

# Wyndham - Spring 2010

## Contents

### WHAT'S NEW...

2

Wynbay Power win 2010 Grandfinal	2
Swimmers With A Purpose - SWAP	2
Milo In2Cricket	3
Inclusive dance at the YMCA	3
Multi-sports group - Inclusive Sports	3
Player Profile - Lachlan Scott	3

### VOLUNTEERING OPPORTUNITIES...

4

Mambourin Tigers Sports Club	4
Walking with Willpower	4
Hoppers Crossing Soccer Club	4
WynBay Power	4

### WHAT'S ON THIS SPRING...

5

Aqua Aerobics - SWEAT	5
Aqua Aerobics - Belgravia Leisure	5
Archery - Werribee Archery	5
Athletics - Werribee Little Athletics	5
Basketball - Aussie Hoops	5
Werribee Superbowl	6
Bowls - Werribee Bowling Club	6
Bowls - Hoppers Club	6
Bowls - Wyndham Carpet Bowls	6
Cricket - Mambourin Tigers	7
Bay West Bicycle Users Group	7
Dance - Movers & Shakers	7
Millennium Dance Concepts	7
Melton Equestrian Academy	8
Exercise Group - Fit in Heathdale	8
Gentle Exercise to Music for Seniors	8
Wyndham Gentle Exercise Group	8

Asthma Vic Light Exercise	8
Hoppers Crossing Physiotherapy	8
Exercise - Pole Fitness	9
Werribee South Fishing Club	9
Football - WynBay Power	9
Football - Glen Orden Sports Club	9
Wyndham Vale Junior Football Club	9
City West Tae Kwon Do	9
Dave Franklin Martial Arts	10
Werribee Netball Association	10
The Royal Yacht Club of Victoria	10
Hoppers Crossing Soccer Club	10
Sports group - Multi-sports	10
Wyndham City Swimming Club	11
Werribee Leisure & Events Centre	11
Werribee Table Tennis Association	11
Tai Chi - Lotus Tai Chi	11
Tennis - Cambridge Tennis Club	11
Walking groups in Wyndham	12
Werribee Wheelchair Basketball	12

**YMCA Access for All Abilities**  
Community Development Officer

Simon Crawford

**Mobile:** 0402 003 118

**Email:** [simon.crawford@ymca.org.au](mailto:simon.crawford@ymca.org.au)

**Mail to:** PO Box 548, Werribee, 3030

**Website:** [www.victoria.ymca.org.au/aaa](http://www.victoria.ymca.org.au/aaa)



## What's new...

### **Wynbay Power win 2010 A Grade Reclink Grandfinal**

In a thrilling grand final, the Wynbay Power Football Team - based at Soldiers Reserve – defeated Sacred Heart Mission by nine points. With just a few minutes left there were only three points in the game, but Wynbay managed to sneak one more goal to wrap up the victory.

Wynbay coach, Scott Sutton, said “It has been such a rewarding experience to be involved with the team. It was nice to see the players experience some success in a thrilling Grand Final. The team has been a stepping stone for some of our players to get back on their feet. We have built a culture that accepts players of all abilities.”

**Congratulations to players, coach, volunteers and all support workers!!!**



### **Swimmers With A Purpose - SWAP**

Do you want to make new friends and increase your confidence? We are offering an 8-week SWAP program designed to increase your swimming technique in a friendly and welcoming environment. SWAP is open to all abilities and ages, catering for individual needs, with the opportunity to progress to Club swimming.

When: Saturday 9th October 2010 for 8 weeks  
Where: Wyndham Leisure & Events Centre,  
80 Derrimut Rd, Hoppers Crossing 3029  
Time: 12.00pm – 1.00pm  
Cost: \$48 for a Family Pass for 8 weeks



**For more information, or to register, please contact Kristy on 8742 8307 or [wlecswimschool@belgravialeisure.com.au](mailto:wlecswimschool@belgravialeisure.com.au).**



### **Milo In2Cricket**

The MILO in2CRICKET program offers children (5 to 10 years) of all abilities the opportunity to learn lots of new cricket skills like batting, bowling, catching and throwing, as well as social skills allowing them to make new friends and most importantly – HAVE FUN!! Participants will receive a structured 6-12 week program conducted by trained volunteer coordinators, starting in October.

To get your child involved contact Deanne Trewin on 0413 611 074 or [trewin5@tpg.com.au](mailto:trewin5@tpg.com.au).

### **Movement to Music - Inclusive dance at the YMCA**

The YMCA at the Werribee Sports & Fitness Centre has started a fully inclusive Movement to Music dance group, which is teaching participants the basic dance moves to some well-known tunes. The class is running at 6pm on Tuesdays and is \$4.50 per week.

If you would like to get involved, contact the centre on 9742 5630.

### **Multi-sports group – Inclusive Sports**

The YMCA at the Werribee Sports & Fitness Centre is looking to start an inclusive sports group on Sunday afternoons, which would give participants the opportunity to learn the skills for a range of sports. We are thinking of starting with basketball and netball but are open to different ideas.

If you would like to improve your sports skills, contact Simon on 0402 003 118.



### **Wheelchair Basketball Player Profile - Lachlan Scott**

Werribee Wheelchair Basketball Club was just waiting for a person like Lachlan to arrive. Lachlan and his family travel from Caroline Springs every week to attend Wheelchair Basketball training. Caroline Springs resident Lachlan Scott was born with a rare physical disability and has always wanted to be involved in sport, but didn't have the muscle strength to compete. It was through his physiotherapist that we heard about Parallel Sports and wheelchair basketball. We went along to a 'come and try' day and he didn't want to go home!

It was the first time Lachlan had been able to participate in a team sport and feel good about it. Being involved in wheelchair basketball has been life changing for Lachlan. He has become happier and more confident in everyday life.

Lachlan enjoys training and playing basketball every Sunday at Werribee Sport & Fitness Centre with his team mates. Parallel Sports Werribee runs a two hour training session from 1.30 to 3.30, which includes skills coaching and games. Anyone who can push a wheelchair is welcome to attend and join in the fun.



## Volunteering Opportunities...

### **Mambourin Tigers Sports Club**

The Mambourin Tigers Sports Club is looking for volunteers to assist with running its cricket and football training sessions, cricket and football games and with its committee. All cricket and football games are played on Sundays and transport is provided to all games and venues via club bus.

If you're interested or require more information regarding training and competition times, venues and fixtures, please don't hesitate to contact Rhonda Templeton on 0419 510 673 or Noel Forbes on 0410 024 509.

### **Blind Sports Victoria: Walking with Willpower**

Blind Sports Victoria is looking for volunteers to share a friendly regular walk with a blind or vision impaired person in their local area.

'Walking with Willpower' matches volunteers with a person with no or low sight for weekly or fortnightly walks to improve their fitness and confidence. Volunteers help to provide much needed companionship for many people living on their own or in supported accommodation, while sharing the health benefits of walking.

Blind Sports Victoria is currently looking for more volunteers – both male and female - who are at least 18 years of age, possess a positive attitude to people with disabilities, a friendly disposition and are willing to undertake a brief training program.

For further information contact Amanda Webb, Coordinator, Walking with Willpower on 9822 8876.

### **Hoppers Crossing Soccer Club**

Looking for a volunteer to become the assistant coach of our team for children with intellectual disability next season.

For more information contact Keith Wise Ph. 0407 978 389 or email [kwise2@bigpond.com](mailto:kwise2@bigpond.com)



### **WynBay Power**

WynBay Power are seeking assistance from volunteers for next season for coaching, assistance with transporting players to away matches and mentors for the group. The team is also seeking equipment such as balls and boots from any local clubs who no longer require some of their older equipment that may be of use or in good condition. WynBay provides uniforms, boots, shorts and socks to players who participate. This is a free community initiative, which enables players of low income and disadvantage to participate in recreational activities at no cost. If you think you are able to assist in some way or have information that may be able to keep this team going in 2010 please contact Scott Sutton.

Register your interest by contacting Rhonda on 0412 971 954 or the coach, Scott, on 9392 3272.



## What's on this Spring... (in alphabetical order)

### **Aqua Aerobics - SWEAT**

SWEAT is a gentle yet challenging form of aqua exercise for people of all abilities, that is great for improving physical fitness through non-jarring activity. It is held at Wyndham Leisure and Events Centre every Thursday from 11.15am to 12pm (participants may want to arrive earlier to change into their exercise gear).

For more information contact Ian Gray on 8742 0252.



### **Aqua Aerobics – Belgravia Leisure**

Belgravia Leisure offer aqua aerobics classes at the Wyndham Leisure & Events Centre. These classes are faster paced and open to anyone who wants to get really fit.

For more information or to take part, contact Belgravia Leisure on 9748 2555.

### **Archery - Werribee Archery**

Ever wanted to try archery? Or maybe you have tried it before and want to get involved in a club to develop your skills? Whatever your experience, Werribee Archery is for you. Open to all ages and abilities, the club is based at Lawrie Emmins Reserve near Sayers Rd, Laverton North. Come and try sessions are held on Saturdays, Tuesdays and Thursdays and costs \$10.

To get more information or to get involved contact Irene Norman on 9741 1993 or 0417 538 672.

### **Athletics - Werribee Little Athletics**

Werribee Little Athletics have experience working with children with a range of disabilities and encourage any child, regardless of ability, to come down and try a range of disciplines from running to jumping to throwing.

If your child is interested in athletics contact Steve Ryan on [werribee@vlaa.asn.au](mailto:werribee@vlaa.asn.au) or 0414 591 971.

### **Basketball - Aussie Hoops**

An introduction to basketball for children between the ages of 5 and 12. Open to children of all abilities this is a great opportunity for your child to learn the skills of basketball in a fun and friendly environment without the pressure of competition. Aussie Hoops is run at the Werribee Sports and Fitness Centre, by the YMCA, every Tuesday afternoon, 4:00-4:45pm (during school term).

For more information contact Olivia Bartram on 9742 5630 or [Olivia.Bartram@ymca.org.au](mailto:Olivia.Bartram@ymca.org.au).



## Ten Pin Bowling - Werribee Superbowl

Werribee Superbowl's New Age League is a great activity for everyone to enjoy!

When: Thursdays at 4.30pm  
Cost: Only \$14 weekly for 2 games.  
Who: All ages & abilities welcome  
What: All equipment provided. Bumpers and ramp available. Awards and Prizes at the end of the season.

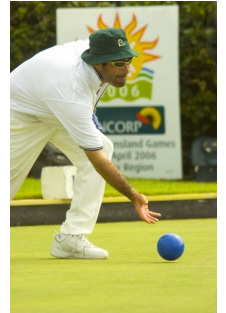
Also, disability groups receive great discounts when coming into the centre Monday to Friday 9am to 3pm (exc. school holidays). Instead of paying \$8.90, you pay only \$4.90! That's a whopping 45% off! All balls, shoes and ramps are provided free of charge.

For more information about either the league or the group discount please contact **WERRIBEE SUPERBOWL**, 13 Riverside Ave, Werribee on 9741 9777.

## Bowls - Werribee Bowling Club

Werribee Bowling Club is a division of Werribee RSL Bowls and offers recreational lawn bowls facilities and competition for all.

For more information, contact the club on 9741 3229 or visit the club at Chirnside Park in Watton St, Werribee.



## Bowls - Hoppers Club

Hoppers Club has lawn bowls and carpet bowls, both of which are open to people of all abilities. The club has a range of other activities and facilities available so get in touch today to find out how you can get involved.

For more information contact the Club on 9749 4844.

## Bowls - Wyndham Carpet Bowls

Carpet bowls is a great opportunity for anyone wanting a relaxed and friendly game of bowls without having to worry about the weather. It is run at the Kelly Park Centre every week and open to all ages and abilities.

Anyone wanting more information or to get involved contact May Mahone on 9742 7734 or Geoff Bristow on 9742 4864.



### **Cricket – Mambourin Tigers**

The tigers are now preparing for their cricket season and are looking for more players to get out there and have a go. The tigers are a club particularly for people with intellectual disabilities.

If you or someone you know has an intellectual disability and would like to play cricket then contact Rhonda Templeton on 0419 510 673 or Noel Forbes on 0410 024 509.

### **Cycling – Bay West Bicycle Users Group**

Bay West Bicycle Users Group (Bay West BUG) do regular rides around the Wyndham and Hobson's Bay areas. They are open to anyone who has a bike and is able to ride at a reasonable pace. The group stops along the way at train stations for people who don't want to ride the whole distance.



To take part, or for any questions, contact Alan Williams on 0417 594 601 or Belinda Bell on 0409 480 195.

### **Dance - Movers & Shakers**

Movers & Shakers is a dance club that will get you moving, regardless of your ability. Run by the YMCA at the Werribee Sports and Fitness Centre, this class is run from 1:30-2:30pm on Tuesdays and is open to all ages.

To get dancing contact Amy Farrell on 9742 5630 or [amy.farrell@ymca.org.au](mailto:amy.farrell@ymca.org.au).

### **Dance - Millennium Dance Concepts**

Millennium Dance Concepts is a Premier Performing Arts facility committed to providing young people of diverse backgrounds with opportunities to receive professional training in all facets of the performing arts. We offer all students an opportunity to explore and express themselves and assists them to become contributing members to their community. We operate under the guidance of experienced, qualified and friendly teachers. Our "Family Friendly" and Well Organised atmosphere helps students become more aware of their own bodies, posture, musicality, vocal ability and dramatic skills. Term 2 will commence on Monday 12th April 2010 at Level 1, 13 Riverside Ave, Werribee.

Contact Chantelle Pozzuto on 03 9742 3350 or [info@millenniumdanceconcepts.com.au](mailto:info@millenniumdanceconcepts.com.au).



### **Equestrian – Melton Equestrian Academy**

The Melton Equestrian Academy has a lot of experience in including people with disabilities. Based in Tollern Vale, the academy is a great opportunity for anyone wanting to try riding a horse.

To give it a go, contact Catherine Shelley on 0418 581 880.

### **Exercise Group - Fit in Heathdale**

Based in the Heathdale estate this group has been established to provide more opportunities for all people in the community. It includes two walking groups and a low impact exercise group.

For more information contact Amy Farrell on 9742 5630.

### **Exercise Group - GEMS: Gentle Exercise to Music for Seniors**

This group will get you moving again but in a way that will not leave you feeling like you have been forced to run a marathon. Mainly consisting of participants that are seniors it is open and willing to cater to people of all abilities. It is also an affordable opportunity for non-jarring physical activity. It is based at the Kelly Park Centre, Synnot St, Werribee.

To get involved contact Lilian Truan on 9741 2349.

### **Exercise Group - Wyndham Gentle Exercise Group**

This group is open to people of all abilities and is a non-jarring physical activity opportunity held at the Central Park Community Centre in Hoppers Crossing.

For more information contact Shirley Hewitt on 9749 4979.

### **Exercise Group - Asthma Vic (western suburbs) Light Exercise**

Held at the Iramoo Community Centre this is a light exercise group designed around the needs of people with asthma or respiratory disease or older adults.

For more information contact David Gregory on 9749 4979.

### **Exercise Groups - Hoppers Crossing Physiotherapy Centre**

For anyone wanting light exercise run by physiotherapists try Hoppers Physios. Groups include hydrotherapy, pilates and tai chi.

For more information contact Kate McLachlan on 9749 5110.





### **Exercise - Pole Fitness**

A great way to keep fit and develop new skills, Pole Fitness is a must for anyone wanting to try something different.

For more information contact Renai or Emily on 9974 0539.

### **Fishing – Werribee South Fishing Club**

For anyone looking to fish with others, this club provides the perfect opportunity to learn how to fish, develop your skills, and enjoy your favourite pastime with like minded people.

To get involved give Phil Walters a call on 0411 215 146.

### **Football - WynBay Power**

ReCLink Football League is an AFL competition for both males and females aged 16 years old and over. Match games are held fortnightly for 10 weeks at Soldiers Reserve, Werribee.

WynBay Power is dedicated to providing access to sporting and recreational opportunities for disadvantaged people of Hobson's Bay and Wyndham and works with a range of agencies who help people experiencing homelessness, drug and alcohol issues, disability, mental health issues, and social and economic isolation.

Register your interest by contacting Rhonda on 0412 971 954 or the coach, Scott, on 9392 3272.

### **Football – Glen Orden Sports Club**

The Glen Orden Sports Club offers sports such as football, cricket, netball and fishing. It is open to people of all abilities and aims to include the local community however they can.

For more information, give the club a call on 9741 2021.

### **Football – Wyndham Vale Junior Football Club**

This club is looking to start including children with disability into their teams. If you know a child interested in playing football this is a good club to try.

For more information contact Steve Tessari on 0417 588 579.



### **Martial Arts - City West Tae Kwon Do**

City West Tae Kwon Do's head instructor is a physiotherapist who has a lot of experience with people with disabilities.

If you would like to try Tae Kwon Do contact Zack Markozski on 9748 8833.



### **Martial Arts - Dave Franklin Martial Arts**

For a more general martial arts session try Dave Franklin who are interested in working with people of all abilities.

For more information contact Stuart Amoore on 9256 3731 or 9395 7404.



### **Netball – Werribee Netball Association**

The Werribee Netball Association are able to include people of most abilities and are interested in becoming more inclusive.

If you would like to get involved in netball call the association on 9749 1426.

### **Sailing – The Royal Yacht Club of Victoria**

Located on Nelson Place in Williamstown, the Royal Yacht Club of Victoria has been described as 'probably the most completely accessible yacht club for wheelchair users'.

To find out more contact the club on 9397 1277.

### **Soccer – Hoppers Crossing Soccer Club**

The Hoppers Crossing Soccer Club and Sport Facilitators for All have fully accredited coaches, experienced in delivery of sports programs for children with intellectual disabilities, who will help your child develop their skills, improve their fitness and learn to interact with other children in a safe and welcoming environment.

<b>Where</b>	Hoppers Crossing Soccer Club, Grange Reserve, 260-280 Hogans Road, Hoppers Crossing
<b>When</b>	Starting again in 2011
<b>Who</b>	Children between 7 – 13 years old
<b>What</b>	1 – 1.5 hr fun training and games

To register your interest as contact Keith Wise Ph. 0407 978 389 or email [kwise2@bigpond.com](mailto:kwise2@bigpond.com)

### **Sports group – Multi-sports**

Particularly focusing on basketball and cricket these multi sports, multi skills session are aimed at getting people active through a variety of activities. Run by the YMCA at the Werribee Sports and Fitness Centre, this group is open to all ages and abilities and focuses on having fun rather than competition. The group currently runs on Friday afternoons.

For more information contact the YMCA on 9742 5630.



### **Swimming - Wyndham City Sharks Swimming Club**

The Wyndham City Swimming Club (formerly Werribee Swimming Club) is a competitive swimming club which offers training for the beginner right through to State and National level. It caters for both able-bodied and multi-disability swimmers. Its aim is to promote and encourage the sport of swimming and to create an environment where swimmers can meet their full potential.

For more information, contact the club at [info@werribeesharks.org.au](mailto:info@werribeesharks.org.au) or Club President Vince Taylor on 9683 4576.

### **Swimming – Werribee Leisure & Events Centre**

The Wyndham Leisure & Events Centre is open to people of all abilities for swimming lessons, casual swimming, lane swimming and play.

If you would like to get swimming, go down to the centre at 82-84 Derrimut Road, Hoppers Crossing, or give them a call on 9748 2555.

### **Table tennis – Werribee Sports & Fitness Centre and Werribee Table Tennis Association**

People of all abilities are welcome to come down to the Werribee Sports & Fitness Centre to hire the table tennis tables and have a game at 35 Ballan Road, Werribee. Alternatively, if you are a bit more serious, get involved with the Werribee Table Tennis Association.

Contact Alan at the Association on 9974 2314.

### **Tai Chi – Lotus Tai Chi**

For anyone who has reasonable levels of concentration, Tai Chi can be a great activity to keep fit and feel empowered. Unfortunately the centre does not currently have wheelchair access but are keen to include people with disability where possible.

If you are interested in giving it a go, contact Robyn on 9748 9834.



### **Tennis – Cambridge Tennis Club**

The Cambridge Tennis Club is keen to include people of all abilities. It has an accessible toilet and a coach who has experience in working with people of varying ability.

If you are keen to try your hand at tennis, give Jason, the coach, a call on 0409 198 548.



### **Walking groups in Wyndham**

Wyndham now has several walking groups of which people of all abilities can be involved. This is a great opportunity to get active while getting to know other people and other areas of our city. For information on these groups see Wyndham City Council's website

[www.wyndham.vic.gov.au/residents/family/healthwellbeing/walking/groups](http://www.wyndham.vic.gov.au/residents/family/healthwellbeing/walking/groups).

Alternatively contact Nicole White from Wyndham City Council on 9742 8127 or [nicole.white@wyndham.vic.gov.au](mailto:nicole.white@wyndham.vic.gov.au).

### **Wheelchair basketball - Werribee Wheelchair Basketball**

With the final taster session held on 23 May being a great success the club now has funding from the Council to purchase 15 basketball wheelchairs of their own. This should see the club fully operational with plans to start weekly training (with games) on Sunday 18<sup>th</sup> of July.

If you are interested in participating, please contact Nikki Van Ryn from Parallel Sports on 0423 627 521 or [nikkivanryn@hotmail.com](mailto:nikkivanryn@hotmail.com).



Interested in posting items in the next AAA newsletter?  
If you have information regarding an inclusive recreational club or program you would like to post in the next newsletter, please send it through to [simon.crawford@ymca.org.au](mailto:simon.crawford@ymca.org.au).