



**CITY OF
PARRAMATTA**



ACTIVE PARRAMATTA VAN NEWSLETTER

TERM 2 2025

WHATS NEW?

New term schedule
and collaborations

FEEDBACK

Hear from our community

HEALTHY HINTS

Health and wellbeing tips

Welcome to Term 2

- 3 2025 Overview
- 4 Term 2 Programs
- 5 Autumn Noticeboard
- 6 Recap: Youth Week, Easter Holidays
- 7 Resources: Falls Prevention
- 8 Current Local Programs Available



Get connected with us for our latest news and updates.



on Facebook @activeparramatta



on Instagram @activeparramatta



While our programs are free, **your attendance is important.** We understand that unexpected events may arise, we appreciate if you could please email us at apvan@cityofparramatta.nsw.gov.au if you are unable to attend a session. Thank you.





2025 overview

TERM 1



31 January

Registrations
open.

10 February

Term commences.

4 April

Term ends.

TERM 2



24 April

Registrations
open.

5 May

Term commences.

27 June

Term ends.

TERM 3



18 July

Registrations
open.

28 July

Term commences.

19 September

Term ends.

TERM 4



10 October

Registrations
open.

20 October

Term commences.

12 December

Term ends.



Click here to register
for Term 2 programs!

Term 2 2025 Programs

ONLINE

IN-PERSON

MON

10:00am
Gentle Exercise

2:00pm
Adult Fit

10:00am
Gentle Exercise
John Curtin Meeting Room

11:00am
Cardio Fit
John Curtin Meeting Room

11:30am
Mums N Bubs
Ermington Community Centre

TUE

9:00am
Mobility Flow

10:00am
Cardio Fit

10:00am
Cardio Fit
Roselea Community Centre

11:30am
Strength for Life
Don Moore Community Centre

1:00pm
Mums n Bubs
Reg Byrne Community Centre

WED

9:00am
Adult Fit

10:00am
Strength for Life

11:15am
Mums N Bubs
Wentworth Point CCL

12:30pm
Gentle Exercise
Wentworth Point CCL

12:00pm
Pickleball
PHIVE Forecourt

THU

10:00am
Mobility Flow

10:00am
Mums N Bubs
Newington Community Centre

10:00am
Mums N Bubs
PHIVE Active Wellness Studio

11:30am
Cardio Fit
Dundas Community Centre

12:30pm
Adult Fit
Dundas Community Centre

FRI

10:00am
Gentle Exercise

11:00am
Cardio Fit

10:00am
Strength for Life
John Curtin Meeting Room

10:00am
Walking Netball
Don Moore Netball Courts

11:15am
Mums N Bubs
John Curtin Meeting Room



Autumn Noticeboard

WALKING NETBALL

Friday 10:00am - 10:45am
Don Moore Netball Courts

Calling all netball players, ex-netball players or anyone looking to try a new sport! This program is for you!

Walking Netball is an interactive, social and fun way to move your body, develop new skills and enjoy some friendly competition. With no running or jumping, it's a little easier on your joints but still a great way to stay active. Come trial this new program with the Active Parramatta Van this Autumn.

NEW
PROGRAM

[Register online here.](#)



MUMS N BUBS FITNESS

Sign up today for a free post-partum fitness class designed for mums to exercise in a safe space while keeping bub close.

Classes available Monday - Friday across the LGA:

- Ermington Community Centre
- Reg Byrne Community Centre
- Wentworth Point Community Centre
- Newington Community Centre
- PHIVE Community Hub
- John Curtin Meeting Room

Find which day and location is best for you.

[Register online here.](#)





Autumn Holiday Recap

April 2025

Youth Week (9th April - 17th April)

School Holidays (14th April - 24th April)

The Active Parramatta Van, with the support of many others, were honoured to deliver a range of free activities across the LGA during Youth Week and the School Holidays:

- **Youth Active Day 1 - Pickleball in Parramatta Square**
- **Youth Active Day 2 - Outdoor Games and Activities in Sturt Park**
- **Cumberland High School Cinema Night**
- **Outdoor Family Cinema Nights**

It was a wonderful turn out at all events and a great way to celebrate our young people. Also a fantastic opportunity to work towards more youth inclusion in the future.





Falls Prevention

1 in 3 people over the age of 65 experience a fall each year. A fall can lead to injury, loss of confidence and reduced independence. Learning simple steps to improve your strength and balance can help you keep fit, active and reduce your risk of falling.

Exercise Circuits

Strength training is an excellent way to improve your balance and strength and can lower your risk of falls, illness and diseases. Exercises can include body weight or weighted exercises.

Western Sydney Local Health District have designed easy to follow exercise circuits you can do at home. Click the button below to access:

[Exercise Circuit](#) 

Stretch Routine

Stretching your muscles is a great way to mobilise and strengthen your joints to help reduce stiffness, increase your range of motion and prevent injuries.

If you are looking for a quick and easy stretch routine follow this guide and feel more mobile and energised to go about your day.

[Stretch Routine](#) 

5 Step How to Get Up off the Floor Routine

This step by step guide provides an effective technique for getting up off the floor. Practising these steps can give you the confidence to safely stand up from the ground.

This method can also guide you in the unfortunate case of a fall or can be used to help others who experience a fall.

[5 step guide](#) 



**Western Sydney
Local Health District**

Always check with your GP before starting a new exercise program. If you feel faint, dizzy or pain, stop exercising and talk to your doctor.

Find online and face to face classes on the WSLHD Active and Healthy Website across all of Western Sydney:

[Active and Healthy](#) 

Current Community Programs and Events

Female Football

Daughters and Dads is back for Term 2 2025!

This program is for fathers/father figures and their daughters aged 5 years to 11 years. Program details below:

Mondays in Winston Hills:

Dates: 12th May - 7th July 2025

Time: 6:00pm - 7:00pm

Venue: John Curtin Reserve, Winston Hills

Fridays in North Rocks:

Dates: Fridays 16th May - 4th July 2025

Time: 6:00pm - 7:00pm

Venue: North Rocks Park, Carlingford

Registrations are now open! Sign up today.

[Register here.](#)



This soccer season, Football NSW is bringing more opportunities for women in sport with their:

Girls Love Football Program (Girls 12-17years)

Date: Fridays 16th May - 4th July 2025

Time: 7:15pm - 8:00pm

Venue: North Rocks Park, Carlingford

[Register here.](#)



Kick On For Women Program (Women +16 years)

Date: Mondays 12th May - 7th July 2025

Time: 7:15pm - 8:00pm

Venue: John Curtin Reserve, Winston Hills

[Register here.](#)



Current Community Programs and Events

Adult Sportability Club

Join the Adult Sportability Club, provided by Collective Leisure.

Every Thursday from 6:30pm - 7:30pm at Dundas Community Centre, 21 Sturt Street, Telopea.

The club delivers multi-sport and wellbeing activities for adults with intellectual disability and autism. All abilities welcome.

First session FREE come and try.

Then \$50 per session or \$400 per 10-week term.
NDIS funding can be used.

For further details, contact Alison Jones on 0410 144 372 or alisonj@collectiveleisure.com.au



[Register here.](#) 

Kids Sportability Club

NEW Weekly Kids Club

Every Wednesday from 4:30pm - 5:30pm at Ermington Community Centre starting Wednesday 30th April 2025.

The club delivers multi-sport and wellbeing activities for children and young people with a disability aged between 5 to 18 years of age. This includes people with a learning, physical or sensory disability.

First session FREE come and try.

Then \$40 per session or \$300 per 10-week term.
NDIS funding can be used.

For further details, contact Alison Jones on 0410 144 372 or alisonj@collectiveleisure.com.au



[Register here.](#) 

Current Community Programs and Events

Transformers E-Bike Trial

Want to try an e-bike?



Join the 8-week Transformers E-bike Trial and discover the benefits of sustainable mobility. This e-bike subsidy program is available to people who live, work or study in Parramatta.

Included are 4-weeks of e-bike lessons, 8-weeks of e-bike hire, and the chance to be part of a study never done before in Sydney.

Sign up today for the May or June trials:

[Register here.](#) 

Telopea Shed

Telopea Shed - Hope Connect

Location: Cnr Wade & Shortland Street, Telopea NSW 2117

The Telopea Shed is a place for men, women and children to connect and participate in woodwork/carpentry workshops.

When:

- Wednesday 9am to 1pm for men and women (morning tea and lunch included)
- Saturdays 9am to 1pm for children 10 years and up (morning tea included).



[Register here.](#) 

Current Community Programs and Events

Pickleball Clubs



Toongabie Picklers - Binalong Park Tennis Courts

Mondays 7:30pm - 10:00pm

Tuesdays 8:00am - 11:00am

Thursdays 7:30pm - 10:30pm

Fridays 8:00am - 11:00am

[Click for more information](#)

Suitable for players at all levels.

Pickleball Socials - Camellia Indoor Sports Centre

Mondays 6:00pm - 7:00pm (beginners) or 7:00pm - 9:00pm (intermediate)

Wednesdays 5:30pm - 7:30pm (all skills)

Saturdays 3:00pm - 4:30pm (all skills) or 4:30pm - 6:30pm (intermediate)

[Click for more information](#)

Youth Programs Parramatta

Y Space - Parramatta Drop In

3 sessions available in Term 2:

- Monday 5th May 3:00pm - 5:00pm
- Monday 26th May 3:00pm - 5:00pm
- Monday 16th June 3:00pm - 5:00pm

Join us for some indoor activities and games, with FREE lunch/afternoon tea. Bring your friends and enjoy!

For more information contact Mim Wasley

Email: Mim.Wasley@ymcansw.org.au



the

Current Community Programs and Events

Active Parramatta Programs



Join Active Parramatta for Term 2 fitness programs. Score 10 weeks of classes for only \$40 online and \$70 for face to face classes.

There are a suite of programs to choose from, including Zumba, Pilates, Boxing, Yoga, Circuit training, Bellydancing, and the newly added 'Exercise with a Physio'.

Registrations are welcome at any time during the term.

[Register here.](#)



Community Care

Community Care Over 55's Programs

The City of Parramatta's Community Care team offer a range of Over 55s Leisure and Learning Activities on a term basis with a small fee to join.

Classes include Line Dancing, Tai Chi, Martial Arts, Aqua Aerobics, Painting, Choir, and more.

Registrations are now open, view the class schedule in the link below and find what suits you:

[View class schedule here.](#)

