

# BENDIGO



# WALKING FOOTBALL



**Sponsored by the City of Greater Bendigo Grants Program.  
Join our Walking Football Social program for seniors aged 50+  
Our aim is to introduce gentle fitness improvement and good social  
interactions while having fun.  
Prior experience is not required.**

**JOIN FREE!**

**Wednesday evenings 6:30-7:30pm  
Commencing 3 April to 15 May 2024  
Truscott Pavilion – 5 Murdock Street, California Gully**



**FOOTBALL  
VICTORIA**



**CITY OF GREATER  
BENDIGO**

**For more information contact Jill McArthur  
Mobile: 0427 493 294 Email: [jilldm@bigpond.com](mailto:jilldm@bigpond.com)**

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|---------------------|---|--|
| <b>3 April 2024</b> | <b>Registration, Fitness Assessments m- completed by La Trobe University staff<br/>Coaching – Skills Training</b> |  |
| <b>Week 1</b>       | <b>10 April 2024</b>  | <b>Warm up exercises and skills training<br/>2 x 12 min games<br/>Cool down exercises</b>  |
| <b>Week 2</b>       | <b>17 April 2024</b>  | <b>Warm up exercises<br/>3 x 12 min games<br/>Cool down exercises</b>  |
| <b>Week 3</b>       | <b>24 April 2024</b>  | <b>Warm up exercises<br/>3 x 12 min games<br/>Cool down exercises</b>  |
| <b>Week 4</b>       | <b>1 May 2024</b>   | <b>Warm up exercises<br/>3 x 12 min games<br/>Cool down exercises</b>  |
| <b>Week 5</b>       | <b>8 May 2024</b>   | <b>Warm up exercises<br/>3 x 12 min games<br/>Cool down exercises</b>  |
| <b>Week 6</b>       | <b>15 May 2024</b>  | <b>Fitness re-assessments completed by La Trobe University staff<br/>Warm up exercises<br/>3 x 12 min games<br/>Cool down exercises<br/>Pizza Social Celebration</b> |

**La Trobe University Bendigo Exercise Science Faculty will conduct the Fitness Assessments to determine the health and wellbeing impact of the program.**



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