

‘Move It’ into spring with new program

Residents are being encouraged to get out and about and be active in City of Marion parks and reserves with the return of several *Move It* program activities.

Move it is a partnership program between Cities of Marion, Mitcham and Holdfast Bay to assist local communities to discover new public open places to 'move it', in their local area.

Among the new programs returning in spring is *Move It – Outdoor Fitness* with a session coming up at Scarborough Terrace Reserve in Dover Gardens this Monday, October 24, starting 10 am.

Move It – Discovery Walks are also back with a Hallett Cove Board Walk on Monday morning, October 31.

Participants will be meeting at the Boatshed Café 1A Heron Way, Hallett Cove, at 10am. This guided walk is scheduled to take an hour and people are asked to make a gold coin donation.

The *Come N'Try KinderGym* is on the move to an outdoor location at Hendrie Street Reserve (behind Marion Outdoor Pool) with the next session scheduled 10 am to 11am, Monday, October 24.

Organised in partnership with Gymnastics SA, this program is designed for children aged two to five years to develop their motor skills, coordination, and confidence.

Residents can also wind down their week with *Move It Tai Chi Amongst the Trees* at Oaklands Wetland Reserve every Friday 10 am to 11 am. Cost: Gold coin donation.

And *Move It Aqua Zumba* is held at the Marion Outdoor Pool on Thursdays from 7:30 am to 8:15 am. Cost: \$7 per session

Bookings are essential for all Move It sessions. To register your interest and to find out more about other Move It activities head to [Move It | City of Marion](#)

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