

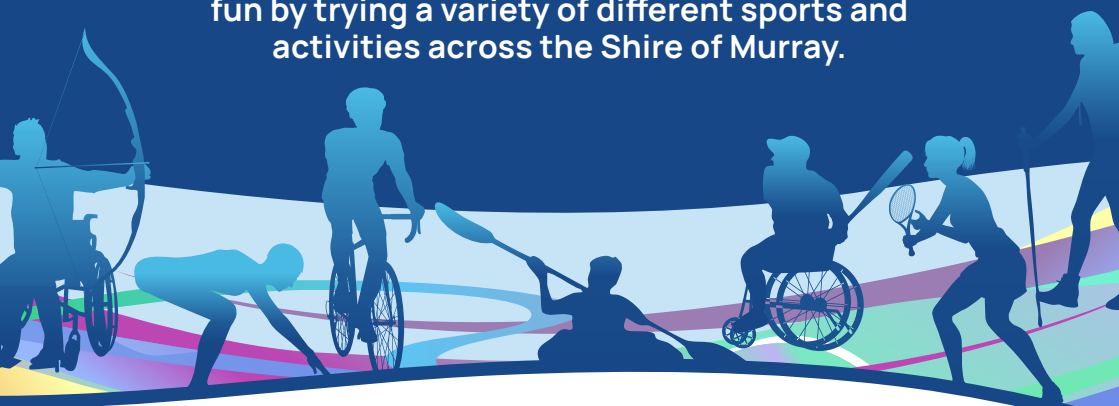
EXPLORE . PLAY . JOIN

MURRAY **Active** **ADVENTURES**

22 - 23 NOVEMBER

FREE . ALL AGES AND ABILITIES WELCOME

Discover new ways to get active and have fun by trying a variety of different sports and activities across the Shire of Murray.



SCHEDULE OF EVENTS

SATURDAY 22 NOV

SUNDAY 23 NOV

Worlds Away and POW Trail Walk

A guided bush walk exploring Marrinup's natural beauty and WWII POW history. Gentle pace, great for curious walkers and local history lovers.

8:00 - 10:00am 4+ yrs Marrinup Campsite



Les Mills Shapes

Find your rhythm, build strength, and move with confidence at Les Mills Shapes — a low-impact workout blending Pilates, barre, and power yoga into one energising class. Perfect for anyone wanting to tone, stretch, and feel great.

Murray Aquatic and Leisure Centre

9:05 - 10:05am 12+ yrs



Gym Membership 101

MALC New to the gym—or returning after a break? This friendly guidance session will help you gain confidence. Ask questions and learn at your own pace. All equipment provided.

Murray Aquatic and Leisure Centre

10:15 - 11:15am 16+ yrs

Baseball/Tee ball Come and Try

Fun, skills-based sessions to learn throwing, catching and hitting in a friendly setting. Perfect for first timers; all equipment provided.

Lovegrove Pavilion Oval 4

9:00 - 10:00am 6-9 yrs

10:00 - 11:00am 10-13 yrs

Golf Lessons

Beginner-friendly coaching on core golf skills at Pinjarra Golf Club, plus a quieter, sensory-friendly option to support comfort and confidence. Clubs supplied for beginners.

Pinjarra Golf Club

9:00 - 10:00am 6+ yrs

10:30 - 11:30am Sensory Session

1:30 - 2:30pm 6+ yrs

3:00 - 4:00pm 6+ yrs



Tennis

Court-time for every age: simple drills, short games and positive coaching to build skills and love of the game. Racquet's and balls provided.

Yunderup Sport and Recreation Club

10:00 - 11:00am Kindy to Year 3

11:00am - 12:00pm Adults

12:00 - 1:00pm Yr 3-6

1:00 - 2:00pm Yr 7-12



Radio Sailing

Watch a live demonstration on the water, then take the controls and sail a model boat with support from Austin Lakes Radio Sailing. A fun, hands-on way to experience sailing at beautiful Austin Lakes — no experience needed!

South Yunderup off Inlet Blvd All ages

12:00 - 1:00pm 1:00 - 2:00pm

2:00 - 3:00pm 3:00 - 4:00pm



Hookin2Hockey

Sessions focused on stick skills, teamwork and short games. Sticks and balls provided.

Lovegrove Pavilion Oval 4

8:30 - 9:30am 5-9 yrs

9:30 - 10:30am 10-16 yrs



WA Gravity Girls Mountain Biking

Women-led MTB coaching and rides on local trails—build confidence, cornering skills, and community. BYO bike and helmet.

Dwellingup & Marrinup

8:45 - 11:00am All ages

Carriage Driving

A unique, calm and social equestrian taster with guidance from experienced handlers.

Bandicoot Road, Holyoake

9:00am - 12:00pm

12+ yrs

Slot Car Racing

Plug in, line up and race miniature cars around a rapid track.

Pinjarra Bowls and Recreation Club

11:15am - 12:00pm

12:30 - 1:15 pm 6+ yrs

Outrigger Canoeing

Learn stroke basics and teamwork whilst paddling an outrigger canoe on calm water. Canoes and life jackets provided.

Tatham Road, South Yunderup

10:00 - 11:00am 12:00 - 1:00pm

11:00am - 12:00pm 1:00 - 2:00pm

6+ yrs

Paddling

Experience the calm, beauty, and teamwork of paddling. Once comfortable, explore the river at your own pace. Kayaks, canoes, and life jackets provided.

Dwaarlindjirraap Day Area, Lane Pool Reserve

1:00 - 2:00pm 3:00 - 4:00pm 6+ yrs

2:00 - 3:00pm It is recommended that participants are able to swim at least 25 metres.



Yoga not Yoga

Breath, mobility and mindful movement in a heritage garden setting. Gentle sequences for all bodies—come as you are, leave refreshed.

Edenvale Heritage Precinct

10:00 - 11:30am All ages

Splash & Dash - Swimming

Join Swimming WA for a fun, no-times event — just splash and smile!

Murray Aquatic and Leisure Centre

1:00 - 2:00pm

2:30 - 3:30pm

6+ yrs

Lawn Bowls

Coaching on aim, delivery, and basics — a relaxed try-out with friends or family.

Pinjarra Bowls and Recreation Club

1:30 - 2:30pm

2:30 - 3:30pm

10+ yrs

All wheelchairs must meet Bowls WA participation guidelines.

● Anyone under the age of 16 must be accompanied by an adult ● Wheelchair Accessible

EVENT MAP



Scan the QR for more information and to register.

