

# Featured programs at

## Wallaby Workout

9.30am-11.30am  
Wednesdays of school terms  
Community playgroup  
\$5 per family



## Walkerville Youth Connect

4pm-6pm, Mondays & Tuesdays  
Free choice sports and activities  
\$5 per child



## Social Pickleball

11am-1pm, Mondays  
10.45am-12.45pm, Tuesdays  
1.30pm-3.30pm, Thursdays  
12.30pm-2.30pm, Fridays  
\$5 per session



## Social Badminton

1pm-3pm, Tuesdays  
All ages  
Beginners & experienced  
\$5 per session



## Walk(erville) Basketball

1.30pm-2.30pm, Mondays  
All ages  
Beginners & experienced  
\$8 per session



## Social Table Tennis

11.30am-1.30pm, Thursdays  
All ages  
Beginners & experienced  
\$5 per session



## Walk(erville) Netball

1pm-2.15pm, Tuesdays  
All ages  
Beginners & experienced  
\$8 per session



## Exercise Programs

Over 50s Better Balance & Easy Moves - \$8 per session  
Walkerville Strength Fit - \$8 per session  
Walkerville Interval Fitness - Pilates & Yoga sessions- \$10 per session



## 22 Too Gymnastics

Children, adults & people living with disability  
Beginners & experienced  
Contact 0434 189 037



# The W Programs Guide

Play. Celebrate.  
Come together.

[walkervillerecentre.com.au](http://walkervillerecentre.com.au)

39 Smith Street  
Walkerville SA 5081

0407 657 845  
[thew@walkerville.sa.gov.au](mailto:thew@walkerville.sa.gov.au)

TOWN OF



WALKERVILLE



# The W: weekly schedule

## Monday

**HIIT Fitness**  
6.30am-7.30am  
Contact Michael 0414 663 744

**Better Balance Exercise - Over 50s**  
8.30am-9.30am  
Contact the Centre

**Interval Fitness Class**  
9.30am-10.30am  
Contact the Centre

**Social Pickleball**  
11am-1pm  
Contact the Centre

**Walk(erville) Basketball**  
1.30pm-2.30pm  
Walking Basketball  
Contact the Centre

**Baby Move n Groove**  
2pm-3pm  
Contact Lizzie 0409 832 615

**Walkerville Youth Connect Program**  
4pm-6pm  
Contact the Centre

**Walkerville Netball Club**  
6.30pm-8.30pm  
Contact 0422 131 038

## Tuesday

**Pilates**  
6.30am-7.30am  
Contact Michael 0414 663 744

**Walkerville Strength Fit**  
8.30am-9.30am  
Contact the Centre

**Pilates**  
9.30am-10.30am  
Contact the Centre

**Social Pickleball**  
10.45am-12.45pm  
Contact the centre

**Social Badminton**  
1pm-3pm  
Contact the Centre

**Walk(erville) Netball**  
1pm-2.15pm  
Walking Netball  
Contact the Centre

**22 Too Gymnastics**  
4pm-5pm  
Contact 0434 189 037

**Walkerville Youth Connect Program**  
4pm-6pm  
Contact the Centre

**Walkerville Netball Club**  
6.30pm-8.30pm  
Contact 0422 131 038

## Wednesday

**Wallaby Workout**  
Walkerville Community Playgroup  
9.30am-11.30am  
Contact the Centre

**Yoga**  
8.30am-9.30am  
Contact the Centre

**22 Too Gymnastics**  
4pm-5pm  
Contact 0434 189 037

**Norwood Basketball Club**  
6pm-9pm  
Contact 8165 0398



## Thursday

**HIIT Fitness**  
6.30am-7.30am  
Contact Michael 0414 663 744

**Walkerville Strength Fit**  
8.30am-9.30am  
Contact the Centre

**Active Connections Program**  
9.30am-11.30am  
Social sports for people aged 50+  
Contact 8342 8091

**Social Table Tennis**  
11.30am-1.30pm  
Contact the Centre

**22 Too Gymnastics**  
1pm-7.30pm  
Contact 0434 189 037

**Social Pickleball**  
1.30pm-3.30pm  
Contact the Centre

**Adelaide Community Basketball Association**  
4pm-6pm  
Contact 8165 0398

## Friday

**Easy Moves Exercise - Over 50's**  
8.30am-9.30am  
Contact the Centre

**Social Pickleball**  
12.30pm-2.30pm  
Contact the Centre

**Better Balance - Over 50s**  
9.30am-10.30am  
Contact the Centre

**Baby Move n Groove**  
1.30pm-2.30pm  
Contact Lizzie 0409 832 615

**22 Too Gymnastics**  
10am-12pm  
Contact 0434 189 037

**Volleyball SA**  
4pm-9pm  
Contact 8363 1265

## Saturday

**Adelaide Community Basketball Association**  
9.30am-5pm  
Contact 8165 0398

## Sunday

**Norwood Basketball Club**  
8am-11am  
Contact 8165 0398

**Walkerville Netball Club**  
11.30am-12.30pm  
Sensory-friendly program  
Contact 0422 131 038

**Northern Stars Pickleball**  
3pm-5pm  
Contact 0402 119 892

## Casual hire

**Casual court hire available**  
Monday-Friday  
All sports - basketball,  
pickleball,  
badminton and volleyball  
Contact the Centre

## The W staffed hours

Monday: 8am - 6pm  
Tuesday: 8am - 6pm  
Wednesday: 8am - 9am  
Thursday: 8am - 6pm  
Friday: 8am - 4pm

## Volunteers wanted

Be a part of The W community!  
Various positions available, including  
Wallaby Workout playgroup, social sports  
and admin support. Email  
thew@walkerville.sa.gov.au or call  
0407 657 845 to express your interest.