

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2026 Dry Season

Get Into Golf

Join us for a fun, social and beginner-friendly weekly golf program.

For adults of all ages and fitness levels, these sessions focus on gentle movement, basic golf skills and enjoying the outdoors during the Dry Season.

Delivered by friendly, accredited coaches, this relaxed program promotes physical activity, mental wellbeing and social connection.

No experience or equipment needed – everything is provided!

A great way to stay active and healthy while trying something new.

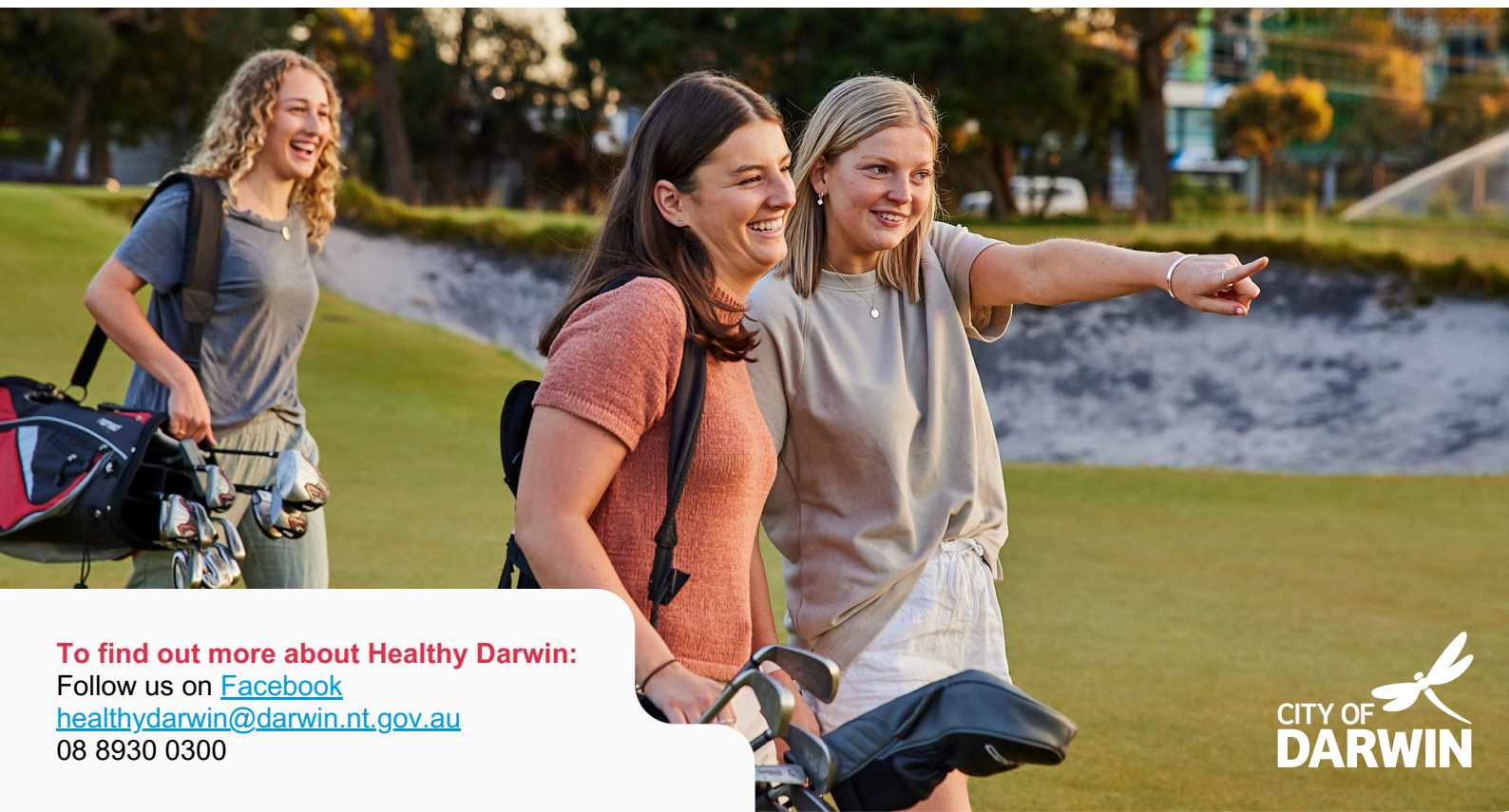
Mondays x 8 01 June - 27 July
(excluding 08 June King's Birthday Public Holiday)
5:30pm - 6:30pm
Gardens Park Golf Links 1 Chin Quan Rd, The Gardens

★ **Bookings required!**
Contact: Brodie - Golf Australia NT
P - 0498 631 983
E - brodie.morcom@golf.org.au



To find out more about this activity,
contact the instructor directly.

Only \$10 per session!



To find out more about Healthy Darwin:
Follow us on [Facebook](#)
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