

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](#)

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

Darley Junior Football Club – *Darley Hub – U15*

[Home - Darley Football Netbal Club \(darleyfnc.com.au\)](#)

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

[Auskick at Darley | Facebook](#)

[Bacchus Marsh Cobras Auskick Centre | Facebook](#)

Cricket

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

[Bacchus Marsh Cricket Club](#)

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

[Darley Cricket Club](#)

Soccer

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

[Bacchus Marsh Soccer Club - Scorpions | Bacchus Marsh VIC | Facebook](#)

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](#)

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

[Home - Darley Football Netbal Club \(darleyfnc.com.au\)](#)

Bacchus Marsh Netball Association – *Bacchus Marsh Leisure Centre*

[Bacchus Marsh Netball Association | Bacchus Marsh VIC | Facebook](#)

Tennis

Bacchus Marsh Tennis Club – *Maddingley Park*

[ClubSpark / Bacchus Marsh Lawn Tennis Club / Bacchus Marsh Lawn Tennis Club- Bacchus Marsh | Tennis Australia](#)

Golf

Bacchus Marsh West Golf Club – *Maddingley*

Green fees - \$15-\$23

[Ballarat District Golf Inc - Bacchus Marsh West Golf Club \(bdga.com.au\)](http://bdga.com.au)

Bacchus Marsh Golf Club – *Darley*

Junior and Senior membership opportunities available.

[Golf Membership - Bacchus Marsh Golf Club \(bmgolf.com.au\)](http://bmgolf.com.au)

Ballan Golf Club

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

Green fees - \$20 per round.

[Ballan Golf Club - Home](#)

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=EAlalQobChMIInlP5yT-wlVY5JmAh2AQQYUEAAAYASAAEgI2APD_BwE

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

[SHAPE It Fitness | Bacchus Marsh VIC | Facebook](#)

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>

Mint Fitness_ Caters to all levels & needs. Group Training, One on One and now Mat Pilates Class. Available to adults of any age, & kids.

[Home | Mint Fitness Studio](#)

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

[Royale Fitness - Bacchus Marsh | Bacchus Marsh VIC | Facebook](#)

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

<https://www.ultimate-conditioning.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/>

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](#)

Pumpt Personal Training Consultants- Personal training service.

[Pumpt Personal Training Consultants | Bacchus Marsh VIC | Facebook](#)

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

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

Snap Fitness- – 24/7 gym. Personal Training available. *Located Maddingley*

[Maddingley - Snap Fitness Australia](#)

Martial Arts/ Self-defence training

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/>

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/>

Saltwater Swim Schools- – Swimming lessons for babies to 3-year-olds (term fees vary), Aqua Aerobics (10 pack \$135 or Casual \$15 per session) and Adult Learn to Swim programs (term fees vary). Wellness swimming (Casual sessions \$7.50 and concession is \$5.50. Kids (Under 12): Current students at Saltwater Swim School – \$3 Non-students: \$4). *Located Maddingley*

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

Yoga/Pilates - Located Bacchus Marsh and Darley

Chi Kin Yoga and Pilates – Casual Class (\$22), x2 per week (\$34), x6 per week (\$105), x6 week workshop parents + babies (\$105). *Located Bacchus Marsh*

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

Bacchus Marsh Pilates – Weekly (\$37-62), Monthly (\$148-\$248) and Annual (\$26-\$370) membership packs. *Located Darley*

<https://www.bacchusmarshpilates.com/>

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

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

New Leaf Yoga – Ballan – Adults/Teens/Kids, Casual \$20 per class. Classes available online and in studio.

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

Gymnastics/Calisthenics/Dance

BK's Gymnastics Bacchus Marsh – Gymnastics (1-17 years) - *Located Darley* - \$15-25 per person approx. Swim School (6 months- 5 years+ and adult classes).

https://www.bkgymswim.com.au/gymnastics/?utm_source=google&utm_medium=cpc&utm_campaign=free_tour_bacchus_marsh&qclid=EAlaIQobChMIjqrX8qKT-wIV1H8rCh3sJQX5EAAYASAAEqJHnPD_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>

Mystical Rose Belly Dance - *Located Maddingley - \$180 per term, casual pass \$25 per session*)

<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>