

GET ACTIVE IN  
SPRING FOR **FREE**



run

walk

cycle

dance

skip

move

shake

create

skate

spin

climb

stretch

jump

bounce

hop

step

**Active8**  
1 OCT-26 NOV

**JOIN NOW**  
[mvcc.vic.gov.au/active8](http://mvcc.vic.gov.au/active8)

**EVENT  
GUIDE**

# WELCOME



## CONGRATULATIONS ON JOINING ACTIVE8.

Now in its third year, Active8 is designed to give you a taste of the many health and wellbeing activities across Moonee Valley. As part of Active8 you will be encouraged to increase your physical activity and become better aware of how to lead a healthy and balanced lifestyle – and best of all, it's free!

From 1 October until 26 November there will be a whole range of events and activities to get you active.

This year there will be no limit to the number of people who can join, so more people will be able to get moving and benefit from this free program.

We will also be including lots of female focused activities, including a fun new learn to run program specifically aimed at females.

shake



create

run

skip

move



# CONTENTS

Who can join	4
Leisure centres	6
Outdoor group fitness	8
Community step challenge	9
Special events and activities	10
Special offers	17
Get active	18

cycle



swim



jump



# ACTIVE8 CATERS FOR PEOPLE OF ALL AGES AND ABILITIES.

We have broken down the events into six categories – look out for the symbols throughout this guide making it even easier for you to find events that are right for you.



## FOR CHILDREN AGED UP TO 12

Parents are required to remain at the venue while their children enjoy the activity.



## FUN EVENTS FOR 13 TO 17 YEAR OLDS



## ACTIVITIES AIMED AT 18+

These activities are typically aimed at 18 plus and are events that you would leave the little ones at home for.



Once you have registered for Active8, there are plenty of FREE activities to enjoy. For most activities you won't need to book – just turn up to the sessions that interest you. Individual events will only require a booking when highlighted with a "book now" button in this guide.

All bookings for events will open at 9am on Thursday, 15 September. Some activities will have limited places so we recommend you get in quick. Click the "book now" buttons in this guide to reserve your spot!

If you are unable to attend an event or activity after booking, please cancel your booking to open the place for another participant.



**FOR THE  
WHOLE FAMILY**

Events that cater to the whole family from young to the young at heart.



**ACTIVITIES DESIGNED  
FOR OVER 55's**



**ACTIVITIES AIMED  
AT FEMALES**

To keep you updated on all the free activities happening across the program, we've set up a new Active8 Facebook page, you can like us at:

 [facebook.com/mvactive8](https://facebook.com/mvactive8)

**Important information**

If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended you seek the appropriate independent advice (including medical). Moonee Valley City Council staff are not authorised to give any advice in this regard.

Remember to check with your doctor before starting any exercise program if you have a history of high blood pressure, heart trouble, diabetes or any other medical issues.



**Need more help?**

For further information, including accessibility requirements to enable you to participate in the programs and events, just give our Sport and Recreation team a call on 9243 8888 (9am to 5pm, Monday to Friday) or email [active@mvcc.vic.gov.au](mailto:active@mvcc.vic.gov.au).

**Leisure  
centres**

**Everyone**



**THIS YEAR WE ARE PROVIDING  
FANTASTIC BENEFITS AT  
COUNCIL'S AND PARTNERING  
LEISURE CENTRES.**

Our centres run programs for all ages and abilities – from swim lessons for the kids, teen gym for youth, fitness options for grown-ups and a wide variety of choices for our masters with our active adults classes.

There really is something for everyone to try, regardless of your current level of fitness or activity. Active8 lets you experience all the benefits in a safe and comfortable environment.

**16 free  
visit  
passes**



**Join in!**

**BY JOINING ACTIVE8 YOU CAN ENJOY:**

## 16 free visits

Your 16 free visit pass can be used to access group fitness sessions at:

- Ascot Vale Leisure Centre
- East Keilor Leisure Centre
- Windy Hill Fitness Centre

## The Breakfast Club

Join the team and members for a free breakfast at Ascot Vale Leisure Centre.

**Wednesday, 12 October, 7am to 8.30am**

**Wednesday, 9 November, 7am to 8.30am**

## Learn to swim trial

Book in for one free 'Learn to swim' trial at:

- East Keilor Leisure Centre
- Ascot Vale Leisure Centre
- Windy Hill Fitness Centre

## Project Fit class

Take part in one free 'Project Fit' class at Ascot Vale Leisure Centre.

## Teen Gym session

Trial one free 'Teen Gym' session at Ascot Vale Leisure Centre.

### Ascot Vale Leisure Centre

Cnr of Langs and  
Epsom Road, Ascot Vale  
(03) 9375 3411

### East Keilor Leisure Centre

Quinn Grove,  
Keilor East  
(03) 9336 3711

### Windy Hill Fitness Centre

74-84 Napier Street,  
Essendon  
(03) 9377 1555



Check your registration email for details on how to access benefits at Leisure Centres.

**Group  
fitness**

**Grown-  
ups**

**Masters**

## GET ACTIVE WITH COUNCIL'S NETWORK OF QUALIFIED, REGISTERED PERSONAL TRAINERS!

Spring is a popular time of year for us to shake off the cobwebs and get moving in our local parks. During this time many personal trainers set up in parks to help residents' kick-start their exercise routines.

Exercising in our parks in the fresh air is a great way to get fit, but how can you ensure you have a qualified and reputable trainer? Thankfully the answer is simple: if your trainer has a permit to train in our parks, then you've got a qualified and reputable trainer. We make sure that all personal trainers with a permit to train in our parks have the right training and qualifications before their permit is issued. This includes making sure their first aid qualifications are up to date.

## Join in

As an Active8 member you have the opportunity to join a number of group fitness sessions in our local parks for FREE!

Bookings are required by making direct contact with your chosen personal trainer/s

- you may attend up to 2 free sessions per listed trainer
- free sessions may only be taken during Active8, from 1 October to 26 November
- participants should arrive 15 minutes early to fill out relevant health and fitness forms provided by the trainer



## Participating personal trainers:



Activate Bootcamps



Fitness G.A.M.E



Step into Life  
Moone Ponds  
– Aberfeldie Park



Step into Life  
Essendon  
– Woodlands Park



Paramount Health  
and Fitness Club



Education in  
Wellness



Ashy Bines Bikini  
Body Challenge

**2 FREE  
sessions**

# ACTIVE8 COMMUNITY STEP CHALLENGE

Everyone

## DO YOU HAVE A FITNESS TRACKER, SMART WATCH OR SMART PHONE?

Did you know that 10,000 steps is the recommended daily step goal for a healthy adult\*?

The '10,000 steps' goal puts a focus on the accumulation of activity across the whole day. With continual advances in technology and our workplaces becoming more sedentary it now takes a concerted effort to make active choices.

The first 200 Active8 participants to sign-up can challenge themselves to reach 10,000 daily steps in our Active8 Community Step Challenge.

Compete with friends using any leading fitness tracker, smartwatch or smartphone as a tracking device. With cross device compatibility, everyone can play!

Aim for a total step goal during the challenge and track your pace to make sure you reach your target goal by the last day. Slack on one day? No problem, just pick up the pace the next day! As long as the sum of our steps for the challenge meet the target goal then you succeed.

What are you waiting for? Download Stridekick now and start stepping your way to a healthier you.

[active8.stridekick.com](http://active8.stridekick.com)



10,000  
steps!

\*There are some groups where 10,000 steps may not be an accurate goal such as the elderly and children. Please note that these are only a guide and we do not provide medical advice. You should always consult with your doctor or healthcare professional before commencing a physical activity program.

## Special events

Outdoor activities may be cancelled in the event of inclement weather. Join the facebook event for updates.

### Barefoot bowls

Get your feet on the grass and have some fun with barefoot bowls. Local clubs will open their greens to Active8 participants for fun sessions – bring your friends and family and pack a picnic. Whether you are 8 or 80, this is the activity for you! You don't need any experience and members will be on hand to coach and guide you on the skills and strategies of the game.

**Sunday, 2 October, 4pm to 7pm**

Moonee Valley Bowls Club  
Ormond Park, Pattison Street, Moonee Ponds

**Sunday, 13 November, 10am to 4pm**

Maribyrnong Park Bowls Club  
195 Holmes Road, Moonee Ponds

### Pilates in the park

Kick off the week on the right foot with a lunch time Pilates mat class in the picturesque Queens Park with qualified instructors from the Centre for Mind and Movement. Experience an entire body workout using non-impact exercises working with the resistance and strength of your own body. This 45 minute class is perfect for beginners and more experienced. Wear comfortable clothing and bring your own mat.

**Monday, 3 October, 12pm**

**Monday, 10 October, 12pm**

**Monday, 17 October, 12pm**

**Monday, 24 October, 12pm**

Queens Park, the Sunken Garden  
Mt Alexander Road, Moonee Ponds

### Ready Steady Go Kids in the Park

Ignite your child's passion for sport and exercise with free sessions in the park with Ready Steady Go Kids, Australia's leading multi-sport program for children aged 2.5 to 6 years. Bring your preschooler along to experience a variety of outdoor sports in a fun, non-competitive environment.

**Tuesday, 4 October, 9.30am to 10.30am**

**Tuesday, 11 October, 9.30am to 10.30am**

Canning Reserve  
Canning Street, Avondale Heights

**Tuesday, 18 October, 9.30am to 10.30am**

**Tuesday, 25 October, 9.30am to 10.30am**

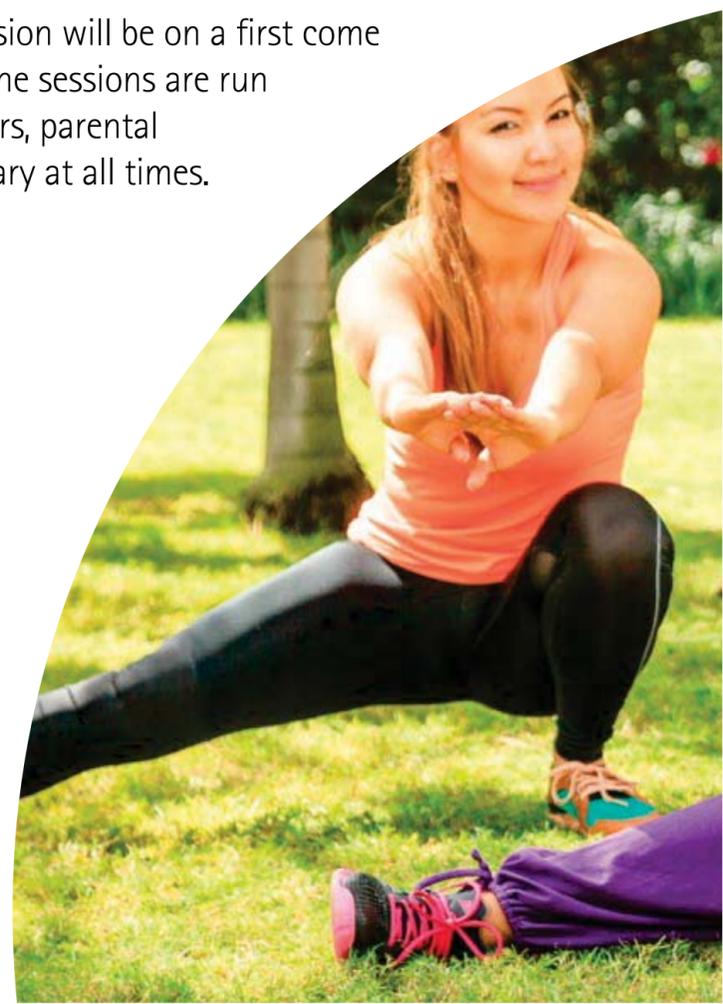
JH Allen Reserve  
Park Drive, East Keilor

**Tuesday, 15 November, 9.30am to 10.30am**

**Tuesday, 22 November, 9.30am to 10.30am**

Etzel Reserve  
Etzel Street, Airport West

Sessions are strictly limited to first 20 children per session and inclusion will be on a first come first in basis. Whilst the sessions are run by qualified instructors, parental supervision is necessary at all times.





## Meditation



Lessons in bringing mindfulness to your everyday routines

Sleep better, feel happier, increase creativity and improve brain function. Meditation can do all of this and more, whilst helping you deal with the stresses of everyday life. Learn how to bring mindfulness into your everyday routine with Lorraine from Welcoming Wellness, and create better balance in your life.

Wear comfortable clothing and bring an exercise mat, light blanket and pad/paper for writing notes.

**Tuesday, 4 October, 7pm to 8pm**

**Tuesday, 11 October, 7pm to 8pm**

**Tuesday, 18 October, 7pm to 8pm**

**Tuesday, 25 October, 7pm to 8pm**

Essendon Maribyrnong Park Ladies Cricket Pavilion  
Aberfeldie Park, Tilba Street, Aberfeldie

Limited places – bookings essential



## Girls Make Your Move workshop



It's not about ability, and it's not about perfection – being active makes you feel good and it's fun. Young women experience a number of barriers that prevent them from being active. Research identifies that the fear of being judged or ridiculed is a key barrier for young women wishing to be physically active.

Join in this engaging workshop and hear from inspiring women in sport. Hear their stories and find out about opportunities for being active in your area. There will be healthy and delicious afternoon snacks and a mindfulness activity to get you in the right frame of mind. What are you waiting for? Come on girls, make your move!

**Thursday, 6 October, 4.30pm to 6.30pm**

Ascot Vale Leisure Centre  
Corner of Lang's and Epsom Road, Ascot Vale

For girls aged 13 to 18

Limited places – bookings essential



# Special events

Outdoor activities may be cancelled in the event of inclement weather. Join the facebook event for updates.

## Family fun day

Experience a fun filled day for all ages at this pop up event at East Keilor Leisure Centre. Take on the giant rock climbing wall, have your face painted or pick up some tricks at our free circus program. Join in the soccer skills workshops on the soccer pitch or play with equipment from the Active Utility. This is a day for the whole family to enjoy with something for all ages.

**Saturday, 8 October, 11am to 2pm**

East Keilor Leisure Centre  
Quinn Grove, Keilor East



## Food for your mood



Did you know that your state of mind is closely related to the foods you eat? Do you want to know how to improve your mood by choosing the right foods? On World Mental Health Day, join Luke Daley from Daley Nutrition at this informative session to help you choose the foods that will brighten your spirits, boost your mood and give you the energy you need to live every day to the fullest!

**Monday, 10 October, 6.30pm to 7.30pm**

Moonee Valley Civic Centre  
9 Kellaway Avenue, Moonee Ponds

Limited places – bookings essential

**BOOK NOW**





## Masters self defence



Do you want to feel safer and more secure going about your everyday life, doing things like taking a walk or getting out of an evening? In this class you can arm yourself with the skills and knowledge to enable you to feel safe to go about your day to day activities.

To celebrate the 2016 Seniors Festival, Fighting Lyons will show you how to strengthen yourself and become more prepared with this informative workshop. Invite your friends and catch up for a cuppa afterwards at the on-site café at Crown Street Stables.

**Thursday, 13 October, 10.30am to 11.30am**

Coronet Park (outside Crown Street Stables)  
Crown Street, Flemington

Class will be moved to inside Crown Street Stables in the case of inclement weather.

## Women's only learn to run



Are you dreaming of completing your first 5km run? Can't seem to run for longer than five minutes? Then this welcoming, all abilities, non-judgmental and WOMEN ONLY running class is for you. Ashlee Chatfield from The Well Life Project will guide you through correct running techniques to help you learn to run without pain and reduce your risk of injury. You don't have to be fast, you just have to move. Bring a friend, or make a new one, and find your inner runner with the support and knowledge of a coach to help you reach your goals.

**Wednesday, 19 October, meet at 7pm**

**Wednesday, 26 October, meet at 7pm**

**Wednesday, 2 November, meet at 7pm**

**Wednesday, 9 November, meet at 7pm**

Afton Street Reserve car park  
Corner the Boulevard and Afton Street, Aberfeldie

## Posture perfect



The way we sit can drastically affect our lifestyle. Do you want to overcome your aches and pains? Do you want to improve your work and exercise performance? Learn to use stretches and strengthening exercises to get your body feeling more relaxed. Join Nez from Nezfite Personal Training to learn about good posture and how you can improve yours in your everyday life!

**Thursday, 20 October, 12.30pm to 1.30pm**

**Thursday, 10 November, 12.30pm to 1.30pm**

Moonee Valley Civic Centre  
9 Kellaway Avenue, Moonee Ponds

Limited places – bookings essential



## Special events

Outdoor activities may be cancelled in the event of inclement weather. Join the facebook event for updates.

### Girls Auskick

What better way for girls aged 5 to 12 years to experience AFL, than to get involved in an Auskick session for girls only? Learn the fundamentals of kicking, handballing, marking and other skills in a safe and fun environment with fully qualified coaches. With the growth of interest in female football this is an ideal way to introduce younger girls to the game and the skills involved. Come on girls, make your move!

**Monday, 24 October, 5.30pm to 6.30pm**

**Monday, 14 November, 5.30pm to 6.30pm**

**Monday, 21 November, 5.30pm to 6.30pm**

Essendon Auskick  
Aberfeldie Park West  
The Boulevard, Aberfeldie

### I don't like cricket, I love it!

Ever wanted to play ladies cricket but not sure where to start? The Essendon Maribyrnong Park Ladies Cricket Club want you to join them and Australian players for a fun afternoon to give it a go. Bowl a few overs with stars of women's cricket and be inspired to get involved. While you are there, meet other players and check out the new pavilion contributing to the success of women's sport in Moonee Valley. What are you waiting for?

**Thursday, 27 October, 5pm to 6pm**

Essendon Maribyrnong Park Ladies Cricket Pavilion  
Aberfeldie Park, Tilba Street, Aberfeldie

### Orienteering

Ever wanted to go on an adventure in your own neighbourhood? Orienteering is a fun activity where all ages and abilities can participate together. Wear some comfy shoes and join members of Tuckonie Orienteering Club at the start location, where you will receive a map to take you on an adventure through Moonee Valley.

**Tuesday, 25 October, 6.45pm to 8pm**

Gladstone Street, Moonee Ponds  
(opposite the car park)

**Tuesday, 15 November, 6.45pm to 8pm**

Woodlands Park, Corner Woodland Street  
and Carnarvon Road, Strathmore





## Celebrate Children's Week at Essendon Traffic School

Children's Week celebrates the right of children to enjoy childhood and what better place to celebrate than the iconic Essendon Traffic School. The kids can enjoy a fun and safe riding experience and the whole family can enjoy a free sausage sizzle, or pack your own picnic. Bring your own bike or use ours, special needs tricycles are also available for use.

**Friday, 28 October, 4pm to 7pm**

Essendon Traffic School

Corner Albion and Lawson Streets, Essendon

3 x 1 hour riding sessions are available at 4pm, 5pm, and 6pm

Maximum 30 riders per session

**Bookings essential**



## Junior Rangers explore Napier Park

Junior Rangers will discover rainbow lorikeets and ladybugs along with native plants and other wildlife as they embark on an adventure through Napier Park. If your little ones are born to explore and love nature then this is the event for you.

Meet at the playground in Napier Park, pick up a Junior Rangers kit, and start exploring. Council Rangers will be on hand to answer any questions your curious explorers may have!

Junior Rangers also help to spread the words of a clever little fellow called Zac: 'To save the ducks, don't feed them'. Find out why this is important for the health of our birdlife by watching this 1 minute animation.

**Tuesday, 8 November, 9.30am to 11.30am**

Napier Park (meet at the playground)

Noble Avenue, Strathmore



## Special events

Outdoor activities may be cancelled in the event of inclement weather. Join the facebook event for updates.

### Dance Hour



Do you love to dance? Are you looking for somewhere to let your hair down? Join in on these fun and unique sessions with Dance Hour where you choose your style, pace and rhythm to music that will make you want to move! Low lighting means you don't need to feel self-conscious, so you can dance like no one is watching. Wear whatever you want to dance in!

**Thursday, 17 November, 7.15pm to 8.15pm**

**Thursday, 24 November, 7.15pm to 8.15pm**

Essendon Baptist Church  
136 Buckley Street, Essendon

### Skate workshop



Ever wanted to learn how to ride a skateboard but weren't game or didn't own a board? This fun workshop is for all ages, genders and skill levels. Join Ownlife qualified instructors to enjoy your first skateboard experience, or learn some new skills. Boards and helmets supplied for 20 people, or bring your own. Registration form to be filled in on the day.

**Saturday, 19 November, 10am to 1pm**

Rosehill Skate Park  
Rosehill Road, East Keilor



### Weave jam in the park



#### Supporting the One Million Stars to End Violence Project

Gather your friends and discover the joy of combining a simple craft activity with making a difference at this weave jam. Woven stars from all over the world will come together in one large installation at Gold Coast 2018 Commonwealth Games. This simple weaving activity is suitable for all ages. Check out this simple video to find out how it's done, then join us for morning tea as we help demonstrate a more peaceful society, one star at time. All materials supplied.

**Friday, 25 November, 10am to 12noon**

Lincoln Park, near the playground  
Lincoln Road, Essendon



## Special Offers

**WE'VE SET YOU UP WITH A GREAT RANGE OF SPECIAL OFFERS EXCLUSIVE TO ACTIVE8 MEMBERS! CHECK THESE OUT TO MAKE THE MOST OF ACTIVE8 DURING OCTOBER AND NOVEMBER.**

### Bounce

## BOUNCE

Hangar 4, 236 Wirraway Road, Essendon Fields

Enjoy two for one entry\* to Bounce at Essendon Fields using the promo code ActiveMV when booking online for sessions from 1 October to 29 October.

\*2 for 1 valid on all Monday to Friday general admission, student and junior jumper sessions. Terms and conditions apply.

### Essendon Traffic School

Corner Albion and Lawson Streets, Essendon

Head down to the Essendon Traffic School to give the kids a free, fun and educational riding experience. Valid on any Saturday for the duration of Active8. Visit our website for details on how to enjoy free entry.

It is recommended to arrive early as each session accommodates only 30 children. Entry is strictly on a first come, first served basis.

### The Centre for Mind and Movement

Level 6 / 641 Mt. Alexander Road, Moonee Ponds



The Centre for Mind and Movement are pleased to offer all Active8 participants one free trial class to any Pilates mat class or meditation group class. View their timetable for dates and times, contact them direct on 9370 1888 and mention Active8 to book your free class.

Please note free trial is subject to availability at the time of booking. One free class per participant.

### Fun2Move Family Fitness

Avondale Heights and Niddrie

Get active, healthy and fit with the whole family. Enjoy a free family group fitness session and a free Pilates class. Contact Giuseppe or Ania and mention Active8 to book your free class today.



# Get active

**THERE ARE MANY WAYS TO GET ACTIVE IN MOONEE VALLEY, HERE ARE SOME IDEAS TO GET YOU MOVING!**

## Sports clubs

Thinking of starting a new sport or joining a club? Why not visit one of our local clubs to try a new sport or activity. Get in touch today to find out how to join a training session or visit a club, to see if it's right for you. Visit our community directory to find your local club or group.

## Moonee Valley Athletics Centre

The Moonee Valley Athletics Centre is the perfect place to visit for a casual workout. You can walk, jog or run around the track, or try out the long jump or triple jump. Access to the centre is only restricted when a booking has been made. To see if it's available visit our online booking calendar.

## Community centres

Council's community centres run a range of low cost active programs for all ages, abilities and levels of fitness. There is Yoga, Zumba, gentle exercise and engaging kids programs, just to name a few. Get in touch with your local centre directly to find out more about their upcoming programs.

**Bowes Avenue Community Centre**  
27–31 Bowes Avenue, Airport West

Call 8325 1890 or email [bowesavcc@mvcc.vic.gov.au](mailto:bowesavcc@mvcc.vic.gov.au)

**Flemington Community Centre**  
25 Mt Alexander Road, Flemington

Call 8325 1800 or email [fcc@mvcc.vic.gov.au](mailto:fcc@mvcc.vic.gov.au)

## Youth Services

Moonee Valley Youth Services works with young people, 12–25 years of age, who live, work, study or hang out in Moonee Valley and run events and activities. Like us on facebook to stay up to date with ways to get active in the community.

## Join a playgroup

Playgroups provide parents and caregivers with the opportunity to meet new people, gain support and exchange parenting ideas. The emphasis is on fun and friendship, and joining a playgroup will provide you with more opportunity to meet new people and be active together. Visit our website for more information.

## The Active Utility

Look out for our Active Utility in parks and gardens over the summer months. Follow Council on Facebook to find out where we will be once the mercury heats up.



## My Smart Garden

Getting out in the garden and the community is a great way to get active. Growing your own garden can do more than just provide tasty produce – gardening can improve health, save money and even boost your mood. Sign up to My Smart Garden today. It's a free program that will help you grow food, shelter your home from the sun and wind, create homes for local wildlife, use water wisely and recycle wastes.

## Riverside Golf and Tennis Centre

Enjoy the fantastic facilities Riverside has to offer 7 days a week with casual visits, multi passes and memberships available. You will find a 44 bay undercover and floodlit driving range, nine-hole golf course, netball courts and 12 tennis courts – there is something for everyone to enjoy. Visit our website for more information.

## Walking and cycling

Walking and cycling are great ways to get active. Visit our website for information on walking and cycling in Moonee Valley.

## Walk to school in October

VicHealth's Walk to School month is a free, easy and fun way for kids to get active this October. Victorian primary students are encouraged to walk, ride or scoot to and from school to kick-start healthy walking habits that can lead to good health for life. Primary schools and students can sign up to track their achievements throughout October and be in the running for fantastic prizes.

Visit our website for more information.

## Healthy ageing exercise programs

Council offers a range of affordable classes to improve the health and wellbeing of senior residents. These classes are a fun way to exercise, stay active and meet new friends. Sessions are held at neighbourhood and community centres across Moonee Valley. Visit our website to find out more about accessing these programs.

## Men's Shed

The Moonee Valley Men's Sheds are fully equipped workshops where both skilled and unskilled men and women can share time together and enjoy the great sense of accomplishment associated with producing quality products from a variety of materials. Find out more about joining your local Men's Shed today.

## Senior's Festival

Our masters will find lots of events and activities to keep them active during Senior's Week this October. Visit our website to find out more.



**JOIN TODAY**  
[mvcc.vic.gov.au/active8](http://mvcc.vic.gov.au/active8)

**Moonee Valley Language Line**

<b>عربي</b>	Arabic	9280 0738	<b>Ελληνικά</b>	Greek	9280 0741	<b>Español</b>	Spanish	9280 0744
<b>中文</b>	Cantonese	9280 0739	<b>Italiano</b>	Italian	9280 0742	<b>Türkçe</b>	Turkish	9280 0745
<b>Hrvatski</b>	Croatian	9280 0740	<b>Somali</b>	Somali	9280 0743	<b>Việt-ngữ</b>	Vietnamese	9280 0746

All other languages 9280 0747

National Relay Service 133 677 or [iprelay.com.au](http://iprelay.com.au)

**Moonee Valley City Council**  
9 Kellaway Avenue | PO Box 126 Moonee Ponds VIC 3039  
Telephone 03 9243 8888 | Facsimile 03 9377 2100  
Email [council@mvcc.vic.gov.au](mailto:council@mvcc.vic.gov.au) | Website [mvcc.vic.gov.au](http://mvcc.vic.gov.au)

