

**FEMALE FRIENDLY FACILITIES – MOORABOOL SHIRE INDEX**

AFL

Bacchus Marsh Football Club – *Maddingley Park – Senior Womens – 18+*

Bacchus Marsh Junior Football Club – *Maddingley Park – U11 (Mixed team), U14*

[Bacchus Marsh Football & Netball Club Inc GB Forestry Cobras | Maddingley VIC | Facebook](https://www.facebook.com/profile.php?id=100063709534360)

Darley Football Club – *Darley Hub – Senior Womens – 18+*

Darley Junior Football Club – *Darley Hub – U15*

[Home - Darley Football Netbal Club (darleyfnc.com.au)](https://darleyfnc.com.au/)

Auskick *– Darley Park – 6-11 years; Maddingley Park – 6-11 years*

[Auskick at Darley | Facebook](https://www.facebook.com/darleyauskick/)

[Bacchus Marsh Cobras Auskick Centre | Facebook](https://www.facebook.com/Bacchus-Marsh-Cobras-Auskick-Centre-650632565062755/)

Cricket

Bacchus Marsh Cricket Club – *Maddingley Park – Senior Womens (18+), U13, U15, U18*

[Bacchus Marsh Cricket Club](http://www.bacchusmarsh.vic.cricket.com.au/)

Darley Cricket Club – *Darley Hub – Senior Womens (18+)*

[Darley Cricket Club](http://www.darley.vic.cricket.com.au/)

Soccer

Bacchus Marsh Soccer Club – *BMRRR – Senior Womens (18+), Junior (12-18 years)*

[Bacchus Marsh Soccer Club - Scorpions | Bacchus Marsh VIC | Facebook](https://www.facebook.com/BMsoccerClub)

Netball

Bacchus Marsh Netball Club – *Maddingley Park – Grades A-E, U11, U13, U15, U17, U19*

[Bacchus Marsh Football & Netball Club Inc GB Forestry Cobras | Maddingley VIC | Facebook](https://www.facebook.com/profile.php?id=100063709534360)

Darley Netball Club – *Darley Park – Grades A-E, U11, U13, U15, U17, U19*

[Home - Darley Football Netbal Club (darleyfnc.com.au)](https://darleyfnc.com.au/)

Bacchus Marsh Netball Association – *Bacchus Marsh Leisure Centre*

[Bacchus Marsh Netball Association | Bacchus Marsh VIC | Facebook](https://www.facebook.com/bacchusmarshna/)

Tennis

Bacchus Marsh Tennis Club – *Maddingley Park*

[ClubSpark / Bacchus Marsh Lawn Tennis Club / Bacchus Marsh Lawn Tennis Club- Bacchus Marsh| Tennis Australia](https://play.tennis.com.au/bacchusmarshlawntennisclub)

Golf

Bacchus Marsh West Golf Club – *Maddingley*

Green fees - $15-$23

[Ballarat District Golf Inc - Bacchus Marsh West Golf Club (bdga.com.au)](https://www.bdga.com.au/index.php/our-clubs-list/7-bacchus-marsh-west-golf-club)

Bacchus Marsh Golf Club *– Darley*

Junior and Senior membership opportunities available.

[Golf Membership - Bacchus Marsh Golf Club (bmgolf.com.au)](https://www.bmgolf.com.au/golf-membership/#1454644189829-9d8b184c-8ccd)

Ballan Golf Club

Various membership options available – ranging from $225-$400.

Green fees - $20 per round.

[Ballan Golf Club - Home](https://ballangolfclub.com/)

Little Athletics

Bacchus Marsh Little Athletics Club – *located in* *Bacchus Marsh*

Operates October-March, weekly sessions.

<http://www.bacchusmarshlittleathletics.org.au/>

Running/Walking

Peppertree parkrun – *Peppertree Park, Bacchus Marsh*

Free timed 5km walk/run – Saturday mornings at 8am.

<https://www.parkrun.com.au/peppertree/>

Bacchus Marsh Running Club – *Bacchus Marsh and* *Darley*

Membership options available ranging from $20 (junior), $60 (adult) and family ($110). All memberships include personal accident insurance.

<http://www.bmrc.com.au/>

Gymnasiums

Anytime Fitness – 24-hour gym. Personal Training available. *Located Bacchus Marsh ($17-20 per week depending on membership).*

<https://www.anytimefitness.com.au/?gclid=EAIaIQobChMInIPEr5yT-wIVY5JmAh2AQQYUEAAYASAAEgI2APD_BwE>

Shape It Fitness – 24-hour gym. Personal Training available. *Located Maddingley*

[SHAPE It Fitness | Bacchus Marsh VIC | Facebook](https://www.facebook.com/ShapeItFitnessbacchusmarsh)

F45 Training – 45-minute, high intensity sessions. Cardio, Resistance and strength orientated. *Located Maddingley. $45 per week.*

[*https://f45training.com.au/bacchusmarsh/home?lang=en-au*](https://f45training.com.au/bacchusmarsh/home?lang=en-au)

Art of Training – Strength and conditioning (junior and senior), Muay Thai (junior and senior), Mixed Martial Arts (senior). All mixed genders in classes.

Strength and Conditioning – 6 days per week (morning and night), Juniors (5-7, 8+ years) - Twice a week.

MuayThai – 6 days per week, Juniors – 4 days per week. Juniors (5-7, 8-13 years). Mixed Martial Arts – twice a week.

Junior Prices - $23 (one session per week), $27.50 (two sessions per week), $35 (Unlimited).

Adult Prices - $35 (two classes per week, 25% discount on sauna use), $45 (Unlimited, 25% discount on sauna use), $100 (Unlimited, x1 Personal Training session per week).

*Art of Training located in Maddingley*

[*https://www.artoftraining.com.au/*](https://www.artoftraining.com.au/)

Royale Fitness – Personal Training (online), Pilates (online), CrossFit, Gymnasium, weight lifting etc. *Located Maddingley - $20 for casual visits.*

[*https://royalefitness.com.au/*](https://royalefitness.com.au/)

Ultimate Conditioning Health and Fitness – Youth Athletic Development, Strength and Conditioning - $40-62 per week. *Located Maddingley*

[*https://www.ultimate-conditioning.com.au/*](https://www.ultimate-conditioning.com.au/)

CrossFit 3340 – Strength and Endurance, Functional Fitness ($33.40 per week), CrossFit ($43 per week) CrossFit Kids and Teens ($15-35 per week), Gym, Personal Training ($35-65 per week) – *Located Maddingley*

[*https://www.crossfit3340.com.au/*](https://www.crossfit3340.com.au/)

Restor Fitness – 24/7 gym. Personal Training available. *Located Maddingley - $50 (1 month), $150 (3 months), $275 (6 months), $550 (annual).*

[*https://restorfitness.com.au/*](https://restorfitness.com.au/)

KFT Fitness – Group Fitness Studio. Les Mills (pump, spin, boxing classes) - *Located Bacchus Marsh - $60 per week for 12 weeks or $699 up front. $10 per 45-minute class.*

[KFT Fitness | Facebook](https://www.facebook.com/kftfitness/)

Phoenix Training Centre – Brazilian Jiu Jitsu, Karate and Krav Maga (self defence). Adults, kids and teens. *Located Maddingley*

[*https://phoenixtrainingcentre.com.au/*](https://phoenixtrainingcentre.com.au/)

Snap Fitness\* (Coming Soon) - *Located Maddingley*

<https://snapnation.com.au/presale-platinum/maddingley/?gclid=EAIaIQobChMI17uQv6GT-wIVgzUrCh3MFw-zEAAYASAAEgJpgfD_BwE>

Swimming

Bacchus Marsh Outdoor Pool

Ballan Outdoor Pool

\*Both outdoor pools are opened December-March in the summer months and cost $5.50 for a child and $6.50 for adults.

<https://www.moorabool.vic.gov.au/Services-and-support/Sport-and-recreation/Leisure-facilities>

Paul Sadler Swimland – Swimming lessons for babies to 3-year-olds ($22.90 per lesson), Learn to Swim program for 3+ years ($22.90), Aqua Aerobics (Monthly to Lesson Block options $80 for unlimited classes per month) and Adult Learn to Swim programs. *Located Darley*

[*https://www.paulsadlerswimland.com/locations-contact/bacchus-marsh/*](https://www.paulsadlerswimland.com/locations-contact/bacchus-marsh/)

Saltwater Swim Schools\* (coming soon) - *Located Maddingley*

<https://saltwaterswim.com.au/>

Yoga/Pilates - *Located Bacchus Marsh and Darley*

Chi Kin Yoga and Pilates – Casual Class ($20), x2 per week ($30), x6 per week ($100), x6 week workshop ($100). *Located Bacchus Marsh*

[*https://www.chikinyoga.com.au/*](https://www.chikinyoga.com.au/)

Bacchus Marsh Pilates – Monthly ($150-$250) and Annual ($25-$370) membership packs. *Located Darley*

[*https://www.bacchusmarshpilates.com/*](https://www.bacchusmarshpilates.com/)

PIYO Studios – Casual passes ($28-$380) and Unlimited memberships ($60 per week) available. *Located Darley*

[*https://piyostudios.com.au/*](https://piyostudios.com.au/)

New Leaf Yoga – Bacchus Marsh and Ballan – Adults/Teens/Kids, Casual $20 per class.

<https://www.newleafyoga.com.au/>

Gymnastics/Calisthenics/Dance

BK’s Gymnastics Bacchus Marsh – Gymnastics (1-17 years) - *Located Darley - $15-25 per person approx.*

[*https://www.bkgymswim.com.au/gymnastics/?utm\_source=google&utm\_medium=cpc&utm\_campaign=free\_tour\_bacchus\_marsh&gclid=EAIaIQobChMIjqrX8qKT-wIV1H8rCh3sJQX5EAAYASAAEgJHnPD\_BwE*](https://www.bkgymswim.com.au/gymnastics/?utm_source=google&utm_medium=cpc&utm_campaign=free_tour_bacchus_marsh&gclid=EAIaIQobChMIjqrX8qKT-wIV1H8rCh3sJQX5EAAYASAAEgJHnPD_BwE)

Dream Entertainment Studios – Ballet, Jazz, Hip Hop etc plus cheerleading. Jumpin’ Jaks is a program designed for 18 month to 3-year-olds and their parents/carers promoting coordination, motor skills, flexibility etc. There are also programs aimed at children under six years old, miniature versions of the adult dance classes. *Located Maddingley*

[*https://www.dreamentertainmentstudios.com/classes-1*](https://www.dreamentertainmentstudios.com/classes-1)

Mystical Rose Belly Dance - *Located Maddingley - $130 for eight weeks.*

[*https://mysticalrosebellydance.com.au/*](https://mysticalrosebellydance.com.au/)

Girl Guides - Bacchus Marsh - *Darley*

<https://dosomethingnearyou.com.au/cause/bacchus-marsh-blossom-ivy-rainbow-girl-guides/>

Scouts (both girls & boys) - 5-25 years Bacchus Marsh *(Darley)* & Ballan

<https://scoutsvictoria.com.au/location/BACCHUS-MARSH/>

<https://www.1stballanscouts.com.au/>

Other

CWA – Country Women’s Association Bacchus Marsh *(Darley)* & Ballan

<https://www.moorabool.vic.gov.au/Services-and-support/House-property-and-pets/Directory/Country-Womens-Association-CWA-Bacchus-Marsh-Branch>

<https://cwaballan.wixsite.com/cwaballan>

Inspiring Potential Life - Women’s Circles( Monthly) - *Darley Neighbourhood House* - $25 per person/per circle. Each month Circle has a different theme and activities.

<https://www.inspiringpotentiallife.com.au/>