



Reclink Australia

Melton Program





Melton Programs

- Monday – Sunday Gym and Swim program
- Slaughton College After school soccer (Monday)
- Zumba/ Yoga (3 Sessions a week)
- Indian Culture Dance (2 sessions a week)
- Djerriwarrh Community College multi-sport
- Bacchus Marsh Basketball
- Ten Pin Bowling
- Special Hoops (basketball)
- Slaughton College after school Basketball (Friday)
- Young people’s Club
- Pop-up Sports like school holidays tenpin, soccer clinic, footy.
- Since January 2023, Reclink has been delivering 11 programs per week in Melton region plus 7 days swim and gym access.





Melton YPC group

Young People's Club

Young People's Club Reclink program provides sport and recreation opportunities to some of our community's young people.

The group is open to people of all genders, ages and cultural groups. This group provides a safe space for young people to socialise with young people through dance, sports activities, social games and other social conversations.

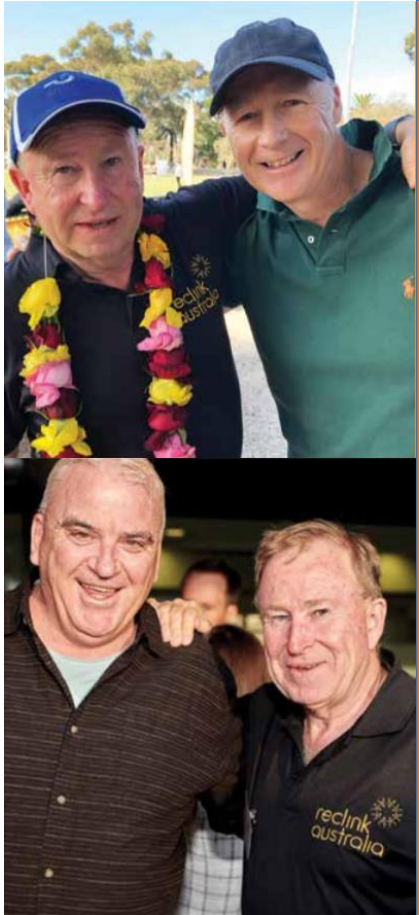
YPC participated in a Community dance competition hosted by Hopper's Crossing Youth Centre and came back victorious, bringing the trophy back to Melton!







Who is Reclink?



Reclink Australia provides evidence-based sport and art programs to disadvantaged Australians to create socially inclusive, life-changing opportunities.

In partnership with more than 450 community organisations, Reclink Australia's programs create pathways to improved health and wellbeing, education and employment outcomes for all participants.

Reclink Australia provides and promotes over 11,000 sport, recreation and arts activities involving 105,000 participation opportunities to disadvantaged communities throughout Australia each year.

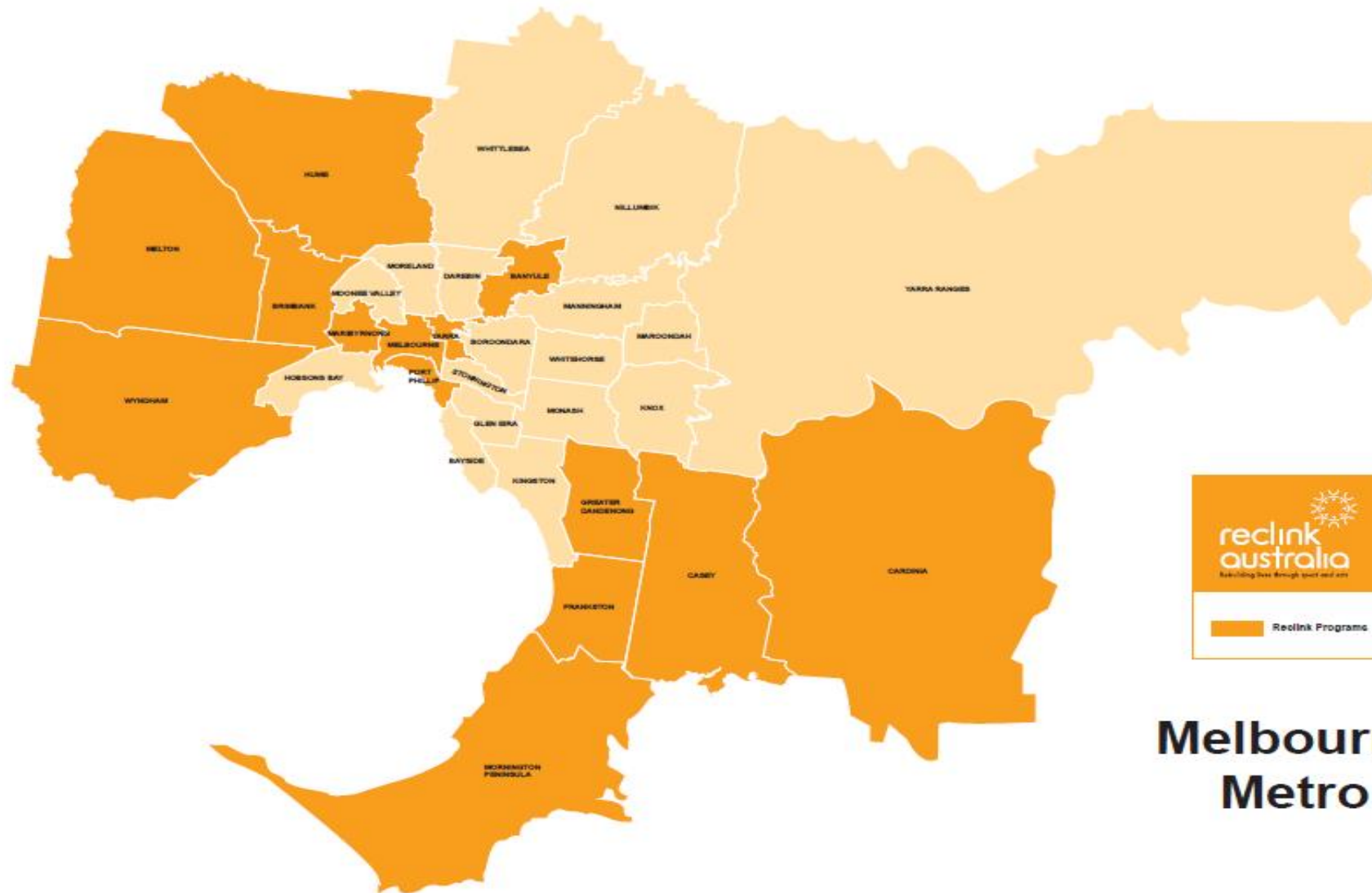


Why we exist?

Reclink Australia appointed La Trobe University to undertake a 4 year longitudinal study of the Reclink programs.

The Latrobe University Report highlighted the following social and health benefits for participants:

1. Breaking down the barriers to isolation
2. Assist in establishing and maintaining friendships
3. Alleviate boredom
4. Development of self-esteem and confidence
5. Provide a sense of community
6. Acquiring life skills to increase employment opportunities



Melbourne Metro





Reclink Connect Online Schedule

What is Reclink Connect?

Reclink Connect is an online program designed to provide recreational activities and social connections for isolated or remote participants.

Launched during COVID-19 pandemic, it has since become an integral part of Reclink's ongoing National engagement strategy.

How to stay informed?

A weekly schedule of classes is distributed via newsletter. This is the best way to stay informed about the program. Email mart.hintsa@reclink.org to subscribe to the newsletter.

WEEKLY PLANNER AEST TIMES

MONDAY

9:00am: Tai Chi with Phil
9:45am: Yoga with Ellie
10:30am: DanceFit with Sophie
12:30pm: Pilates with Jess

TUESDAY

9:00am: Tai Chi with Phil
10:00am: Zumba with Claire
11:00am: Chair Yoga with Claire
1:00pm: EXPRESS Chair Yoga with Elizabeth

WEDNESDAY

10:00am: Salsation with Alfredo
1:00pm: Chair Yoga with Claire
3:00pm: Tai Chi with Phil

THURSDAY

11:15am Chair Yoga with Ellie
12:00pm DanceFit with Sophie
12:30pm Pilates with Jess
3:00pm Tai Chi with Phil

FRIDAY

10:00am Gentle Exercise with Claire
3:00pm Tai Chi with Phil



reclink
connect



**reclink
australia**
TIMETABLE
City of MELTON

For bookings or enquiries
contact:

FoFo Nshimirimana
Sports Coordinator
0478 770 992

fofo.nshimirimana@reclink.org

Marta Hintsa
Senior Sports Coordinator
0428 980 303
marta.hintsa@reclink.org

*** Please contact for more
information

	MON	TUES	WED	THURS	FRI
Morning	Gym & Swim 5:00am-9:00pm Melton Waves Leisure Centre Leisure :- 9747 4333	Gym & Swim 5:00am-9:00pm Melton Waves Leisure Centre Leisure :- 9747 4333	Gym & Swim 5:00am-9:00pm Melton Waves Leisure Centre Leisure :- 9747 4333	Gym & Swim 5:00am-9:00pm Melton Waves Leisure Centre Leisure :- 9747 4333	Gym & Swim 5:00am-9:00pm Melton Waves Leisure Centre Leisure :- 9747 4333
Afternoon	Slaughton College (after school Soccer) 3:10pm-5:00pm Slaughton Secondary Collage	Djerriwarrh Community College (multi sport lunchtime) 12:20pm-1:10pm Ten Pin Bowling 1:00pm-3:00pm Xplosions Bar & Bow FoFo :- 0478 770 992 Baccus Marsh BASKETBALL 4:00pm-5:30pm Baccus Marsh Leisure Centre Emily :- 0402 374 563			Special Hoops 4:00pm-5:30pm Cobblebank Stadium Emily:- 0402 374 563 FoFo:- 0478 770 992 Slaughton College (after school basketball) 3:10pm-5:00pm Slaughton Secondary College
Evening	Zumba/Yoga 6:00pm-8:00pm Aintree Community Centre Sister Society (culture dance) 6:00pm-8:00pm Aintree Community Centre			Sister Society (culture dance) 5:00pm-7:30pm Aintree Community Centre Sister Society (culture dance) 6:00pm-8:00pm Aintree Community Centre	YPC Melton (young people's club) 5:00pm-9:00pm CMY Zumba/Yoga 6:00pm-8:00pm Aintree Community Centre Sister Society (culture dance) 6:00pm-8:00pm Aintree Community Centre

Contacts and Social Media

- Fofu Nshimirimana – Melton Sports Coordinator
fofo.Nshimirimana@reclink.org
- Marta Hintsa – Senior Sports Coordinator – West Metro
marta.hintsa@reclink.org
- **Website:** <https://reclink.org/>
- **Facebook:**
<https://www.facebook.com/ReclinkAustralia>
- <https://www.facebook.com/ReclinkGippslandRegion>
- **YouTube:**
<https://www.youtube.com/channel/UCa05AkvAamuNntcQGJwsdQg>

