

SUNSHINE



Hip-hop artist Yan Biak Thang Liasi at the opening of the pop-up park.

Picture: MARK WILSON

Hop to it and get active

HIP-HOP, tennis and art workshops at the RT Pollard Gardens in Sunshine are just some of the free activities families can enjoy.

The activities started last week at the launch of the B-active@Pollard program.

The initiative will be run by Brimbank Council with a number of partners, including Victoria Police, across the next nine months.

A VicHealth grant of \$81,600 was provided to fund the program to encourage families and individuals to

get active in Brimbank's great outdoors. The Brimbank Council administrators' chairman John Watson said the program would be open to people of all ages.

"All the activities available at RT Pollard Gardens will be offered at no charge over the nine months," Mr Watson said.

"It gives people the opportunity to socialise, improve their fitness and make the most of a lovely park that is located in the heart of Sunshine."

Every Thursday from October 8 to November 21 between 9.15 and 10am, the gardens will offer Cardio Tennis suitable for adults of all skill levels.

Tai Chi will also be held at 10.30am and a picnic for families at 11.30am.

Every Friday from 4-7pm, street basketball and street football will be available next to the RT Pollard Gardens open to young people aged 12-25 years old.

Details: brimbank.vic.go.au



PREMIER GALA DINNER 2016



VICTORIAN MULTICULTURAL FESTIVAL 2016



RIZE UP FESTIVAL 2015

