you on various tracks around the area with short exercise intervals that concentrate on your thighs, buttock, abdominals and your pelvic floor.

It's an effective way to increase your cardiovascular endurance while working on those 'beloved' areas of your body.

Bookings required:

events.humanitix.com/organisers/5ec3a59679bb1100107283df