

This Girl Can schedule of events

Find out more about what's on offer during This Girl Can week 2024.

Activities are hosted by Aligned Leisure, Cardinia Shire local sporting clubs and neighbourhood houses. These activities are designed to cater to all fitness and skill levels.



Monday, 11 November

Strong Movers Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Monday 11 November, 8am - 8:55am
- Cost: Free
- More information: Contact Aligned Leisure 5945 2888. This event is recommended for older adults.

Pilates Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Monday 11 November, 9:30am
- Cost: Free
- More information: Contact Aligned Leisure 5945 2888

Pickleball and Table Tennis

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Monday 11 November, 9:30am - 11:30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Come and Try Tennis

Join ladies from the Maryknoll Tennis Club for a social hit - it doesn't matter if you have never played or it's been a long time since you've had a hit. Spare racquets available. We just want to welcome as many ladies onto the court for a 'hit & giggle"- no pressure, no scoring, just a chance to move our bodies, have a laugh and make some friends. Bring your little ones along, too - we have a lovely playground right beside the courts.

Cuppa and light refreshments provided afterwards in the clubhouse.

What to wear: runners, active wear, water, hat and sunscreen.

- Where: Maryknoll Recreation Reserve, 70 Marrakilla Road, Maryknoll
- When: Monday 11 November, 9:30am - 11am
- Cost: Free
- More information: Sally Cuningham: sal-cunningham@hotmail.com or 0433 955 553

Moderate Walking Group

Join a welcoming friendly group of women for a moderate walk around town.

- Where: Lang Lang Community Centre: 7 Westernport Rd, Lang Lang
- When: Monday 11 November, 10:30am - 11am
- Cost: Free
- More information: phone 5997 5704 or email: llcclanglang.net

Chair-based strength training

Chair-based exercise with a friendly and social group wanting to keep active and strong.

- Where: Lang Lang Community Centre: 7 Westernport Rd, Lang Lang
- When: Monday 11 November, 11:30am - 12pm
- Cost: Free
- More information: phone 5997 5704 or email: llcclanglang.net

Ladies Soccer training

- Where: Pakenham United Football Club, IYU Recreation Reserve, 45 Henry Rd, Pakenham
- When: Monday 11 November, 7pm - 8pm
- Cost: Free

Tuesday 12 November

HIIT Circuit Class (55 minutes)

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Tuesday 12 November, 9:30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Women's only Relentless Small Group Training class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Tuesday 12 November, 11am – 11.45am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Cardio Tennis

Cardio Tennis is the energised way to learn and play tennis for people of all ages and abilities. It provides an easy entry point for people wanting to learn tennis skills and improve their fitness.

- Where: Pakenham Regional Tennis Centre, 11 Webster Way, Pakenham
- When: Tuesday 12 November, 7.15pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Wednesday 13 November

Strength Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Wednesday 13 November, 9:30am - 10:25am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

This Girl Can Morning Tea Hosted by Cardinia Leisure volunteers

Join Cardinia Leisure to celebrate all things women in sport and active recreation and movement.

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Wednesday 13 November, 10.30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Self Defence Class & Haidong Gumdo World Champion demonstration

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham

- When: Wednesday 13 November, 6pm - 8pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Cardinia This Girl Can Get into Golf

Celebrate This Girl Can Week at Pakenham Golf Course by coming and giving golf a try!

Open to women and girls of all ages and free of charge.

Stay for a couple of swings or the whole 2 hours, with all aspects of golf covered, this is the perfect way to experience a great game for life, meet some new people and get active! No experience is necessary and all equipment is provided!

- Where: Pakenham Golf Course - 62 Cameron Way Deep Creek Reserve, Pakenham
- When: Wednesday 13 November, 4pm - 6pm
- Cost: Free
- More information: Sam Kindlen (Senior Relationship Officer Golf Australia) sam.kindlen@golf.org.au or [Sign up now!](#)

Come and Try Women's Baseball

Come and try women's baseball! No experience necessary and there's plenty of gear to share around.

The Pakenham Pumas Women's team is a fun, inclusive, and welcoming group of women aged between 13 and 40+ with varying levels of fitness and experience.

- Where: Pakenham Puma's Baseball Club, Toomuc Reserve Pakenham, Olympic Way, Pakenham (off Princes Highway)
- When: Wednesday 13 November, 6pm
- Cost: Free
- More information: Sarah Bailey (Women's Coordinator) womens@pakenhampumas.com.au or 0433 012 876

This Girl Can....Play Tennis

Female-only event for all ages. Join Beaconsfield Tennis Club's female coaching team on the court for tennis fun.

No experience is necessary but **registration is essential**.

Wear running shoes and comfortable casual sports clothing. Racquets can be supplied.

- Where: Beaconsfield Tennis Club, Perc Allison Reserve, Beaconsfield/Emerald Road, Beaconsfield
- When: Wednesday 13 November, 5pm - 6:30pm
- Cost: Free
- More information: Bronwyn McCormick, info@beaconsfieldtennisclubinc.com or 8820 5853

Come and Try Soccer and Table Tennis

Come and Try Sessions for Soccer and Table Tennis. We will supply all the equipment you just need to bring yourself and/or some friends to join in and have a go.

No matter the skill ability, everyone is welcome to join, meet some new people and try something different.

- Where: Officer City Soccer Club and Table Tennis Club, James Bathe Community Recreation Reserve, 67 Caversham Drive, Pakenham
- When: Wednesday 13 November, 6pm
- Cost: Free
- More information: Cheree Appledore, officercitysc@gmail.com or 0492 995 891

Thursday 14 November

Women's Health Day

Get moving with fun, inclusive sessions for all fitness levels! Learn about nutrition for sport, fertility, pregnancy and beyond, pelvic floor awareness, hearing loss, and wellness tips from expert speakers.

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, all day
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Stretch and Release Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 9.30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Heart Foundation Walking Group

Join us for a walk and social get-together in a friendly and supportive group. Ensure you wear comfy walking shoes and dress for the weather. Meet in the Cardinia Life Foyer.

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 9.30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Nutrition pre and post-workout information session

Event welcome and light refreshments in the Cardinia Life Group Fitness Room. Presented by Alexis Letters-Haydock & Leona Kosowicz of Monash Health.

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 10.30am
- Cost: Free
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Pelvic Floor Awareness information session

Presented by Danielle Ware, South East Pelvic Physio

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 11.30am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Hearing loss information session

Prevention, signs, diagnosis and treatment information session - Presented by Lisa Summers, Attune Hearing Pakenham

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 12pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Women's Health and Aging Well information session

Presented by Sarah Foss, Cardinia Leisure

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 12.30pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Chair-based strength training

Chair-based exercise with a friendly and social group wanting to keep active and strong.

- Where: Lang Lang Community Centre - 7 Westernport Rd, Lang Lang
- When: Thursday 14 November, 11.30am – 12pm
- Cost: Free
- More information: Phone 5997 5704 or email: llcclanglang.net

ZUMBA Fitness Class

With Renee Kendall of Transform with Dance.

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 6pm – 6.45pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Nutrition for fertility, pregnancy and beyond information session

Presented by Joanna Aaron, I on Nutrition

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 7pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

AQUA Workout

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Thursday 14 November, 7.30pm – 8.15pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Friday 15 November

Tai Chi Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Friday 15 November, 10.45am – 11.40am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Exercise techniques for Women

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Friday 15 November, 12pm – 1pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Saturday 16 November

Tai Chi

A traditional exercise using movement to increase flexibility and strength while also increasing your energy. All ages and abilities welcome. *Bookings Essential.*

- Where: Lang Lang Community Centre - 7 Westernport Rd, Lang Lang
- When: Saturday 16 November, 9.30am-10.30am
- Cost: \$15
- More information: Phone 5997 5704 or email llcclanglang.net

Body Balance Class

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Saturday 16 November, 8.15am – 9.10am
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888

Sunday 17 November

Cardinia Storm Hockey Club - This Girl Can

Introduction hockey drills will be run by coaches and players from the Women's unit from Cardinia Storm Hockey Club. Hockey Sticks, Balls, Cones will be provided. All welcome, no experience necessary

There will also be a stall set up with information for the attendees of the event.

- Where: The Multi Use Games Area - James Bathe Reserve, 67 Caversham Drive, Pakenham
- When: Sunday 17 November, 11am – 12.30pm
- Cost: Free
- More information: Scott Burnett, juniors@cardiniastormhockey.com.au or 0400 650 736

All Girls Come and Play AFL

AFL Victoria and Cardinia Tigers JFC are delivering a free and play for girls aged 4-14. Come and play is all about providing the girls an opportunity to experience football in a fun and safe environment through activities and modified games.

Beginners and new participants welcome and encouraged to attend.

- Where: James Bathe Reserve, 67 Caversham Drive, Pakenham
- When: Sunday 17 November, 10.30am – 12.30pm
- Cost: Free
- More information: Sue Reaper: ctjfcpresident@outlook.com or 0417 137 452
| Tyler: tyler.cabansag@afl.com.au

Social Sixes

Social Sixes is an exciting NEW cricket program specifically designed for women! It's perfect if you are looking for a fun, fast and social activity!

The session focuses on activities that are designed to get your heart pumping as well as teach you the skills required to play cricket. There's no need to worry about equipment, we've got that sorted. All you need to do is rock up and be ready to get involved.

- Where: James Bathe Reserve, 67 Caversham Drive, Pakenham
- When: Sunday 17 November, 10.30am – 11.30am
- Cost: Free
- More information: Peter Symons, PSymons@cricketvictoria.com.au or 0482 048 169

GIRLS ONLY Aussie Hoops Bring a Friend Day!

Beginner basketball program for 5-to-10-year-old girls. Bring a friend day is open to all girls to come along to the program with a friend or by themselves to get involved and try basketball!

Please bring a basketball if you have one (spares will be available) and a drink bottle. Participants should wear clothes they feel comfortable being physically active in.

Please register for the day. [Sign up here!](#)

- Where: Cardinia Life Stadium, 4/6 Olympic Way, Pakenham
- When: Sunday 17 November, 11.30am
- Cost: Free
- More information: Luke D'Alcorn, domestic@pakenhambasketball.com.au or 9132 8813

Women's Only Swim Session

- Where: Cardinia Life, 4/6 Olympic Way, Pakenham
- When: Saturday 16 November, 6pm – 7pm
- Cost: Free
- More information: Phone Aligned Leisure 5945 2888