

THIS GIRL CAN WEEK EVENT SCHEDULE

MONDAY 12 SEPTEMBER	8 - 10AM	11AM - 1PM	2 - 4PM	5 - 7PM
		Free Health Checks Where: Federation University Time: 1.30 - 4.30pm Bookings required healthsciencerehab@federation.edu.au or call 5327 9172		Dance fitness for 12 and over Where: Genesis 24/7 Time: 5-5.30pm Free event facebook.com/ballaratgyms
				Come and Try Strongwoman 12yrs+ Where: CB Fitness Time: 5pm Free event facebook.com/cbtrainingcentre
TUESDAY 13 SEPTEMBER	Come and try Badminton Where: Ballarat Badminton Time: 9.30am Free event facebook.com/badmintonballarat	Free Health Checks Where: Federation University Time: 1.30 - 4.30pm Bookings required healthsciencerehab@federation.edu.au or call 5327 9172	Tennis for Fun Where: Ballarat Lawn Tennis Club Time: 1.30pm Free event facebook.com/groups/1534527173585075	Squash and Racquetball + Free Gym Where: Ballarat Squash and Racquetball Time: 5pm Free event facebook.com/BallaratSquashAndRacquetballAssociation or contact Tara on 0448 410 845
	Children's Music and Dance Session 3 - 5yrs Where: BCMA Time: 9.30am Free event facebook.com/ballaratcentreofmusicandthearts			Hockey 5's Social Hockey All ages Where: Ballarat Hockey Time: 5.30 - 8.30pm Free event hockeyballarat.com.au or contact Judith on 0419 341 237
WEDNESDAY 14 SEPTEMBER				Dance fitness for 12 and over Where: Genesis 24/7 Time: 5pm Free event facebook.com/ballaratgyms
	Children's Music and Dance Session 3 - 5yrs Where: BCMA Time: 9.30am Free event facebook.com/ballaratcentreofmusicandthearts			Hockey 5's Social Hockey All ages Where: Ballarat Hockey Time: 5.30 - 8.30pm Free event hockeyballarat.com.au or contact Judith on 0419 341 237



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THURSDAY 15 SEPTEMBER	8 - 10AM	11AM - 1PM	2 - 4PM	5 - 7PM
	Squash and Racquetball + Free Gym Where: Ballarat Squash and Racquetball Time: 10.30am Free event facebook.com/BallaratSquashAndRacquetballAssociation or contact Tara on 0448 410 845	Move Well Where: Federation University Time: 12.30 - 1.30pm No bookings required m.casey@federation.edu.au		Dragon Boating Dragons Abrest and Golden Dragons Ballarat Where: Wendouree Ballarat Rowing Shed Time: 5.30pm Free event facebook.com/Dragons-Abrest-Ballarat -161667370624626
FRIDAY 16 SEPTEMBER	Pickleball Where: Ballarat Badminton Centre Time: 10.30am Free event facebook.com/ballaratpickleball			
	Floor Curling Where: Badminton Centre Time: 10am Free event facebook.com/ballaratfloorcurling			
SATURDAY 17 SEPTEMBER	Indoor Rowing Group Fitness Class 15yrs+ Where: Ballarat City Rowing Club Time: 9am Free event facebook.com/ballaratcityrowing	Dragon Boating Dragons Abrest and Golden Dragons Ballarat Where: Wendouree Ballarat Rowing Shed Time: 11am Free event facebook.com/Dragons-Abrest-Ballarat -161667370624626	Girls 5v5 Soccer Where: Morshed Park Time: 1-3pm Free event Email jodi.bdsa@gmail.com for more info or to register	
	Indoor Rowing Group Fitness Class 15yrs+ Where: Ballarat City Rowing Club Time: 9am Free event facebook.com/ballaratcityrowing	Girls Come and Try Footy Ages 11-17 Redan Football Netball Club Where: Western Oval Time: 10am - 12pm Free event Call 0427 316 771	Ballarat Pentanque Play for free with morning tea Where: Ballarat East Bowling Club Time: 1-4pm Free event Call Helen 0419 586 199	
SUNDAY 18 SEPTEMBER		Tennis for Fun Where: Ballarat Lawn Tennis Club Time: 1.30pm Free event facebook.com/groups/1534527173585075	Ballarat Regional Athletics Centre Ages 8-21 Where: Ballarat Regional Athletics Centre Time: 1-4pm Free event facebook.com/Ballaratrac	



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