

FREE

Join the fun with healthy HOBART.

2024 AUTUMN – WINTER PROGRAM

30 April – 27 September 2024

ACTIVITIES
FOR THE
WHOLE
FAMILY

FULL
SCHEDULE
ON THE BACK
OF THIS
POSTER

51 FREE
SESSIONS
IN HOBART'S
PARKS, RESERVES
AND VENUES.

Being healthy is more fun and easier than ever with the City of Hobart's free community program, **Healthy Hobart**. Come along to any of the **51 FREE** sessions happening in Hobart's parks, reserves and venues. Sessions are suitable for all ages and abilities. It's the perfect way to try out activities your family can enjoy and connect with local organisations for **FREE**. See the back of this poster for the schedule and visit hobartcity.com.au/healthyhobart to register, or call **62 382 135** for more information.

Project management by

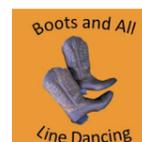


**HEALTHY
TASMANIA**

www.healthytasmania.com.au



City of **HOBART**



COVID-19 INFORMATION

To ensure the safety of yourself and others please visit www.coronavirus.tas.gov.au for up-to-date guidelines and recommendations.

WHEN	TIME	WHAT	LOCATION
Tuesday 30 April	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 3 May	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 7 May	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 10 May	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 14 May	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 17 May	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 18 May	Session 1: 1 – 1.55 pm Session 2: 2.05 – 3 pm	Archery *BOOKINGS REQUIRED (2 sessions)	251 Gilwell Drive, Kingston (The LEA)
Tuesday 21 May	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 24 May	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 28 May	5.30 – 6.30pm	Yoga	Criterion House (beside the flower room and behind Playhouse Theatre)
Friday 31 May	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 2 June	10.00 – 11.00am	Boots and All Line Dancing	Mathers Place (upstairs room), Bathurst St
Tuesday 4 June	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 7 June	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 11 June	5.30 – 6.30pm	Yoga	Elizabeth St Conference Room (access via Town Hall carpark)
Friday 14 June	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 16 June	12.30 – 1.15pm	Tai Chi	Princes Park (topside), Battery Square, Battery Point
Tuesday 18 June	5.30 – 6.30pm	Yoga	Criterion House (beside the flower room and behind Playhouse Theatre)
Friday 21 June	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 23 June	12.30 – 1.15pm	Tai Chi	Princes Park (topside), Battery Square, Battery Point
Tuesday 25 June	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 28 June	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 30 June	12.30 – 1.15pm	Tai Chi	Princes Park (topside), Battery Square, Battery Point
Tuesday 2 July	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 5 July	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 7 July	12.30 – 1.15pm	Tai Chi	Princes Park (topside), Battery Square, Battery Point
Tuesday 23 July	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 26 July	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 28 July	Session 1: 10.00am Session 2: 11.00am	Pickleball *BOOKINGS REQUIRED (2 sessions)	Swisherr Hoops, 103 Melville St, Hobart
Tuesday 30 July	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 2 August	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 6 August	5.30 – 6.30pm	Yoga	Elizabeth St Conference Room (access via Town Hall carpark)
Friday 9 August	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 10 August	10.15 – 11 am	Deep-water Aqua Aerobics	Doone Kennedy Hobart Aquatic Centre
Tuesday 13 August	5.30 – 6.30pm	Yoga	Criterion House (beside the flower room and behind Playhouse Theatre)
Friday 16 August	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 20 August	5.30 – 6.30pm	Yoga	Criterion House (beside the flower room and behind Playhouse Theatre)
Friday 23 August	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 27 August	5.30 – 6.30pm	Yoga	Elizabeth St Conference Room (access via Town Hall carpark)
Friday 30 August	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 3 September	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 6 September	9.30 – 10.15am	Healthy Kids: Fairy Storytime Ballet	Lenah Valley Community Hall
Sunday 8 September	10.00 – 11.30am	Croquet	Sandy Bay Croquet Club, 4 Long Point Road, Sandy Bay
Tuesday 10 September	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 13 September	9.30 – 10.15am	Healthy Kids: Fairy Storytime Ballet	Lenah Valley Community Hall
Tuesday 17 September	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 20 September	9.30 – 10.15am	Healthy Kids: Fairy Storytime Ballet	Lenah Valley Community Hall
Tuesday 24 September	5.30 – 6.30pm	Yoga	Waterside Pavilion
Friday 27 September	9.30 – 10.15am	Healthy Kids: Fairy Storytime Ballet	Lenah Valley Community Hall

Healthy Kids Dance sessions:

45-minute 'active dance play' activities that may include dance warm up, dance with ribbons, hula hoop freestyle, freeze dancing, parachutes, obstacles and a dance follow the leader conga line. Join in for some fun and learn new ideas to get your kids active in your home, community or school.

PLEASE NOTE: it is essential that carers and parents join in the activities with the children.

Yoga Sessions:

Please bring your own mat or towel. No experience required.

Archery:

Bookings are required as spaces are limited. To book please register through the "I'm In" by Healthy Tasmania app.

Pickleball:

Bookings are required as spaces are limited. For ages 5 and over. To book please register through the "I'm In" by Healthy Tasmania app.

Line Dancing:

A program by Bucaan Community House. No partner required. Age recommendation for line dancing is 5 years old and over. Please consider your child's ability to engage physically and socially with the group. Please note Bathurst Street is closed for the Farm Gate Markets on Sundays.

Croquet

Croquet is a low impact, gentle sport suitable for all ages. It is social, requires strategic thinking and is great fun to play, on the lovely lawns at Sandown. Please note participants must wear flat soft soled shoes - e.g. joggers to be allowed on facility lawns.

Deep-water Aqua Aerobics

Deep-water aqua aerobics is held in the dive pool (heated to 28 degrees) and offer exercises with no impact. For those aged 11 and up, it suits all fitness levels and is excellent for rehabilitation. You can wear a flotation belt, so there's no need to worry about being in deep water, but you do need basic swimming skills

You can register for Healthy Hobart in one of three ways:

1. Fill in your details just ONCE by downloading and registering on the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone along to each session. We'll show you the rest!
2. Register online at hobartcity.com.au/healthyhobart for individual events.
3. Complete a paper-based form at the session.

If you are having trouble booking or not tech savy, call 62 382 135

Returning or used 'I'm In' before?

- Log into 'I'm In' to choose the Healthy Hobart session(s) you wish to attend and then bring your phone along to each one.



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