

FREE

# Join the fun with healthy HOBART.

## 2024–25 SPRING–SUMMER PROGRAM

22 October 2024–5 April 2025



ACTIVITIES  
FOR THE  
WHOLE  
FAMILY

FULL  
SCHEDULE  
ON THE BACK  
OF THIS  
POSTER

39 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 **39 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**



**donne dreaming**  
creating spaces for  
our potential to flourish



**COVID-19 INFORMATION**

To ensure the safety of yourself and others please visit [www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au) for up-to-date guidelines and recommendations.

WHEN	TIME	WHAT	LOCATION
Tuesday 22 October	5.30–6.30 pm	Yoga	St David's Park
Tuesday 29 October	5.30–6.30 pm	Yoga	St David's Park
Friday 1 November	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 5 November	5.30–6.30 pm	Yoga	St David's Park
Friday 8 November	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 10 November</b>	<b>12.30–1.15 pm</b>	<b>Qi Gong</b>	<b>Salamanca Lawns</b>
Tuesday 12 November	5.30–6.30 pm	Yoga	St David's Park
Friday 15 November	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 19 November	5.30–6.30 pm	Yoga	St David's Park
Friday 22 November	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 23 November (Two sessions)</b>	<b>Session 1: 12.30–1.30 pm Session 2: 1.30–2.30 pm</b>	<b>Archery</b>	<b>251 Gilwell Drive, Kingston (The LEA) *BOOKINGS REQUIRED</b>
<b>Sunday 24 November</b>	<b>12.30–1.15 pm</b>	<b>Qi Gong</b>	<b>Salamanca Lawns</b>
Tuesday 26 November	5.30–6.30 pm	Yoga	St David's Park
Friday 29 November	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 1 December</b>	<b>10.30–12 pm</b>	<b>Pétanque</b>	<b>Corner of Long Point Rd and Beach Rd, Sandown Park, Lower Sandy Bay</b>
Tuesday 3 December	5.30–6.30 pm	Yoga	St David's Park
Friday 6 December	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Sunday 8 December</b>	<b>12.30–1.15 pm</b>	<b>Qi Gong</b>	<b>Salamanca Lawns</b>
<b>CHRISTMAS/ NEW YEAR HOLIDAY BREAK</b>			
Tuesday 11 February	5.30–6.30 pm	Yoga	St David's Park
Friday 14 February	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 15 February</b>	<b>10.00–11.00 am</b>	<b>Boots and All Line-Dancing</b>	<b>City Hall</b>
Tuesday 18 February	5.30–6.30 pm	Yoga	St David's Park
Friday 21 February	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 22 February</b>	<b>10.00–11.00 am</b>	<b>Tennis</b>	<b>Domain Tennis Centre</b>
Tuesday 25 February	5.30–6.30 pm	Yoga	St David's Park
Friday 28 February	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 1 March</b>	<b>10.00–11.00 am</b>	<b>Tennis</b>	<b>Domain Tennis Centre</b>
Tuesday 4 March	5.30–6.30 pm	Yoga	St David's Park
Friday 7 March	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 15 March</b>	<b>10.00–11.00 am</b>	<b>Tennis</b>	<b>Domain Tennis Centre</b>
<b>Sunday 16 March (Two sessions)</b>	<b>Session 1: 9.30–10.30 am Session 2: 10.30–11.30 am</b>	<b>Stand Up Paddleboard</b>	<b>Long Beach, Sandy Bay *BOOKINGS REQUIRED</b>
Tuesday 11 March	5.30–6.30 pm	Yoga	St David's Park
Friday 14 March	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 18 March	5.30–6.30 pm	Yoga	St David's Park
Friday 21 March	9.30–10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
<b>Saturday 22 March</b>	<b>10.00–11.00 am</b>	<b>Tennis</b>	<b>Domain Tennis Centre</b>
<b>Saturday 5 April</b>	<b>10.00–11.00 am</b>	<b>Boots and All Line-Dancing</b>	<b>City Hall</b>

**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.

**Pétanque:**

Pétanque is a quick and easy sport to learn. For ages 7 and over. Participants must wear closed toe footwear.

**Line Dancing:**

A program by Bucaan Community House. No partner required. For ages 5 and over. Please consider your child's ability to engage physically and socially with the group.

**Stand Up Paddleboarding:**

Bookings are required as spaces are limited. For ages 8 and over. To book 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 booking or not tech savvy, call 0424 955 447**

**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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