

Move It Mob March

Throughout the month of March, Banyule Council will be delivering a series of free, culturally safe and inclusive events for First Nations residents.

These events will provide opportunities for community connection, physical activity and encourage residents to try something new!

Move it Mob March includes a series of activities including women's and men's wellness sessions, mums & bubs activities, kids sporting clinics, traditional games, elders walking groups, and more!

This aligns strongly with the Marrageil Strategy and Banyule Council's commitment to empower Aboriginal & Torres Strait Islander peoples.

- All events are free
- Some events require bookings on the link provided
- All events are for First Nations residents only, except for Bike Hut 26th March and the Community Activation Event on Friday 27 March.

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Elder's Aqua Aerobics

Monday 2 March, 1:30pm – 2:30pm

Location: Ivanhoe Aquatic Banyule 170 Waterdale Rd, Ivanhoe

Who can attend: First Nations Only, Elders

What to bring: Change of clothes, swimwear & towel

Link to book: <https://www.trybooking.com/DHYMZ>

Enjoy a fun, low-impact workout in the water designed especially for older adults. This gentle class improves strength, balance, flexibility and cardiovascular fitness, all while being easy on the joints. Exercises are performed in chest-deep water and can be adapted to suit all fitness levels. No swimming skills required. Just come along, move at your own pace and enjoy the social atmosphere.

Mum's & Bub's Aqua Class

Wednesday 4 March, 10:00am – 11:00am

Location: Ivanhoe Aquatic Banyule, 170 Waterdale Rd Ivanhoe

Who can attend: First Nations Mother's and infant's 0-3

What to bring: Change of clothes, swimwear & towel

Link to book: <https://www.trybooking.com/DIHPB>

Join us for a FREE mum's and bub's swimming providing a welcoming space for parents and their babies to enjoy the water together. These sessions support early water confidence, gentle movement, and meaningful social connection with other local families.

Women's Wellness Session

Monday 9 March, 5:00pm – 7:30pm

Location: Barrbunin Beek Gathering Place, 55 Catalina St Heidelberg West

Who can attend: First Nations Only, Women 18+

Book: <https://www.trybooking.com/DIGQR>

Join us for a supportive space for First Nations women to focus on their physical and mental wellbeing. Through shared activities and open conversation, the program encourages connection, healthy habits, and mutual support within the community. In this session we will be keeping our hands and our minds busy. Do some weaving while we talk about how to overcome struggles and hardship with keeping a positive mind.

Men's Wellness Session

Tuesday 10 March, 5:00pm – 7:30pm

Location: Barrbunin Beek Gathering Place, 55 Catalina St Heidelberg West

Who can attend: First Nations Only, Men 18+

Book: <https://www.trybooking.com/DIHQM>

Join us for a supportive space for men to focus on their physical and mental wellbeing. Through shared activities and open conversation, the program encourages connection, healthy habits, and mutual support within the community. This session involves doing some

crafts while we have a yarn about positive mindfulness. Take away some useful methods to stay calm and focused in the face of difficulty.

Elders Strength Session

Monday 16 March, 11:00am – 12:00pm

Elders strength sessions support Elders to build strength, balance, and confidence in a safe and encouraging environment.

Location: Olympic Leisure Centre, 15 Alamein Rd Heidelberg West

Who can attend: First Nations Only, Elders

What to bring: Sportswear, towel and water bottle

Book: <https://www.trybooking.com/DHYOL>

Marngrook/Buroijin

Friday 20 March, 3:00pm – 4:30pm

Join us for Marngrook / Buroijin, traditional First Nations football games. These activities encourage participation, teamwork, and cultural learning in an inclusive and respectful environment. No prior experience in playing is necessary. We'll teach you how to play and run some team games to have a fun time playing together.

Location: 55 Catalina ,St Heidelberg West

Who can attend: First Nations Only, ages 12-18

What to bring: Sportswear, towel and water bottle

Book: <https://www.trybooking.com/DIHQT>

Footy Skills Clinic

Monday 23 March – 4:00pm – 5:00pm

Join us for a footy skills clinic. Beginners are welcome. We will go cover the basics and expand your knowledge of the game. Throughout the session we will run some kicking drills, some team -based activities and some games.

Location: Olympic Park, 55 Catalina St, Heidelberg West

Who can attend: First Nations Only, 8 – 12

What to bring: Sportswear, towel and water bottle

Book: <https://www.trybooking.com/DHYLK>

Bike Hut

Thursday 26 March, 3:30pm – 5:30pm

Join us at Malahang Reserve for Bike Hut. Have fun riding around on the tracks or sharpen your riding skills, or just come down to check the space out.

No bike? No problem! Bikes and helmets are available for purchase. \$10 for kids and \$20 for adults.

Location: Malahang Reserve Bike Hut, 144 Southern Rd Heidelberg West

Who can attend: Everyone

What to bring: Clothing appropriate for bike riding, bike and bike safety gear if applicable (helmets, knee pads), towel and water bottle

Book: <https://www.trybooking.com/DHYQV>

Olympic Park Community Activation Event

Friday 27 March 4:30 - 7:00pm

Location: Olympic Park Pavilion, Catalina St Heidelberg West

Who can attend: Everyone

No bookings required

Come along and enjoy an evening of live music, creative activities and family-friendly fun as we celebrate the vibrant new community space at Olympic Park!

The event includes live music, market stalls, face painting, arts and crafts, sport and games, a sausage sizzle and plenty more. Bring your friends, family and neighbours and enjoy a relaxed evening in the park together.