

FREE

# Join the fun with healthy HOBART.

## 2025 AUTUMN – WINTER PROGRAM

29 April – 26 September 2025



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](http://hobartcity.com.au/healthyhobart) to register, or call **62 382 135** for more information.

Project management by



**HEALTHY  
TASMANIA**

[www.healthytasmania.com.au](http://www.healthytasmania.com.au)



City of **HOBART**



WHEN	TIME	WHAT	LOCATION
Tuesday 29 April	5.30 – 6.30 pm	Yoga	Waterside Pavilion
Friday 2 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 6 May	5.30 – 6.30 pm	Yoga	Waterside Pavilion
Friday 9 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 13 May	5.30 – 6.30 pm	Yoga	Waterside Pavilion
Friday 16 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 17 May</b> Two sessions available:	<b>Session 1: 1 – 1.55 pm</b> <b>Session 2: 2 – 2.55 pm</b>	<b>Archery</b>	<b>251 Gilwell Drive, Kingston (The LEA)</b>
Tuesday 20 May	5.30 – 6.30 pm	Yoga	Waterside Pavilion
Friday 23 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 25 May</b>	<b>2–3 pm</b>	<b>Latin Dance</b>	<b>Lenah Valley Community Hall</b>
Tuesday 27 May	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 30 May	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 1 June</b>	<b>2–3 pm</b>	<b>Scottish Country Dancing</b>	<b>Pat Murnane Memorial Hall</b>
Tuesday 3 June	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 6 June	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 10 June	5.30 – 6.30 pm	Yoga	Criterion House
Friday 13 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 15 June</b>	<b>2–3 pm</b>	<b>Latin Dance</b>	<b>Lenah Valley Community Hall</b>
Tuesday 17 June	5.30 – 6.30 pm	Yoga	Criterion House
Friday 20 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 22 June</b>	<b>2–3 pm</b>	<b>Scottish Country Dancing</b>	<b>Lenah Valley Community Hall</b>
Tuesday 24 June	5.30 – 6.30 pm	Yoga	Criterion House
Friday 27 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 29 June</b>	<b>2–3 pm</b>	<b>Latin Dance</b>	<b>Lenah Valley Community Hall</b>
Tuesday 1 July	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 4 July	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>SCHOOL HOLIDAYS MON 7 – FRI 18 JULY</b>			
Tuesday 22 July	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 25 July	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 29 July	5.30–6.30 pm	Yoga	Criterion House
Friday 1 August	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 2 August</b>	<b>10–11 am</b>	<b>Line Dancing</b>	<b>Town Hall</b>
Tuesday 5 August	5.30–6.30 pm	Yoga	Elizabeth Street Conference Room
Friday 8 August	9.30–10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 10 August</b> Two sessions available:	<b>Session 1: 9.45–10.45 am</b> <b>Session 2: 11.00–12.00 pm</b>	<b>Pickleball</b>	<b>Badminton Hobart, 101 Cascade Road, South Hobart *BOOKINGS REQUIRED</b>
Tuesday 12 August	5.30–6.30 pm	Yoga	Criterion House
Friday 15 August	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 19 August	5.30–6.30 pm	Yoga	Criterion House
Friday 22 August	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 26 August	5.30–6.30 pm	Yoga	Criterion House
Friday 29 August	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 2 September	5.30–6.30 pm	Yoga	Elizabeth Street Conference Room
Friday 5 September	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 9 September	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 12 September	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 14 September</b>	<b>10–11.30 am</b>	<b>Mountain Bike Trail Ride</b>	<b>Pipeline Track, Fern Tree *BOOKINGS REQUIRED</b>
Tuesday 16 September	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 19 September	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 23 September	5.30–6.30 pm	Yoga	Waterside Pavilion
Friday 26 September	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>SCHOOL HOLIDAYS MON 29 SEPTEMBER – FRI 10 OCTOBER</b>			

**Healthy Kids Dance sessions:** 45-minute ‘active dance play’ activities for under 5s. Join in for some fun and learn new ideas to get your kids active in your home, community or school. 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.

**Pickleball:** Bookings are required as spaces are limited. To book please register through the “I’m In” by Healthy Tasmania app.

**Mountain Bike Trail Ride:** Riders will need basic bike handling skills. Bookings are required as spaces are limited. Please register through the “I’m In” by Healthy Tasmania app.

**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](http://hobartcity.com.au/healthyhobart) for individual events.

3. Complete a paper-based form at the session.

If you are having trouble making a booking contact: [admin@healthytasmania.com.au](mailto:admin@healthytasmania.com.au)

**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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