

The Young at Heart Games



Presented by the LEAP Program
(Let Everyone Actively Participate) the
Young at Heart Games are a day of fun
activities inspired by the Olympic Games,
open to all people over 50 years of age.

No sport experience necessary.

Date: Thursday 7 July 2016

Time: 8.30am - 3.15pm (Community Torch Walk commences at 8.30 am)

Location: Mill Park Basketball & Netball Stadium, Redleap Avenue, Mill Park (Melway 9 K4)

Cost: \$6 - includes entry, morning tea and lunch

Registration and ticket sales:

Close Friday 10 June 2016 for modified sport tournaments

Close Tuesday 28 June 2016 for all other activities

**For a registration form or more information contact the Positive Ageing Team on
9407 5913 or email leap@whittlesea.vic.gov.au**

Tickets can be purchased Monday to Friday 8.30am - 5pm at Westfield Plenty Valley Shopping Centre, 1st Floor (above Edge Youth Services), 415 McDonalds Road, Mill Park (Melway 183 B1)

Tickets will not be sold at the door.

Parking: Free onsite parking available

Dress Code: Comfortable clothing and footwear



No black soled footwear allowed

Council Offices
25 Ferres Boulevard
South Morang VIC 3752

Locked Bag 1
Bundoora MDC VIC 3083

Tel 03 9217 2170
Fax 03 9217 2111
TTY 133 677 (ask for 9217 2170)
Email info@whittlesea.vic.gov.au
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Free Telephone Interpreter Service

عربي	9679 9871	Hrvatski	9679 9872
廣東話	9679 9857	Ελληνικά	9679 9873
Italiano	9679 9874	Türkçe	9679 9877
Македонски	9679 9875	Việt-ngữ	9679 9878
普通话	9679 9876	Other	9679 9879

Order of Activities

8.30am Bank of Melbourne Community Torch Walk

Join the Mayor, members of Westfield Walkers, U3A and Happy Feet walking groups and former Greek Olympic Marathon runner Aristos Panagakis for a 1.2km flat walk around Redleap Reserve. The walk will start at 8.30am and finish at the Mill Park Basketball & Netball Stadium.

10am Opening Ceremony and Exercise Warm Up

Join in welcoming our athletes who will be competing in modified sports tournaments with guest speakers and musical fanfare followed by an exercise warm up class.

10.30am - 12.30pm and 1.15pm to 2.30pm Modified Sports Tournaments and Come & Try Exercise Class

Melbourne City Walking Football (Soccer), Carpet Bowls, U3A Table Tennis, The GrowlingFrog Mini Golf Course

10.45am -12.30pm and 1.15pm - 2.30pm Modified Games Village

Enjoy a variety of fun games

10.45am to 11.15am Come and Try Fun Classes - Exercise Class


11.30am and 1.30pm Come and Try Fun Classes - Tai Chi Class by Grand Master

2.45pm Closing Ceremony and Medal Presentations

The Young at Heart Games are proudly supported by:

 Australian Government Department of Social Services

 Mill Park Basketball & Netball Stadium

 Australian Hellenic Organisation in support of the Olympic Spirit & Ideals

 Multicultural Social Group of Victoria

