

FREE

Join the fun with healthy HOBART.

2026 AUTUMN–WINTER PROGRAM

5 May – 28 September 2026



ACTIVITIES
FOR THE
WHOLE
FAMILY

FULL
SCHEDULE
ON THE BACK
OF THIS
POSTER

47 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**. Join any of the **47 FREE** sessions delivered across Hobart's parks, reserves and community venues.

Sessions are suitable for all ages and abilities, making it the perfect opportunity to try activities your whole family can enjoy and to connect with local organisations — all at no cost.

See the back of this poster for the full schedule.

To register, visit hobartcity.com.au/healthyhobart. For more information, call **6238 2135** or visit the **Healthy Hobart Facebook page**.



City of **HOBART**



WHEN	TIME	WHAT	LOCATION
Tuesday 5 May	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 8 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 12 May	5.30 – 6.30 pm	Yoga	Elizabeth St Conference Room
Friday 15 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 19 May	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 22 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 24 May	2.00 – 3.00 pm	Latin Dance	Lenah Valley Community Hall
Tuesday 26 May	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 29 May	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 30 May	Session one 1.00 – 1.55 pm Session two 2.00 – 2.55 pm	Archery	251 Gillwell Drive (The LEA) Bookings required
Tuesday 2 June	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 5 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 9 June	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 12 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Saturday 13 June	11.00 am – 12.00 pm	Line Dancing	Town Hall, entrance off Macquarie Street
Tuesday 16 June	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 19 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 21 June	2.00 – 3.00 pm	Scottish Country Dancing	Lenah Valley Community Hall
Tuesday 23 June	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 26 June	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 28 June	11.00 am – 12.30 pm	Lawn Bowls	Buckingham Bowls Club, St Johns Ave New Town
Tuesday 30 June	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 3 July	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 7 July	5.30 – 6.30 pm	Yoga	Elizabeth St Conference Room
Friday 10 July	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 28 July	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 31 July	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 2 August	2.00 – 3.00 pm	Latin Dance	Lenah Valley Community Hall
Tuesday 4 August	5.30 – 6.30 pm	Yoga	Elizabeth St Conference Room
Friday 7 August	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 9 August	2.00 – 3.00 pm	Scottish Country Dancing	Pat Murnane Hall, Lenah Valley
Tuesday 11 August	5.30 – 6.30 pm	Yoga	Elizabeth St Conference Room
Friday 14 August	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 18 August	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 21 August	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 25 August	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 28 August	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 1 September	5.30 – 6.30 pm	Yoga	Lower Mathers House
Friday 4 September	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 8 September	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 11 September	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Sunday 13 September	11.00 – 12.30 pm	Lawn Bowls	Buckingham Bowls Club, St Johns Ave New Town
Tuesday 15 September	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 18 September	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 22 September	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place
Friday 25 September	9.30 – 10.15 am	Healthy Kids: Dance	Lenah Valley Community Hall
Tuesday 29 September	5.30 – 6.30 pm	Yoga	Waterside Pavilion, Mawsons Place

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 register your interest please go to hobartcity.com.au/healthy-hobart-eoi

Line Dancing:

Enjoy Line Dancing with Boots and All. This program requires no partner and is suitable for ages 5 and over. Participants should be able to engage physically and socially in a group environment.

Lawn Bowls:

Lawn bowls is all about relaxing and enjoying the outdoors. Make sure you’re wearing comfortable flat-soled shoes, and don’t forget a hat and sunscreen for sun protection.

Scottish Country Dancing:

Enjoy the music, movement and tradition of Scottish Country Dancing. Comfortable clothing and soft-soled shoes are recommended.

Latin Dance:

Latin Dance is lively and expressive—wear comfortable clothing and suitable shoes so you can dance freely.

How to register

Most of our activities operate on a “just show up” basis. Some activities have limited numbers and require bookings. Archery does require a booking. To register for archery, please submit an Expression of Interest at hobartcity.com.au/healthy-hobart-eoi

