FREE and low-cost activities to help you be informed, get moving and stay connected.

WET SEASON PROGRAM
OCTOBER 2019 - MARCH 2020
Healthy Darwin is all about getting the people of Darwin active and living a healthy lifestyle. The program is packed with low-cost activities for everyone and is a great chance to connect with other members of the local community.

**How to get involved**
- check out the calendar and find some activities that suit you
- call the instructor if a booking is required

Remember, sessions cater for all ages and fitness levels, and our trained instructors will help you feel comfortable and welcome.

In this booklet you will find activities subsidised by Council as well as a wide range of affordable activities provided by health and exercise professionals.

**What to bring?**
- comfortable clothes and shoes
- drink bottle
- towel
- hat and sunscreen for outdoor activities

**Remember...**
If any of the following apply to you, check with your doctor first before starting any exercise program:
- a history of high blood pressure, heart trouble, diabetes or any other medical issues
- more than 30 years of age and have not been exercising at all and have not had a medical check in the past 12 months
- are overweight

*Stay up to date online at [darwin.nt.gov.au/healthydarwin](http://darwin.nt.gov.au/healthydarwin)*
be informed

Workshops and Learning for the Mind

Get out and get active around Darwin.

Healthy Darwin is bringing a mix of workshops and information sessions that will help you learn more about staying healthy in your body, mind and soul. It’s all about taking control of your health.
Workshops for a Healthy & Happy Life

Health is not all about exercise - making healthy lifestyle choices and looking after your mental health is an important part of a healthy lifestyle. Our nutrition workshops will give you the tools and knowledge to grow your own fresh fruit and vegetables, cook healthy fresh food and make healthy food choices. All sessions are interactive!

### Supermarket Tours

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 October 2019</td>
<td>1:00-3:00pm</td>
<td>Woolworths Leanyer</td>
<td>Hibiscus Shoppingtown</td>
<td>FREE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Casurina Community Care Centre</td>
<td>8922 7301</td>
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</tbody>
</table>

Want to know how to make healthier food choices? A supermarket tour helps you learn how to identify the healthier food products as well as how to read nutritional information panels. Participants get a work booklet and health-related resources to take home.

### Healthy Eating Workshop

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 October 2019</td>
<td>10:00-11:00am</td>
<td>Casurina Community Care Centre</td>
<td>Multipurpose Room</td>
<td>Casurina</td>
</tr>
<tr>
<td></td>
<td></td>
<td>258 Trower Road, Casuarina</td>
<td></td>
<td>FREE</td>
</tr>
</tbody>
</table>

Learn how to read nutrition information panels and make healthier food choices. A qualified Dietitian will guide you through how to understand the nutritional information on food packaging, and discuss ideas and easy tricks to healthy eating on a budget.

### Meditation Course (6 weeks)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>16 October - 20 November 2019</td>
<td>6:30-7:30pm</td>
<td>3 Gribble Court, Cullen Bay</td>
<td>Balance For Life - Carole</td>
<td>$5* per session</td>
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<tr>
<td></td>
<td></td>
<td><a href="mailto:info@balanceforlife.com.au">info@balanceforlife.com.au</a></td>
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</table>

Together we will explore meditation practices, turning our attention inwards by inviting our minds to observe the breath. You will be invited to observe thoughts without judgement, creating a sense of ease in the mind and body, and finish with deep relaxation to leave you fully at calm, relaxed and renewed. All equipment provided; however, you may wish to bring your own yoga mat. No experience needed.

*Subsidised by the Healthy Darwin Program*
Learn a New Skill

Learning a new skill is a great way to stay both mentally and physically fit.

Women’s-Only Swimming With Confidence course
Fri 5:30-6:30pm
07 February - 27 March 2020

Haileybury Rendall School
(formerly Kormilda College)
6057 Berrimah Road, Berrimah

Bookings essential!
Petah petah001@gmail.com or text
0409 399 001

$5* (includes pool fee) per session

Participants will learn the basics of freestyle swimming: balance, streamline body position, kicking, stroking of the arms, and breathing. This is not a ‘lap swimming’ program.
Come and get active, learn a skill and have some fun with a group of like-minded women in a relaxed and social setting.
Weekly participation is recommended for skills development and class continuity.

* Subsidised by the Healthy Darwin Program
get moving

Fitness and Exercise

Get out and get active around Darwin

Healthy Darwin has teamed up with exercise providers and clubs to give you the chance to try a mix of low-cost activities. No matter your age, fitness level or interests, we think we have something to get you moving. Activities are held each week on the specified day, unless otherwise stated.
# Walking

Walking is one of the best activities you can do for health, fitness and weight-loss benefits. It’s free, social and can be done just about anywhere. Joining a walking group gives you the chance to get to know the beautiful open spaces in your local area and at the same time reduce your risk of developing heart disease.

<table>
<thead>
<tr>
<th>Walking Group</th>
<th>Location</th>
<th>Contact Details</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Move It Darwin (walk, jog, run)</td>
<td>Greek Orthodox School Oval 17 Chapman Road, Rapid Creek</td>
<td>Healthy Living NT - 8927 8488 <a href="mailto:hpm@healthylivingnt.org.au">hpm@healthylivingnt.org.au</a></td>
<td>FREE*</td>
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<tr>
<td>Mitchell Centre Walking Group</td>
<td>Meet at Mitchell Centre Information Desk, Mitchell St, Darwin</td>
<td>Healthy Darwin - 8930 0419 <a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a></td>
<td>FREE</td>
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* Subsidised by the Healthy Darwin Program

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# Running

Running and walking activities 2-5km with up to 10km some weeks. Held at different locations throughout the Greater Darwin Area each week, run as fast as you want or partake in a 2km fitness walk at your pace. Some events include a BBQ.

<table>
<thead>
<tr>
<th>Running Activity</th>
<th>Location</th>
<th>Contact Details</th>
<th>Fee</th>
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<tbody>
<tr>
<td></td>
<td>Nightcliff Foreshore 342 Casuarina Drive, Rapid Creek</td>
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<tr>
<td>Running &amp; Walking Sessions</td>
<td>Greater Darwin Area</td>
<td>Darwin Runners &amp; Walkers Inc Ian Fullarton 0427 072 976</td>
<td>FREE (annual registration fee applies)</td>
</tr>
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</table>

* Subsidised by the Healthy Darwin Program

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Join a Walking Group!
# Group Fitness

Designated to get you moving. Sessions are energetic and challenging but allow you to go at your own pace.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Kickstart Your Monday</td>
<td>Mon</td>
<td>6:00-6:45am</td>
<td>Darwin High School, Bullocky Point, The Gardens</td>
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<td>InsideOut Fitness</td>
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<td>0400 352 498</td>
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<td><a href="mailto:sue@insideoutfitnessdarwin.com.au">sue@insideoutfitnessdarwin.com.au</a></td>
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<tr>
<td>Boxfit</td>
<td>Mon &amp; Thurs</td>
<td>5:15-6:00pm</td>
<td>Harmony Hall, 44 Patterson St, Malak</td>
<td>Chico’s Fitness</td>
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<tr>
<td>Bootcamp</td>
<td>Wed</td>
<td>5:15-6:00pm</td>
<td>Snap Fitness group fitness room, Shop 5/6, 14 Winnellie Rd, Winnellie</td>
<td>Juggernaut Fitness</td>
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<td><a href="mailto:admin@juggfit.com.au">admin@juggfit.com.au</a></td>
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<tr>
<td>Chair Aerobics</td>
<td>Wed</td>
<td>9:30-10:15am</td>
<td>COTA - Spillett House, 65 Smith Street, Darwin</td>
<td>Sharon</td>
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<td>Bootcamp</td>
<td>Thurs</td>
<td>5:30-6:30pm</td>
<td>East Point Reserve, Coconut Grove</td>
<td>HG Fitness</td>
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<tr>
<td>Bootcamp</td>
<td>Mon &amp; Wed</td>
<td>5:45-6:45pm</td>
<td>Territory Gymnastics Academy, Shed B1, 426 Stuart Highway, Winnellie</td>
<td>Gymnastics NT - Wendy</td>
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<td>8927 9262</td>
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<td></td>
<td>Fri</td>
<td>6:00-7:00am</td>
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* Subsidised by the Healthy Darwin Program

**Sessions designed to get you moving!**

Exercise for the body and mind

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### Boxfit
**Mon & Thurs 5:15-6:00pm**
Boxing and functional training.

### Bootcamp
**Wed 5:15-6:00pm**
Strength and conditioning.

**Thurs 5:30-6:30pm**
Full body conditioning.

**Booty & Core Mon 5:30pm**
Focus on glutes and core.

**REPs Wed 5:30pm**
Weightlifting.

**PunchFit Sat 9:00am**
Punching and core exercises.

### Chair Aerobics
**Wed 9:30-10:15am**
Aerobics for seniors.

### Fitter For Life
**Tues 2:00-3:00pm**
Available from 5 Nov to 28 Jan.

Sessions are tailored to improve mobility, strength, coordination, rehabilitation after injury, or for seniors getting back into activity after a hiatus. The skills developed in the Fitter for Life program are used for common activities such as walking up and down stairs, hanging out the washing, bending down or reaching up into cupboards, and playing with the grandchildren.

* Subsidised by the Healthy Darwin Program
## Group Fitness Cont.

<table>
<thead>
<tr>
<th>Easy Moves for Active Ageing</th>
<th>Regis Tiwi Darwin Day Therapy Centre 11 Creswell St, Tiwi</th>
<th>Regis Aged Care 8920 2430</th>
<th>$7 for 1hr class ($20 initial assessment required)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginners: Mon 10:00, 11:00 Thurs 11:00, Fri 1:00pm</td>
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<tr>
<td>Intermediate: Tues 10:00, Wed 11:00, Fri 1:00pm</td>
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<tr>
<td>Advanced: Mon 1:00pm</td>
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</table>

A safe, gently form of equipment and chair based exercises to maintain strength, flexibility, balance, endurance and general wellbeing.

<table>
<thead>
<tr>
<th>Strong and Stable</th>
<th>Regis Tiwi Darwin Day Therapy Centre 11 Creswell St, Tiwi</th>
<th>Regis Aged Care 8920 2430</th>
<th>$7 for 1hr class ($20 initial assessment required)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 9:00am</td>
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<tr>
<td>Tues 11:00am</td>
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<tr>
<td>Wed 9:00am, 10:00am &amp; 1:00pm</td>
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<tr>
<td>Fri 11:00am</td>
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</tbody>
</table>

Low to medium intensity progressive exercise program individually tailored to improve strength and mobility.

<table>
<thead>
<tr>
<th>Gym Memberships</th>
<th>Darwin City 24/7</th>
<th>fitnessworks NT 24/7</th>
<th>20 visit pass $180 (for new members only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitnessworks NT 24/7</td>
<td>Alawa Nightcliff Cullen Bay</td>
<td><a href="http://www.fitnessworksnt.com.au">www.fitnessworksnt.com.au</a></td>
<td></td>
</tr>
</tbody>
</table>

Short-term gym memberships to use at four locations across Darwin!

<table>
<thead>
<tr>
<th>Intense Cardiovascular Exercise Group Fitness</th>
<th>Casuarina Senior College 61 Parer Dr, Casuarina</th>
<th>Dana - Territory Transformations <a href="mailto:dana.cameron@territorytransformations.com">dana.cameron@territorytransformations.com</a></th>
<th>$19.95 per week (4 sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Tues &amp; Thurs 6:00am</td>
<td></td>
<td>Dana - Territory Transformations <a href="mailto:dana.cameron@territorytransformations.com">dana.cameron@territorytransformations.com</a></td>
<td>$19.95 per week (4 sessions)</td>
</tr>
<tr>
<td>Tues &amp; Thurs 5:45pm</td>
<td></td>
<td>Dana - Territory Transformations <a href="mailto:dana.cameron@territorytransformations.com">dana.cameron@territorytransformations.com</a></td>
<td>$19.95 per week (4 sessions)</td>
</tr>
<tr>
<td>Sat 7:00am</td>
<td></td>
<td>Dana - Territory Transformations <a href="mailto:dana.cameron@territorytransformations.com">dana.cameron@territorytransformations.com</a></td>
<td>$19.95 per week (4 sessions)</td>
</tr>
</tbody>
</table>

Sessions are designed to promote fat loss. Great fitness orientated in a social atmosphere. We train as a group to encourage, motivate and support. All fitness levels are welcome.

* Subsidised by the Healthy Darwin Program
Specialty Classes/Activities

These classes cater for the needs of specific target groups to ensure the best outcomes for health.

**Day to Day Living Program**
**Mon - Fri 9:30am-3:00pm**
Rapid Creek Business Village
Trower Rd, Rapid Creek
TeamHEALTH
8943 9615
FREE
($5 with lunch)

A safe, social environment for people with a psychiatric diagnosis. D2DL provides an activities program with a psychosocial rehabilitation focus. We take referrals from any source.

**MiPlace - Drop-in centre**
**Mon - Fri 9:30am-1:00pm**
2/273 Bagot Road, Coconut Grove
Mental Illness Fellowship of the NT
FREE

MiPlace is a NDIS registered drop-in centre for people living with a mental illness to socialise and participate in group activities. We provide venue and resources for recovery-based activities such as community access, life skill development, arts, crafts, puzzles and gardening and has regular guest speakers to provide information on various topics and lunch is available daily. Activities and times vary and it is advisable to check our monthly calendar for times, or drop in for a cuppa and a chat.

**Osteo Stomp!**
Advanced: Tues 1:00pm, Thurs 10:00am
Advanced Plus: Fri 9:00am
Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi
Regis Aged Care
8920 2430
$7 ($20 initial assessment required)

For those diagnosed with decreased bone density or at risk of developing Osteoporosis. Weight bearing and resistance exercise to maintain bone density and strengthen muscles.

**Parkinson’s Disease Exercise**
Thurs 9:00am
Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi
Regis Aged Care
8920 2430
$7 ($20 initial assessment required)

Promotes safe mobility and independence by encouraging strength and flexibility, balance, good posture, coping skills, strategies for movement and voice control.

MIFANT provides information to support and assist consumers to access NDIS. MIFANT NDIS services include support co-ordination, group-centered activities, development of life skills, life stage / transition assistance, and short term accommodation.
In & On the Water – Aquatic Activities

Water-based activities are low-impact and easy on your joints, yet challenging enough to help you reach new levels of fitness.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Contact Details</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Aqua Aerobics</td>
<td>Casuarina Pool</td>
<td>Audrey - Forever Fitness &amp; Training</td>
<td>$5* (includes pool entry)</td>
</tr>
<tr>
<td>Sun 9:00-10:00am</td>
<td>10 Angelo St, Casuarina</td>
<td><a href="mailto:audleah215@optusnet.com.au">audleah215@optusnet.com.au</a></td>
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<tr>
<td>Aqua STAARS</td>
<td>NT Swim School</td>
<td>Hollie Goodall</td>
<td>$6 (first session FREE)</td>
</tr>
<tr>
<td>Mon, Wed 12:30-1:15pm</td>
<td>12 Caryota Ct, Coconut Grove</td>
<td>0421 500 286</td>
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<tr>
<td>Lighter workout for older adults</td>
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<tr>
<td>Dragon Boating</td>
<td>Cullen Bay</td>
<td>Arafura Dragons Paddling Club</td>
<td>First 3 sessions FREE</td>
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<tr>
<td>Beginner Come and Try</td>
<td>(opposite the ferry terminal)</td>
<td>0417 423 414</td>
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<td>Mon &amp; Thurs 5:15pm</td>
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<tr>
<td>Sat 7:45am</td>
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<tr>
<td>Dragon Boating is a water sport that emphasises the value of working as a team. It is a great way to meet people, have fun, travel and keep fit, with a range of intensities from low-impact to more strenuous workouts. All equipment provided.</td>
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<tr>
<td>Women’s-Only Swimming</td>
<td>Haileybury Rendall School</td>
<td>Bookings essential!</td>
<td>$5* (includes pool fee) per</td>
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<tr>
<td>With Confidence course</td>
<td>(formerly Kormilda College)</td>
<td>Petah <a href="mailto:petah001@gmail.com">petah001@gmail.com</a> or text</td>
<td>session</td>
</tr>
<tr>
<td>Fri 5:30-6:30pm</td>
<td>6057 Berrimah Road, Berrimah</td>
<td>0409 399 001</td>
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<tr>
<td>07 February - 27 March 2020</td>
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<tr>
<td>Participants will learn the basics of freestyle swimming: balance, streamline body position, kicking, stroking of the arms, and breathing. This is not a ‘lap swimming’ program.</td>
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<tr>
<td>Exercise for the body and mind</td>
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* Subsidised by the Healthy Darwin Program
Parents & Bubs

**Mums & Bubs Bellydance**
Tues 10:30-11:30am
starts Tues 15 Oct

These classes are especially for mums with babies looking for a friendly welcoming space to exercise and meet other mums. Babies can be worn in carriers or have mat time as you dance - the class is designed for both. Bellydance offers low-impact, all-over body toning that helps you return to pre-baby fitness levels. No dance experience is necessary and the class can be attended casually (as babies are unpredictable creatures!) Enrolment is essential for the first class you attend.

Jamealah Bellydancers Studio
44 Murrabibbi Street, Leanyer

Bookings essential!
darwinbellydance@gmail.com

$5*

**Aquabooty**
Tues 12:30pm
Thurs 12:00 noon
Fri 12:30pm

Water based fitness for Mums n Bubs in temperature controlled indoor 25m pool. Bubs relax in the float rings while the mums workout!! Limited spaces, bookings in 5-week blocks.

NT Swim School
12 Caryota Court, Coconut Grove.

Bookings essential!
info@hgfitness.com.au

$10 per session if you mention Healthy Darwin (1 session per week)

**Parents & Bubs**
Fri 9:30am

Take in the fresh air and breathtaking views of Nightcliff Foreshore, with exercise intervals along the way.

Meet at Nightcliff Pool
Casuarina Drive, Nightcliff

Nightcliff Pool 0499 931 753
reception.nsp@ymca.org.au

$5

**Pregnancy Yoga**
Sat 11:30am-12:45pm

Pregnancy Yoga is designed to help women prepare for a positive, confident birth. Postures include abdominals, strength work, pelvic floor, hip openers, positive visualisation and relaxation for birth.

Nightcliff Community Centre
18 Bauhinia Street, Nightcliff

Childbirth Education Association Darwin
8948 3043

$48 for 5 class pass

* Subsidised by the Healthy Darwin Program
**Sports**

| Seniors Social Table Tennis | Marrara Sports Precinct Multi Purpose Hall  
10 Abala Road, Marrara | Darwin Table Tennis Assoc.  
DarwinTTA@gmail.com | $5 (+ $30 annual registration) |
<table>
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<tr>
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<tbody>
<tr>
<td><strong>Thurs 9:00-11:00am</strong></td>
<td>These sessions encourage active participation in a sport perfect for hand-eye coordination, keeping active and social participation.</td>
<td></td>
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</tr>
</tbody>
</table>

| Badminton | NT Badminton Centre  
21 Albatross Street, Winnellie | NT Badminton Association  
Monica Beadman  
0439 442 043 | $8 non-members  
$5 members |
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Wed &amp; Fri 9:00-11:00am</strong></td>
<td>Come along and try Badminton in a friendly, social group environment. All new players welcome.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Seniors Squash and Racquetball | Darwin Squash Centre  
6 Marrara Drive, Marrara | Darwin Squash Centre  
info@squashnt.com.au  
8945 7362 | $10 |
<table>
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</thead>
<tbody>
<tr>
<td><strong>Fri 10:30am</strong></td>
<td>A social, fun and modified session that is low impact developed for seniors to keep moving while learning new skills. Focus on hand eye coordination, joint movements and some cardio activity to boost overall health and mental wellbeing.</td>
<td></td>
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</tr>
</tbody>
</table>

| League Bowling | Planet Tenpin  
69 Progress Dr, Nightcliff | Planet Ten Pin  
8985 4416 | $9 |
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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Various days/times</strong></td>
<td>Come and try League Tenpin Bowling. Get regular light exercise in this friendly competition, while meeting new people and having fun.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Cycling

**Come and Try Criterium Training**
**Thurs 5:30-7:00pm**  
Hidden Valley Race Track  
Hidden Valley Rd, Berrimah  
Darwin Cycling Club  
www.darwincyclingclub.com.au  
Gold Coin Donation (+annual membership)

This is a fun, safe place to practice your riding technique, meet other cyclists and increase fitness for events like the Grand Fondo.

**Social Club Rides**
**Sundays (end of each month)**  
Various locations  
Darwin Cycling Club  
www.darwincyclingclub.com.au  
FREE

Social club rides are held around the end of each month and are great for beginners. Information is advertised on the Darwin Cycling Club website and/or Facebook page.

**Track Bike Skills and Training**
**Tues 5:00-7:00pm**  
Velodrome  
55 Old McMillans Rd, Millner  
Darwin Cycling Club  
www.darwincyclingclub.com.au  
FREE (+annual membership)

Great opportunity to train racing skills - improve sprinting, bunch riding and personal confidence for short or long distance.

*Subsidised by the Healthy Darwin Program*
**Dance Fitness & Zumba**

**Mums & Bubs Bellydance**
**Tues 10:30-11:30**
Jamealah Studio
44 Murrabibbi Street, Leanyer

Workshops designed to get mums and bubs exercising and dancing in a welcoming space where babies and kids can join in the fun. Babies can be worn or have mat time, toddlers can dance and play while mums learn some fun belly dance moves that support a return to pre-baby fitness and help tone the body all over. Get fit while socialising with other mums.

**The Jungle Body Konga**
**Tues 6:00-7:00pm**
Anytime Fitness
Stuart Hwy, Stuart Park

An easy-to-follow, high-intensity fusion of boxing, cardio, dance & sculpting. Expect to squat, burpee, sprint & sweat like crazy while some big tunes transport you to your happy place. Whether you are super fit or totally uncoordinated, this class is for you!

**Zumba Fitness**
**Mon 6.00pm**
Anula Primary School
73 Yanyula Dr, Anula

Latin-inspired cardio dance workout that uses music and choreographed steps to create a fitness party atmosphere! 5.30-6.00pm basic step practice, followed by Zumba Fitness class 6.00-7.00pm.

**Zumba Gold**
**Wed 5.30-6.15pm**
COTA - Spillett House
65 Smith Street, Darwin City

A modified version of regular Zumba classes designed for seniors, beginners and other special populations who want to keep active.

**Zumba**
**Wed 6:15-7:00pm**
Harmony Hall
44 Patterson Street, Malak

This fun, medium-to-high intensity dance fitness program incorporates various dance and music styles such as salsa, samba, hip hop and Bollywood to name a few. Caters for all fitness levels and all ages and gender.

**Movement Medicine**
**Sun 10:00-11:00am**
Nightcliff Community Centre
18 Bauhinia St, Nightcliff

**Bookings Essential!**
Myf - Jamealah Bellydancers
0418 850 441

$5

*$ Subsidised by the Healthy Darwin Program

Exercise for the body and mind
Dancing and Musical Things

If the idea of a ‘workout’ or a ‘gym’ is not your style, why not try getting fit the fun way? Get your groove on, enjoy the music and dance yourself to fitness and better wellbeing.

**Disability Physical Exercise and Dance**

**Tues 10:00-11:00am**

A fun, weekly program of exercise for people with a disability with high support needs, focusing on mobility, coordination, dance and drama games, gentle stretch and music.

**Darwin Community Arts**
1 Travers Street Coconut Grove

**Tania**
0439 855 264

**$5* **

**Sing Australia Community Choir**

**Thurs 7:00-9:00pm**

A choir for those who simply enjoy singing. Not auditioned, just sing and have fun together.

**Music Centre, Essington School**
Rossiter St, Rapid Creek

**Sing Australia Darwin**
8927 1675

**$7 (first night FREE)**

**Scottish Country Dancing**

**Sat 2:00-4:00pm**

No prior knowledge needed! 12-week beginner program covering all the basics with printed instructions for techniques and dances covered, enabling participants to continue dancing at weekly social sessions.

**Malak Community Centre**
13 Malak Crescent, Malak

**Scottish Dance Society Inc.**
Angus Henry - 8927 9203

**$50 for 12 week course**

**Nuline Dance**

**Tues 5:30-6:30pm**
(Beginner)

**Thurs 10:30am-12:30pm**
(Beginner, Improver & Intermediate)

**Fri 2:30-4:30pm**
(Beginner, Improver & Intermediate)

All genres of dance to all genres of music. Latin, Celtic, Pop, R&B, Waltz, Country, and more. No dance experience needed. Guys and Girls of all ages welcome. No partner required, just bring a water bottle and wear comfy shoes.

**Malak Community Centre**
13 Malak Crescent, Malak

**Nuline Dance**
nataliee@nulinedance.com

**$5 Tuesday**

**Other classes**
$10 per 2hr session

*Subsidised by the Healthy Darwin Program*
Dancing and Musical Things cont.

If the idea of a ‘workout’ or a ‘gym’ is not your style why not try getting fit the fun way? Get your groove on, enjoy the music and dance yourself to fitness and better wellbeing.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Contact</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Line Dancing</strong></td>
<td>Coconut Grove Community Hall 24 Musgrave Cres, Coconut Grove</td>
<td>Top End Mustangs Inc 8927 9408</td>
<td>$8 Senior Concession $10 Adults</td>
</tr>
<tr>
<td><strong>Swing Dancing</strong></td>
<td>Darwin Railway Club Somerville Gardens, Parap</td>
<td>Swing Dance NT 0401 118 786</td>
<td>$5</td>
</tr>
<tr>
<td><strong>Outdoor Swing Dancing</strong></td>
<td>Nightcliff Jetty Casuarina Dve, Nightcliff</td>
<td>Swing Dance NT 0401 118 786</td>
<td>FREE</td>
</tr>
<tr>
<td><strong>“Still Belting Out”</strong></td>
<td>CDU Performance Room Building Orange 6 Ellengowan Dve, Casuarina</td>
<td>Centre for Youth and Community Music 8946 6013</td>
<td>$25 per term</td>
</tr>
<tr>
<td><strong>Music Appreciation</strong></td>
<td>CDU Performance Room Building Orange 6 Ellengowan Dve, Casuarina</td>
<td>Centre for Youth and Community Music 8946 6013</td>
<td>$25 per term</td>
</tr>
<tr>
<td><strong>Line Dancing</strong></td>
<td>Malak Community Centre 13 Malak Cres, Malak</td>
<td>Darwin Line Dancing <a href="mailto:nellie.lc.olsen@hotmail.com">nellie.lc.olsen@hotmail.com</a></td>
<td>$10 concession ($12 adults)</td>
</tr>
<tr>
<td><strong>Line Dancing</strong></td>
<td>Coconut Grove Community Hall 21 Musgrave Cres, Coconut Grove</td>
<td>Darwin Line Dancing <a href="mailto:nellie.lc.olsen@hotmail.com">nellie.lc.olsen@hotmail.com</a></td>
<td>$10 concession ($12 adults)</td>
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</table>
Dancing and Musical Things cont.

If the idea of a ‘workout’ or a ‘gym’ is not your style, why not try getting fit the fun way? Get your groove on, enjoy the music and dance yourself to fitness and better wellbeing.

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Location</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Tracks Dance - Grey Panthers</td>
<td>Tracks Dance Studio</td>
<td>$5</td>
</tr>
<tr>
<td>Fri 9:30-11:00am</td>
<td>56 McMinn Street, Darwin</td>
<td></td>
</tr>
<tr>
<td>Tracks believes in dance as a whole-of-life activity. The Grey Panthers dancing troupe is for over 60’s and aims to provide opportunities for regular activity and the chance of performance within the community. This unique group is led by Tracks’ own co-Artistic Director David McMicken and Dance Animateur Kelly Beneforti.</td>
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<thead>
<tr>
<th>Event Description</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>English Country Dancing</td>
<td>Masonic Hall</td>
<td>$6</td>
</tr>
<tr>
<td>Tues 6:00-8:00pm</td>
<td>Stokes St, Parap</td>
<td></td>
</tr>
<tr>
<td>Tracks believes in dance as a whole-of-life activity. The Grey Panthers dancing troupe is for over 60’s and aims to provide opportunities for regular activity and the chance of performance within the community. This unique group is led by Tracks’ own co-Artistic Director David McMicken and Dance Animateur Kelly Beneforti.</td>
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<tr>
<th>Event Description</th>
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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>No Lights No Lycra</td>
<td>Happy Yess (inside Brown’s Mart)</td>
<td>$8 per session or 6 class pass for $40</td>
</tr>
<tr>
<td>Wed 6:00-7:00pm</td>
<td>12 Smith Street, Darwin</td>
<td></td>
</tr>
<tr>
<td>No Lights No Lycra Darwin</td>
<td>Happy Yess (inside Brown’s Mart)</td>
<td>$8 per session or 6 class pass for $40</td>
</tr>
<tr>
<td>0418 318 235</td>
<td>12 Smith Street, Darwin</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:ellamaibarrett@gmail.com">ellamaibarrett@gmail.com</a></td>
<td>Happy Yess (inside Brown’s Mart)</td>
<td>$8 per session or 6 class pass for $40</td>
</tr>
<tr>
<td>A weekly dance jam in the dark! A chance to dance like nobody is watching, joyfully exercise, and de-stress to a curated playlist of great variety. Suitable for all ages and abilities.</td>
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<thead>
<tr>
<th>Event Description</th>
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<tbody>
<tr>
<td>Adult &amp; Teen Ballet</td>
<td>Danceworld Upstairs Studio</td>
<td>$10</td>
</tr>
<tr>
<td>Wed 7:30-8:30pm (beginner)</td>
<td>Level 1, 6 Charlton Court, Woolner</td>
<td>$10 introductory lesson</td>
</tr>
<tr>
<td>Thurs 6:30-8:00pm (intermediate)</td>
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<tr>
<td>Ballet classes for adults and teenagers, for beginners as well as more advanced dancers.</td>
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<tr>
<th>Event Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Beginners Clogging Classes</td>
<td>Malak Community Centre</td>
<td>$10</td>
</tr>
<tr>
<td>Sun 1:30-2:30pm</td>
<td>13 Malak Crescent, Malak</td>
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</tr>
<tr>
<td>American folk/tap dancing. Suitable for all ages and fitness levels.</td>
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</tbody>
</table>

Get fit the fun way!
Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

* Subsidised by the Healthy Darwin Program

--

**Pilates**

**Mon 6:30-7:15pm**

14 Oct-02 Dec, 03 Feb-30 March

Essington School Dance Studio
22 Chapman Road, Rapid Creek
Pedestrian gate near cnr Rossiter Street

Lisa - Essington School Dance Academy
dance@essington.nt.edu.au

$5*

Pilates is a form of exercise that focuses on strengthening the core muscles of the spine, thereby promoting proper posture. Some benefits of Pilates include injury prevention and management, enhancing sporting performance and promoting general wellbeing.

*BYO a towel/mat

---

**Pilates Mat Class**

**Mon 5:00pm**

Sat 8:00am

Encore Pilates and Wellness
47-49 Stuart Highway Stuart Park

Kate
info@encorepilates.com.au

$10

Ideal for beginner - intermediate level and suited to people with basic back pain for self-management.

---

**Pilates for Seniors**

**Mon 9:30-10:15am**

COTA NT - Spillett House
65 Smith Street, Darwin

COTA NT - 8941 1004

$5

Pilates classes for seniors is a great way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement, Pilates is one of the best ways for older adults to stay healthy.

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**Pilates for over 65s**

**Tues 8:45-9:45am**

Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi

Regis Aged Care 8920 2430

$7 ($20 initial assessment required)

A fusion of exercises and education designed to increase pelvic and spinal stability which can help improve strength, balance, flexibility and wellbeing. The Pilates method increases your awareness of the body.

---

**Pilates For Elderly People**

**Tues 10:00-11:00am**

Thurs 10:00-11:00am

Home Studio
Nakara

Adele Mammone
0478 579 784

$10

Bookings essential!

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**Pilates On The Lawn**

**Tues 9:00am**

Nightcliff Pool grounds
Casuarina Drive, Nightcliff

Nightcliff Pool 0499 931 753
reception.nsp@ymca.org.au

$7 members
$10 non-members

---

Exercise for the body and mind
For the Mind

Health is much more than just physical – without a healthy mind, you can’t even begin to address some of your other health challenges.

Meditation Course (6 weeks)
Wed 6:30-7:30pm
16 October - 20 November 2019
3 Gribble Court, Cullen Bay

Bookings essential!
Balance For Life - Carole
info@balanceforlife.com.au

$5* per session

Together we will explore meditation practices, turning our attention inwards by inviting our minds to observe the breath. You will be invited to observe thoughts without judgement, creating a sense of ease in the mind and body, and finish with deep relaxation to leave you fully at calm, relaxed and renewed. All equipment provided; however, you may wish to bring your own yoga mat. No experience needed.

Healthy Minds Group
Thurs 11:00am-12:00pm
Darwin Day Therapy Centre
11 Creswell St, Tiwi
Regis Aged Care
8920 2400

$7 ($20 initial assessment required)

Designed for anyone who would like to learn how to make the most of their memory, improve concentration and problem-solving skills and enhance their mental health.

Deep Peace Meditation
Wed 7:30-8:30pm
Lyons Community Centre
25 Damabila Dr, Lyons
Ben - Australian School of Meditation & Yoga - 0439 417 109

FREE or by donation

Experience an hour of meditation designed to relieve stress, worries and anxiety. Discover mantra, mindfulness, breathwork and kirtan, with everyone welcome to attend.

Kirtan Meditation Night
Sun 5:30-7:30pm
Nightcliff Community Centre
18 Bauhinia St, Nightcliff
Ben - Australian School of Meditation & Yoga - 0439 417 109

FREE or by donation

A night of blissful mantra meditation, known as Kirtan meditation. Mantra is woven with music to create a deeply meditative experience that is peaceful, joyous and uplifting. Suitable for all. Session includes kirtan meditation, breathwork, a talk on yoga wisdom and a delicious vegetarian meal. Stay the whole night or come for part of it.

* Subsidised by the Healthy Darwin Program

Perfect for a busy life!

Exercise for the body and mind
Yoga

The practice of yoga develops strength and flexibility, while soothing your nerves and calming your mind. There are many different varieties of yoga, but each one essentially relies on structured poses (asanas) practised with breath awareness.

**Easy Hatha Yoga**
*Mon 9:30-10:45am*
Lyons Community Centre
25 Damabila Drive, Lyons
Ben - Australian School of Meditation & Yoga - 0439 417 109
$45 for 5-class pass
$5 casual concession
$12 casual adult

Gently stretch and strengthen your body through a sequence of yoga postures designed to improve your overall wellbeing. Sessions include breathwork, yoga postures, relaxation and meditation. BYO mat and towel.

**Hatha Yoga**
*Mon 6:00-7:15pm*
Casuarina Library Meeting Room
17 Bradshaw Terrace, Casuarina
Kalindi - Australian School of Meditation & Yoga - 0421 710 983
$45 for 5-class pass

Suitable for all levels! A great class with yoga exercises, relaxation and meditation. BYO mat and towel.

**Hatha Yoga**
*Wed 6:00-7:15pm*
Lyons Community Centre
25 Damabila Drive, Lyons
Ben - Australian School of Meditation & Yoga - 0439 417 109
$45 for 5-class pass

Suitable for all levels, gently stretch and strengthen your body with yoga postures (asanas) to improve your overall wellbeing. Class includes breathwork, asanas, relaxation and meditation. BYO mat and towel.

**Pregnancy Yoga**
*Sat 11:30am-12:45pm*
Nightcliff Community Centre
18 Bauhinia Street, Nightcliff
Childbirth Education Association Darwin - 8948 3043
$48 for 5-class pass

Pregnancy Yoga is designed to help women prepare for a positive, confident birth. Postures include abdominals, strength work, pelvic floor, hip openers, positive visualisation and relaxation for birth.

**Beginner Yoga package**
Flametree Yoga studios
2 Smith Street, Darwin and 19 Bishop Street, Woolner
Flametree Yoga
0448 11 22 51
BEGINNERS: $11 a class;
5 for $49; 55 classes $89
(with free 1wk trial)
New NON-BEGINNERS:
$29 for 14 days unlimited

Attend Flametree current BEGINNER yoga classes at CBD or Woolner. Five-week courses run regularly - upcoming courses start 11/11/19 and 20/01/20. Must start in first 2 weeks of course commencement date. Attend any mix of 11 beginner classes each week. Includes standard poses and/or Special Focus classes such as Fifty Plus, Easy Restorative, Anxiety, Women Only, Youth (8 & up), Full Figure, and Back Care.


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Exercise for the body and mind

Yoga for all levels
New activities for Wet Season 2019-20

Suitable for all levels!

events & places

Get out and get active around Darwin

Healthy Darwin events help celebrate our healthy community in a number of wonderful parks and facilities around town. Get out and celebrate the great outdoors and rich culture of Darwin.
## Community Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Casuarina Square Pool Party</strong></td>
<td>Casuarina Pool, Angelo St, Casuarina</td>
<td>Casuarina Pool 0499 935 288</td>
<td><strong>FREE</strong></td>
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<tr>
<td><strong>Fri 27 Sept 5:00-9:00pm; all ages</strong></td>
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<tr>
<td><strong>Nightcliff Youth Pool Party</strong></td>
<td>Nightcliff Pool, Casuarina Dr, Nightcliff</td>
<td>Nightcliff Pool 0499 931 753</td>
<td><strong>FREE</strong></td>
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<tr>
<td><strong>Fri 04 Oct 3:00-6:00pm; 4-17 years</strong></td>
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<tr>
<td><strong>Parap Youth Pool Party</strong></td>
<td>Parap Pool, Ross Smith Ave, Parap</td>
<td>Parap Pool 0475 031 573</td>
<td><strong>FREE</strong></td>
</tr>
<tr>
<td><strong>Tues 08 Oct 3:00-6:00pm; 4-17 years</strong></td>
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<tr>
<td><strong>City of Darwin Christmas Activities</strong></td>
<td>In and around Darwin</td>
<td>Full details will be released Mon 04 Nov</td>
<td><strong>FREE</strong></td>
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<tr>
<td><strong>Fri 29 Nov - Tues 24 Dec</strong></td>
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<tr>
<td><strong>City of Darwin Christmas Pool Party</strong></td>
<td>Casuarina Pool, Angelo St, Casuarina</td>
<td>Casuarina Pool 0499 935 288</td>
<td><strong>FREE</strong></td>
</tr>
<tr>
<td><strong>Sun 15 Dec 10:00am-2:00pm</strong></td>
<td></td>
<td></td>
<td>(free entry from 3:00pm)</td>
</tr>
<tr>
<td><strong>City of Darwin Christmas Pool Party</strong></td>
<td>Nightcliff Pool, Casuarina Dr, Nightcliff</td>
<td>Nightcliff Pool 0499 931 753</td>
<td><strong>FREE ENTRY all day</strong></td>
</tr>
<tr>
<td><strong>Sun 22 Dec 4:30-6:00pm</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Australia Day at Council’s pools</strong></td>
<td>Casuarina Pool, Nightcliff Pool, Parap Pool</td>
<td>0499 935 288</td>
<td><strong>FREE ENTRY all day</strong></td>
</tr>
<tr>
<td><strong>Sun 26 Jan 8:00am-7:30pm</strong></td>
<td></td>
<td>0499 931 753</td>
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<tr>
<td><strong>Bombing of Darwin</strong></td>
<td>The Cenotaph, The Esplanade, Darwin City</td>
<td>City of Darwin 8930 0300</td>
<td><strong>FREE</strong></td>
</tr>
<tr>
<td><strong>Wed 19 Feb 9:30-10:45am</strong></td>
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**Orange POPP (Public Outdoor Ping Pong)**

Grab a friend and have a hit out on the famous Orange POPP.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Nightcliff Pool</td>
<td>Casuarina Drive, Nightcliff</td>
<td>0499 931 753</td>
</tr>
<tr>
<td></td>
<td>Bats and balls can be borrowed from Pool Reception</td>
<td></td>
</tr>
</tbody>
</table>
## Fun Bus

The Fun Bus is a mobile playgroup service where parents, carers, babies and children aged 0 to 5 yrs can come together to have fun and interact in a relaxed and friendly environment.

<table>
<thead>
<tr>
<th>Day</th>
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<th>Contact</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 9:30-11:30am</td>
<td>Bagot Community - Bagot Road Ludmilla</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Tues 9:30-11:30am</td>
<td>Malak Community Centre - Malak Cres Malak</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Wed 9:30-11:30am</td>
<td>Malak Community Centre - Malak Cres Malak</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Thurs 9:30-11:30am</td>
<td>Lyons Community Centre - Damabila Drive Lyons</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Fri 9:30-11:30am</td>
<td>Lyons Community Centre - Damabila Drive Lyons</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Fun Bus operates during school holidays except Dec/Jan and does not operate on public holidays.

## Skating

<table>
<thead>
<tr>
<th>Park</th>
<th>Location</th>
<th>Contact</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jingili Skate Park</td>
<td>Trower Road and Freshwater Road, Jingili</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Leanyer Skate Park</td>
<td>215 Vanderlin Drive, Leanyer</td>
<td>Leanyer Rec. Park - 8927 4199</td>
<td>FREE</td>
</tr>
</tbody>
</table>

## Basketball

Basketball Half Courts - Shoot some hoops at one of Council’s public basketball half courts.

<table>
<thead>
<tr>
<th>Park</th>
<th>Location</th>
<th>Contact</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holzerland Park</td>
<td>Holzerland Street, Malak</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Casuarina Swimming Pool</td>
<td>Angelo Street, Casuarina</td>
<td>Casuarina Pool - 0499 935 288</td>
<td>FREE</td>
</tr>
<tr>
<td>Ken Waters Park</td>
<td>Keith Lane, Fannie Bay</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Mosec Park</td>
<td>Mosec Street, Ludmilla</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Ted Rowe Park</td>
<td>Farquhar Street, Muirhead</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
</tbody>
</table>
Recreational Swimming

<table>
<thead>
<tr>
<th>Pool</th>
<th>Address</th>
<th>Phone</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casuarina Pool</td>
<td>Angelo Street, Casuarina</td>
<td>0499 935 288</td>
<td>$4 adult/$3.40 sen./$2 conc.</td>
</tr>
<tr>
<td>Parap Pool</td>
<td>Ross Smith Ave, Parap</td>
<td>0475 031 573</td>
<td>$4 adult/$3.40 sen./$2 conc.</td>
</tr>
<tr>
<td>Nightcliff Pool</td>
<td>Casuarina Drive, Nightcliff</td>
<td>0499 931 753</td>
<td>$4 adult/$3.40 sen./$2 conc.</td>
</tr>
<tr>
<td>Leanyer Recreation Park</td>
<td>215 Vanderlin Drive, Leanyer</td>
<td>8927 4199</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Outdoor Exercise Equipment in the Parks

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Address</th>
<th>City of Darwin</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casuarina Foreshore Equipment</td>
<td>Casuarina Drive, Nightcliff</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>East Point Reserve Equipment</td>
<td>Alec Fong Lim Drive, Fannie Bay</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Yanyula Park Equipment</td>
<td>Yanyula Drive, Anula</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Koolinda Park Equipment</td>
<td>Koolinda Crescent, Karama</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Social Tennis

Grab some friends and head down to Council’s public tennis courts. Free to use during the day without a booking (no lights).

<table>
<thead>
<tr>
<th>Courts</th>
<th>Address</th>
<th>City of Darwin</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parap Courts (3)</td>
<td>Ross Smith Avenue, Parap</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Rapid Creek Courts (3)</td>
<td>Chrisp Street, Rapid Creek</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
<tr>
<td>Nightcliff Courts (2)</td>
<td>Aralia Street, Nightcliff</td>
<td>City of Darwin - 8930 0300</td>
<td>FREE</td>
</tr>
</tbody>
</table>
New activities for Wet Season 2019-20

Suitable for all levels!

For further information on Healthy Darwin phone 08 8930 0431 or email healthydarwin@darwin.nt.gov.au

Voluntary Assumption of Risk: you undertake an activity at your sole risk and acknowledge and voluntarily accept the level of the risk consequent with that activity.

Warning: if you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended you seek the appropriate independent advice (including medical).

Note: City of Darwin staff are not authorised to give any advice in this regard.

Disclaimer: The activities are provided by third parties, not by the City of Darwin. Your legal relationship is with that third-party provider. City of Darwin takes no responsibilities or liability for any damage, loss, costs, expenses, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the acts or omissions (whether with or negligent or otherwise) of council (including any officer or employee) or any participant (including yourself) or any third-party provider.