

# HEALTHY DARWIN

## 2026-27 Wet Season Healthy Lifestyle Workshops & Short Courses

### Get Into Golf

Join us for a fun, social and beginner-friendly weekly golf program at Gardens Park Golf Links.

Designed for adults of all ages and fitness levels, these 45min - one-hour sessions focus on gentle movement, basic golf skills and enjoying the outdoors during the Wet Season.

No experience or equipment needed – everything is provided!

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

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

**Mondays x 8** 28 Sept – 16 Nov

5:30 pm - 6:30 pm

Gardens Park Golf Links

1 Chin Quan Rd, The Gardens

★ **Bookings required!**

Instructor: Brodie - Golf Australia NT

P - 0498 631 983

E - [brodie.morcom@golf.org.au](mailto: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:

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08 8930 0300

