

MOVE LAUNCH RUNNING SHEET
Monday 18th - Sunday 24th January 2021
All activities specified are free of charge.
Ascot Vale Aquatic & Fitness: Cnr Epsom & Langs Road, Ascot Vale
Queens Park Aquatic: Pascoe Vale Rd &, The Strand, Moonee Ponds VIC 3039

What's On Daily		Location
All Day	Games & Activities	Queens Park Outdoor Pool
All Day	Facility Tours	Ascot Vale Leisure Centre
All Day	MOVE Triathlon Launch - Early Bird Special	Ascot Vale Leisure Centre & Queens Park Outdoor Pool
ALL DAY	Community Group Expo	Ascot Vale Leisure Centre
12 PM - 3PM	Pool Inflatable	Ascot Vale Leisure Centre
Mon - Fri 11 AM - 3 PM Sat & Sun 9 AM - 11 AM	FREE Swim School Assessment BOOKINGS REQUIRED	Ascot Vale Leisure Centre
See Schedule	Come try Reformer Pilates BOOKINGS REQUIRED	Ascot Vale Leisure Centre
See Schedule	Come try Coaching Zone BOOKINGS REQUIRED	Ascot Vale Leisure Centre
Monday 18th		Location
	FREE ACCESS ALL DAY (Usual operating hours)	Ascot Vale Leisure Centre & Queens Park Outdoor Pool
11:00 AM	Moonee Valley Mayor Cameron Nation to make a speech	Ascot Vale Leisure Centre
11:15 AM	Story time in the new reading cove	Ascot Vale Leisure Centre
1 PM - 4 PM	Balloon artist and pool side disco	Ascot Vale Leisure Centre
12 PM - 3 PM	Pool Party (Pool Inflatable & DJ)	Ascot Vale Leisure Centre
1 PM	Moonee Valley Mayor Cameron Nation to make a speech	Queens Park Outdoor Pool
2 PM	Older Adults Exercise Physiology Introduction	Ascot Vale Leisure Centre
2 PM	Games & DJ	Queens Park Outdoor Pool
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
Tuesday 19th		Location
9 AM	Retro Aqua Class BOOKINGS REQUIRED	Ascot Vale Aquatic & Fitness
10 AM	Retro Aqua Class BOOKINGS REQUIRED	Ascot Vale Leisure Centre
11:15 AM	Water Safety Talk	Ascot Vale Leisure Centre
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
6 PM	Outdoor Spin BOOKINGS REQUIRED	Queens Park Outdoor Pool
Wednesday 20th		Location
7 AM - 9 AM	Members Breakfast	Ascot Vale Leisure Centre
11:15 AM	Story time in the new reading cove	Ascot Vale Leisure Centre
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
6:30 PM	Launch of the MOVE Running Club	Ascot Vale Leisure Centre
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
6 PM	Outdoor Tai Chi BOOKINGS REQUIRED	Queens Park Outdoor Pool
Thursday 21st		Location
11:15 AM	Water Safety Talk	Ascot Vale Leisure Centre
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
6 PM	Outdoor Spin BOOKINGS REQUIRED	Queens Park Outdoor Pool
Friday 22nd		Location
11:15 AM	Water Safety Talk	Queens Park Outdoor Pool
11:30 AM	FREE Splish Splash Parent and Child classes (3th - 6mth) BOOKINGS REQUIRED	Ascot Vale Leisure Centre
4 PM - 5 PM	FREE Fit 3D Body Scans BOOKINGS REQUIRED	Ascot Vale Leisure Centre
6 PM - 8 PM	Feezer Event	Queens Park Outdoor Pool
7 PM	Zumba Dance Party BOOKINGS REQUIRED	Ascot Vale Leisure Centre
Saturday 23rd		Location
10 AM	Outdoor Tai Chi BOOKINGS REQUIRED	Queens Park Outdoor Pool
9:30 AM - 11:30 AM	Group Exercise Mega Class Compilation of Les Mills Class with the Relaunch of Combat BOOKINGS REQUIRED	Ascot Vale Leisure Centre
12 PM	Launch of Pound Class BOOKINGS REQUIRED	Ascot Vale Leisure Centre
Sunday 24th		Location