

FREE

# Join the fun with healthy HOBART.

## 2023 – 2024 SPRING/SUMMER PROGRAM

24 October 2023 – 26 March 2024

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 **03 6238 2895** 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 24 October	5.30 – 6.30pm	Yoga	St David's Park
Friday 27 October	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 31 October	5.30 – 6.30pm	Yoga	St David's Park
Friday 3 November	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 7 November	5.30 – 6.30pm	Yoga	St David's Park
Friday 10 November	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 11 November	Two sessions available: Session 1: 1 – 1.55pm Session 2: 2 – 2.55pm	Archery	251 Gilwell Drive, Kingston (The LEA) <b>*BOOKINGS REQUIRED</b>
Tuesday 14 November	5.30 – 6.30pm	Yoga	St David's Park
Friday 17 November	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 21 November	5.30 – 6.30pm	Yoga	Mawson's Waterside Pavilion, Argyle St
Friday 24 November	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 28 November	5.30 – 6.30pm	Yoga	Mawson's Waterside Pavilion, Argyle St
Friday 1 December	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 2 December	10.00 – 11.30am	Surf Lifesaving	Long Beach, Sandy Bay
<b>CHRISTMAS/ NEW YEAR HOLIDAY BREAK</b>			
Friday 9 February	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 13 February	5.30 – 6.30pm	Yoga	St David's Park
Friday 16 February	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 18 February	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 20 February	5.30 – 6.30pm	Yoga	St David's Park
Friday 23 February	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 25 February	10.00am – 11.00am	Ultimate Frisbee	Cornelian Bay Oval (Bell Street end)
Sunday 25 February	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 27 February	5.30 – 6.30pm	Yoga	St David's Park
Friday 1 March	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 3 March	Two sessions available: Session 1: 10.00 – 10.55am Session 2: 11 – 11.55am	Pickleball	Darcy Street Courts, 42 Darcy Street, South Hobart <b>*BOOKINGS REQUIRED</b>
Sunday 3 March	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 5 March	5.30 – 6.30pm	Yoga	St David's Park
Wednesday 6 March	3.30 – 6pm	Orienteering	Domain Athletics Centre carpark, Queen's Domain
Friday 8 March	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 10 March	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 12 March	5.30 – 6.30pm	Yoga	St David's Park
Friday 15 March	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 17 March	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 19 March	5.30 – 6.30pm	Yoga	St David's Park
Friday 22 March	9.30 – 10.15am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 24 March	12.30 – 1.15pm	Tai Chi	Salamanca Lawns
Tuesday 26 March	5.30 – 6.30pm	Yoga	St David's Park

### 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

Pickleball is the world's fastest-growing sport and it is spreading quickly across Tasmania. Here is your chance to learn the basics and get yourself started. 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.

### 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](https://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 62 382 895**

### 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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