

FREE

# Join the fun with healthy HOBART.

## OUR BIGGEST PROGRAM EVER

25 October 2020 – 21 March 2021



40 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 **40 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 for the schedule and visit [hobartcity.com.au/healthyhobart](http://hobartcity.com.au/healthyhobart) to register, or call **03 6238 2956** for more information.

Project management by



**HEALTHY  
TASMANIA**

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



City of **HOBART**



**COVID-19 INFORMATION**

To ensure the safety of yourself and others, please do not attend this program if you:

- have Covid-19
- have been instructed to quarantine and your 14 days hasn't expired
- are unwell, with fever (or night sweats/chills) or respiratory symptoms

| WHEN                  | TIME  | WHAT                  | LOCATION  |
|-----------------------|---|-----------------------|---|
| Sunday 25 October     | Two sessions available:<br>10.30–11.30 am and 11.30 am–12.30 pm | Sailing               | 23 Marieville Esplanade, Sandy Bay<br>BOOKINGS REQUIRED   |
| Tuesday 27 October    | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 30 October     | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 3 November    | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 6 November     | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 10 November   | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 13 November    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 17 November   | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 20 November    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Saturday 21 November  | 8.00–9.00 am  | Yoga                  | Salamanca Lawns, Salamanca  |
| Sunday 22 November    | 10.00–11.30 am  | Croquet               | Sandy Bay Croquet Club, 4 Long Point Road   |
| Tuesday 24 November   | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 27 November    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Saturday 28 November  | 8.00–9.00 am  | Yoga                  | Salamanca Lawns, Salamanca  |
| Tuesday 1 December    | 6.00–7.00 pm  | Yoga                  | Town Hall, Macquarie St, Hobart   |
| Friday 4 December     | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| <b>XMAS/ NEW YEAR</b> |   |                       |   |
| Sunday 31 January     | Two sessions available:<br>10.30–11.30 am and 11.30 am–12.30 pm | Sailing               | 23 Marieville Esplanade, Sandy Bay<br>BOOKINGS REQUIRED   |
| Tuesday 9 February    | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 11 February  | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 12 February    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 16 February   | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 18 February  | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 19 February    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Sunday 21 February    | Two sessions available:<br>10.00–11.00 am & 12.00–1.00 pm       | Mountain Biking (MTB) | Tolmans Hill Park, Corner of Woodcutters Road and Old Proctors Road, Tolmans Hill.<br>BOOKINGS REQUIRED |
| Tuesday 23 February   | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 25 February  | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 26 February    | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 2 March       | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 4 March      | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 5 March        | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 9 March       | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 11 March     | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 12 March       | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Tuesday 16 March      | 5.45–6.45 pm  | Yoga                  | St David's Park, Hobart   |
| Thursday 18 March     | 12.30–1.15 pm   | Tai Chi               | Franklin Square, Macquarie St, Hobart   |
| Friday 19 March       | 9.30–10.15 am   | Healthy Kids: Dance   | Sandown Pavilion, Sandown Avenue, Sandy Bay   |
| Sunday 21 March       | 1.30–3.00 pm  | Kite Flying           | Regatta Grounds, Hobart   |

Healthy Kids DANCE sessions offer 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, parents and teachers join in the activities with the children.**

- Please bring your own mat or towel to the yoga sessions.
- (for the Sailing session) Bookings required as spots limited.
- (for the Mountain Biking) Bookings required to reserve a bike. Please bring your own helmet.
- For all bookings, call or email Hayden on 0438 386 025 or [hayden.fox@healthytasmania.com.au](mailto:hayden.fox@healthytasmania.com.au).

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

1. Fill in your details just once by downloading the "I'm In" by Healthy Tasmania phone app available on iOS and Android. Then simply bring your phone along to a session and scan the QR code on your phone with the session coordinator's phone. Note: If you already have the app, please check you have the most recent update.
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.

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