



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

**WET SEASON PROGRAM
OCTOBER 2019 - MARCH 2020**



darwin.nt.gov.au/healthydarwin
P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au





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
- register online to receive updates and other healthy tips at www.darwin.nt.gov.au/healthydarwin

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





New
activities for
Wet Season
2019-20

Suitable
for all
levels!

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

Wed 1:00-3:00pm

16 October 2019

Woolworths Leanyer
Hibiscus Shoppingtown

Bookings essential!

Casurina Community Care Centre
8922 7301

FREE

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

Wed 10:00-11:00am

16 October 2019

Casurina Community Care
Centre Multipurpose Room
258 Trower Road, Casuarina

Bookings not required

For more information, email
Camilla.feeney@nt.gov.au

FREE

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)

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.

Fun
interactive
sessions!

Activities
for the
mind and
body

* 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 (7 weeks)

Fri 5:30-6:30pm

18 October - 29 November 2019

Darwin Ski Club Pool
20 Conacher Street, Fannie Bay

Bookings essential!

Triathlon NT - Jacqui 0402 565 198
eo@nt.triathlon.org.au

**\$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.



**Fun
interactive
sessions!**

**Learn and
practice
new skills**

* Subsidised by the Healthy Darwin Program





New
activities for
Wet Season
2019-20

Suitable
for all
levels!

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.

Move It Darwin (walk, jog, run) Mon 6:30-7:15pm 14 Oct-09 Dec, 03 Feb-30 March	Greek Orthodox School Oval 17 Chapman Road, Rapid Creek	Healthy Living NT - 8927 8488 hpm@healthylivingnt.org.au	FREE*
Casuarina Walking Group Mon 7:30am	Meet at Casuarina Shopping Centre (in car park opposite K-Mart Tyre and Auto)	Healthy Darwin - 8930 0419 www.heartfoundation.org.au	FREE
Mitchell Centre Walking Group Fri 7:30am	Meet at Mitchell Centre Information Desk, Mitchell St, Darwin	Healthy Darwin - 8930 0419 www.heartfoundation.org.au	FREE

Running

ParkRun Sat 7:00am	Bicentennial Park The Esplanade, Darwin	ParkRun - 409 285 483 www.parkrun.com.au	FREE
Running & Walking Sessions Wed 6:00-7:00pm	Nightcliff Foreshore 342 Casuarina Drive, Rapid Creek Greater Darwin Area	Darwin Runners & Walkers Inc Ian Fullarton 0427 072 976	FREE (annual registration fee applies)

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.

Join a
Walking
Group!

Exercise
for the
body and
mind



Group Fitness

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

Kickstart Your Monday Mon 6:00-6:45am

Darwin High School
Bullocky Point, The Gardens

Bookings essential!
InsideOut Fitness - 0400 352 498
sue@insideoutfitnessdarwin.com.au

\$5*

Start your week full of energy, fun and fitness! Each week the session will vary - we don't want you to get bored. Sessions will include weights, circuit, Tabata, hills, boxing and more.

Boxfit Mon & Thurs 5:15-6:00pm

Harmony Hall
44 Patterson St Malak

Chico's Fitness
0408 088 091

\$5* Thurs
\$7 Mon & Wed or
\$70 10-class pass, get
1 free

Bootcamp Wed 5:15-6:00pm

Bootcamp Tues & Thurs 5:30-6:30pm Fri 6:30-7:30am

Millner Primary School basketball courts
41 Sabine Road, Millner

Juggernaut Fitness
admin@juggfit.com.au

\$5* Thurs
\$10 per session or
\$40 5-class pass or
\$100 4wks unlimited
for other classes

Punchfit Wed 5:30-6:30 Sun 8:00-9:00

Chair Aerobics Wed 9:30-10:15am

COTA - Spillett House
65 Smith Street, Darwin

Sharon
0438 890 089

\$5 COTA NT members
\$7 non-members

Improve your mobility, flexibility, posture and alignment without leaving your chair. This gentle, fun class targets pelvic, abdominal, back and shoulder muscles to increase your functional fitness and help you perform daily activities with ease.

Bootcamp Mon & Wed 5:45-6:45pm Fri 6:00-7:00am

East Point Reserve
Coconut Grove

HG Fitness
0421 500 286

4 week pass \$120
24 week pass \$480
(unlimited sessions)

Fitter For Life Tues 5:00-6:00 05 Nov-10 Dec, 28 Jan-31 March

Territory Gymnastics Academy
Shed B1, 426 Stuart Highway, Winnellie

Gymnastics NT - Wendy
8927 9262

\$5*

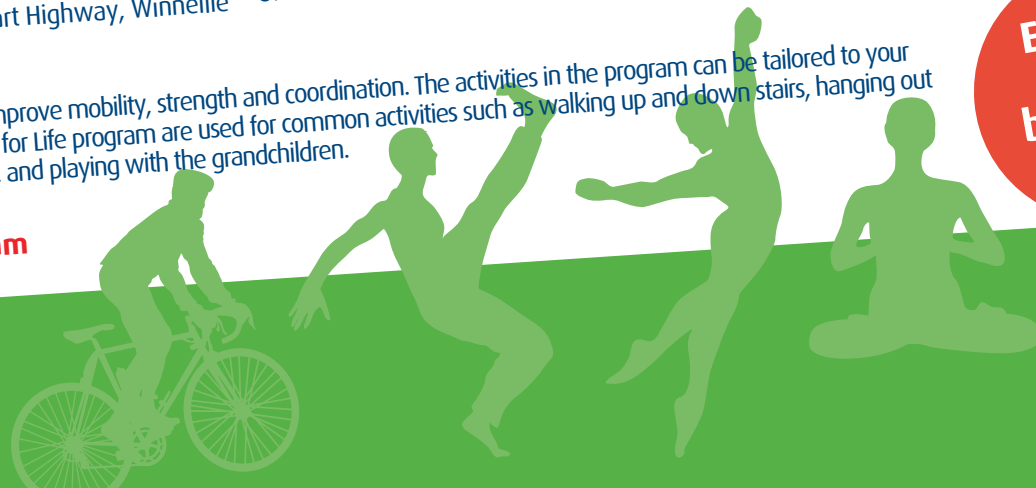
Fitter For Life is a fun and social activity for seniors to help improve mobility, strength and coordination. The activities in the program can be tailored to your level of ability or mobility. The skills developed in the Fitter for Life program are used for common activities such as walking up and down stairs, hanging out the washing, bending down or reaching up into cupboards, and playing with the grandchildren.

*** Subsidised by the Healthy Darwin Program**



Sessions designed to get you moving!

Exercise for the body and mind



Group Fitness Cont.

Fit and Feisty
Wed 11:00am

Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi

Regis Aged Care
8920 2430

\$7 for 1hr class
(\$20 initial assessment required)

A fusion of equipment, chair based exercises and walking to maintain strength, flexibility, balance, endurance and general wellbeing.

Easy Moves for Active Ageing

Mon 11:00am

Tues 10:00am

Fri 10:00am & 1:00pm

Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi

Regis Aged Care
8920 2430

\$7 for 1hr class
(\$20 initial assessment required)

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

Strong and Stable

Mon 1:00pm

Tues 11:00am

Wed 9:00am, 10:00am & 1:00pm

Fri 10:00am & 11:00am

Regis Tiwi Darwin Day Therapy Centre
11 Creswell St, Tiwi

Regis Aged Care
8920 2430

\$7 for 1hr class
(\$20 initial assessment required)

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

Gym Memberships
Fitnessworks NT
24/7

Darwin City
Alawa
Nightcliff
Cullen Bay

fitnessworks NT
www.fitnessworksnt.com.au

20 visit pass \$180
(for new members only)

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

Intense Cardiovascular Exercise
Group Fitness

Mon, Tues & Thurs 6:00am

Tues & Thurs 5:45pm

Sat 7:00am

Casuarina Senior College
61 Parer Dr, Casuarina

Dana - Territory Transformations
dana.cameron@territorytransformations.com

\$19.95 per week
(4 sessions)

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**



Sessions designed to get you moving!



Exercise for the body and mind

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.

Parkinson's Disease Exercise Fri 9:00-10:00am

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.

Osteo Stomp! Tues 1:00pm (beginners), Thurs 9:00am (adv.), 10:00am (beg.), 11:00am (supported)

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.



**Gentle
fun
classes**



**Exercise
for the
body and
mind**

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.

Aqua Aerobics Sun 9:00-10:00am

Casuarina Pool
10 Angelo St, Casuarina

Audrey - Forever Fitness & Training
audleah215@optusnet.com.au

\$5* (includes pool entry)

Sessions involve exercises and dance movements using pool noodles, and are suitable for all ages teens and older. It's a great way to keep fit without high impact on the body.

Aqua STAARS Mon, Wed 12:30-1:15pm

Lighter workout for older adults

NT Swim School
12 Caryota Ct, Coconut Grove

Hollie Goodall
0421 500 286

\$6 (first session FREE)

Dragon Boating Beginner Come and Try Mon & Thurs 5:15pm Sat 7:45am

Cullen Bay
(opposite the ferry terminal)

Arafura Dragons Paddling Club
0417 423 414

First 3 sessions FREE

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.

Women's-Only Swimming With Confidence course (7 weeks)

Fri 5:30-6:30pm

18 October - 29 November 2019

Darwin Ski Club Pool
20 Conacher Street, Fannie Bay

Bookings essential!
Triathlon NT - Jacqui 0402 565 198
eo@nt.triathlon.org.au

\$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**



**Low-impact
and easy
on your
joints**

**Exercise
for the
body and
mind**



Parents & Bubs

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

Jamealah Bellydancers Studio
44 Murrabibbi Street, Leanyer

Bookings essential!
darwinbellydance@gmail.com

\$5*

These classes are designed to get you exercising and dancing in a welcoming space with other mums, 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 bellydance moves that support a return to pre-baby fitness and help tone the body all over.

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

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)

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.

Parents & Bubs
Fri 9:30am

Meet at Nightcliff Pool
Casuarina Drive, Nightcliff

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

\$5

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

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.



**Exercise
with your
baby**



*** subsidised by the Healthy Darwin Program**



**Exercise
for the
body and
mind**

Sports

Seniors Social Table Tennis Thurs 9:00-11:00am

Marrara Sports Precinct Multi Purpose Hall
10 Abala Road, Marrara

Darwin Table Tennis Assoc.
DarwinTTA@gmail.com

\$5 (+ \$30 annual registration)

These sessions encourage active participation in a sport perfect for hand-eye coordination, keeping active and social participation.

Badminton Wed & Fri 9:00-11:00am

NT Badminton Centre
21 Albatross Street, Winnellie

NT Badminton Association
Monica Beadman
0439 442 043

**\$8 non-members
\$5 members**

Come along and try Badminton in a friendly, social group environment. All new players welcome.

Seniors Squash and Racquetball Fri 10:30am

Darwin Squash Centre
6 Marrara Drive, Marrara

Darwin Squash Centre
info@squashnt.com.au
8945 7362

\$10

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.

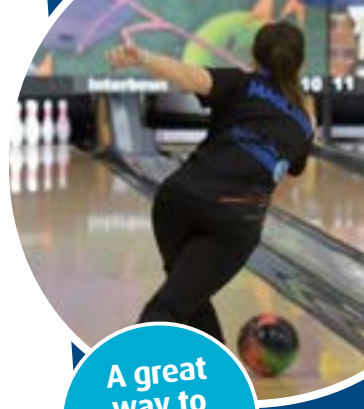
League Bowling Various days/times

Planet Tenpin
69 Progress Dr, Nightcliff

Planet Ten Pin
8985 4416

\$9

Come and try League Tenpin Bowling. Get regular light exercise in this friendly competition, while meeting new people and having fun.



A great way to make new friends



Exercise for the body and mind

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 MicMillans 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.



**Feel the
wind in
your hair!**



* Subsidised by the Healthy Darwin Program



**Exercise
for the
body and
mind**

Dance Fitness & Zumba

Mums & Bubs Bellydance Tues 10:30-11:30

Jamealah Studio
44 Murrabibbi Street, Leanyer

Bookings Essential!
Myf - Jamealah Bellydancers
0418 850 441

\$5*

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

Hayley Aylott
0481 225 612

\$10

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

Zest for Life Zumba
0404 852 218

\$8

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 Fri 9.30-10.15am

COTA - Spillett House
65 Smith Street, Darwin City

COTA - 8941 1004

\$5

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

Zumba Sistas
0402 260 070

\$5*

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

Janelle
nellos72@hotmail.com

\$10 (first class and concession)

* 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

Darwin Community Arts
1 Travers Street Coconut Grove

Tania
0439 855 264

\$5*

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.

Sing Australia Community Choir Thurs 7:00-9:00pm

Music Centre, Essington School
Rossiter St, Rapid Creek

Sing Australia Darwin
8927 1675

\$7 (first night FREE)

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

Scottish Country Dancing Sat 2:00-4:00pm

Malak Community Centre
13 Malak Crescent, Malak

Scottish Dance Society Inc.
Angus Henry - 8927 9203

\$50 for 12 week course

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.

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**



**Get fit
the fun
way!**



*** Subsidised by the Healthy Darwin Program**



**Exercise
for the
body and
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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.

Line Dancing Mon 6:00-9:00pm Wed 6:30-8:30pm Thurs 10:00am-12:30pm Sat 10:00am-12:30pm	Coconut Grove Community Hall 24 Musgrave Cres, Coconut Grove	Top End Mustangs Inc 8927 9408	\$8 Senior Concession \$10 Adults
Swing Dancing Wed 7:30-9:30pm	Darwin Railway Club Somerville Gardens, Parap	Swing Dance NT 0401 118 786	\$5
Outdoor Swing Dancing Sun 4:30-6:00pm	Nightcliff Jetty Casuarina Dve, Nightcliff	Swing Dance NT 0401 118 786	FREE
"Still Belting Out" Senior Citizens Choir Thurs 10:00-11:30am	CDU Performance Room Building Orange 6 Ellengowan Dve, Casuarina	Centre for Youth and Community Music 8946 6013	\$25 per term
Music Appreciation 12:00-1:00pm	CDU Performance Room Building Orange 6 Ellengowan Dve, Casuarina	Centre for Youth and Community Music 8946 6013	\$25 per term
Line Dancing Tues 10:00am-1:00pm Wed 7:30-9:30pm	Malak Community Centre 13 Malak Cres, Malak	Darwin Line Dancing nellie.lc.olsen@hotmail.com	\$10 concession (\$12 adults)
Line Dancing Sun 10:00am-1:00pm	Coconut Grove Community Hall 21 Musgrave Cres, Coconut Grove	Darwin Line Dancing nellie.lc.olsen@hotmail.com	\$10 concession (\$12 adults)



**Get fit
the fun
way!**



**Exercise
for the
body and
mind**

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.

Tracks Dance - Grey Panthers Fri 9:30-11:00am

Tracks Dance Studio
56 McMinn Street, Darwin

Tracks Dance
www.tracksdance.com.au/grey-panthers-13
\$5

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.

English Country Dancing Tues 6:00-8:00pm

Masonic Hall
Stokes St, Parap

Playford Dancing
8981 6400
\$6

No Lights No Lycra Wed 6:00-7:00pm

Happy Yess (inside Brown's Mart)
12 Smith Street, Darwin (opposite the bus terminal)

No Lights No Lycra Darwin
0418 318 235
ellamaibarrett@gmail.com
\$8 per session
or 6 class pass for \$40

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.

Adult & Teen Ballet Wed 7:30-8:30pm (beginner) Thurs 6:30-8:00pm (intermediate)

Danceworld Upstairs Studio
Level 1, 6 Charlton Court, Woolner

Offbeat Ballet
Imogheena Farandel
0439 896 700 or
imogheena@gmail.com
\$10 introductory lesson

Ballet classes for adults and teenagers, for beginners as well as more advanced dancers.



Get fit
the fun
way!

Exercise
for the
body and
mind



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.

Pilates

Mon 12.00 - 12.45pm

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.

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

Bookings essential!
Adele Mammone
0478 579 784 **\$10**

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



Build
strength &
friendships



* Subsidised by the Healthy Darwin Program



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

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.

Bookings essential!

Balance For Life - Carole
info@balanceforlife.com.au

\$5* per session

Healthy Minds Group

Thurs 11:00am-12:00pm

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.

Darwin Day Therapy Centre
11 Creswell St, Tiwi

Regis Aged Care
8920 2400

\$7 (\$20 initial
assessment required)

Deep Peace Meditation

Wed 7:30-8:30pm

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

Lyons Community Centre
25 Damabila Dr, Lyons

Ben - Australian School of Meditation
& Yoga - 0439 417 109

FREE or by donation

Kirtan Meditation Night

Sun 5:30-7:30pm

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.

Nightcliff Community Centre
18 Bauhinia St, Nightcliff

Ben - Australian School of Meditation
& Yoga - 0439 417 109

FREE or by donation

* 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.



**Yoga
for all
levels**



**Exercise
for the
body and
mind**



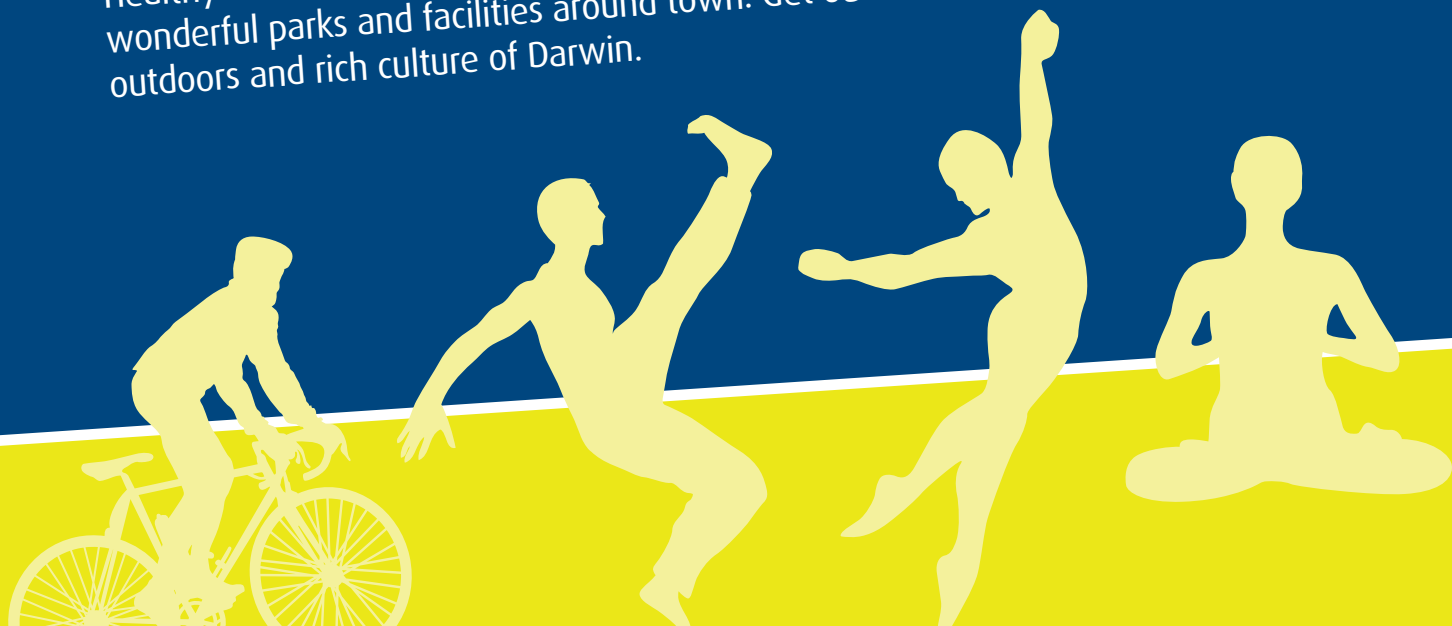
New
activities for
Wet Season
2019-20

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

Casuarina Square Pool Party
Fri 27 Sept 5:00-9:00pm; all ages

Casuarina Pool
Angelo St, Casuarina

Casuarina Pool
0499 935 288

FREE

Nightcliff Youth Pool Party
Fri 04 Oct 3:00-6:00pm; 4-17years

Nightcliff Pool
Casuarina Dr, Nightcliff

Nightcliff Pool
0499 931 753

FREE

Parap Youth Pool Party
Tues 08 Oct 3:00-6:00pm; 4-17years

Parap Pool,
Ross Smith Ave, Parap

Parap Pool
0475 031 573

FREE

City of Darwin Christmas Activities
Fri 29 Nov - Tues 24 Dec

In and around Darwin

Full details will be released
Mon 04 Nov

FREE

City of Darwin Christmas Pool Party
Sun 15 Dec 10:00am-2:00pm

Casuarina Pool
Angelo St, Casuarina

Casuarina Pool
0499 935 288

FREE

City of Darwin Christmas Pool Party
Sun 22 Dec 4:30-6:00pm

Nightcliff Pool
Casuarina Dr, Nightcliff

Nightcliff Pool
0499 931 753

FREE
(free entry from 3:00pm)

Australia Day at Council's pools
Sun 26 Jan 8:00am-7:30pm

Casuarina Pool
Nightcliff Pool
Parap Pool

0499 935 288
0499 931 753
0475 031 573

FREE ENTRY all day

Bombing of Darwin
Wed 19 Feb 9:30-10:45am

The Cenotaph
The Esplanade, Darwin City

City of Darwin
8930 0300

FREE

Orange POPP (Public Outdoor Ping Pong)

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

Nightcliff Pool

Casuarina Drive, Nightcliff

0499 931 753

FREE

Bats and balls can be borrowed from Pool Reception



Something
for
everyone



Get out
and active
in
Darwin!

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.

Mon 9:30-11:30am	Bagot Community - Bagot Road Ludmilla	City of Darwin - 8930 0300	FREE
Tues 9:30-11:30am	Malak Community Centre - Malak Cres Malak	City of Darwin - 8930 0300	FREE
Wed 9:30-11:30am	Malak Community Centre - Malak Cres Malak	City of Darwin - 8930 0300	FREE
Thurs 9:30-11:30am	Lyons Community Centre - Damabila Drive Lyons	City of Darwin - 8930 0300	FREE
Fri 9:30-11:30am	Lyons Community Centre - Damabila Drive Lyons	City of Darwin - 8930 0300	FREE

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

Skating

Jingili Skate Park	Trower Road and Freshwater Road, Jingili	City of Darwin - 8930 0300	FREE
Leanyer Skate Park	215 Vanderlin Drive, Leanyer	Leanyer Rec. Park - 8927 4199	FREE

Basketball

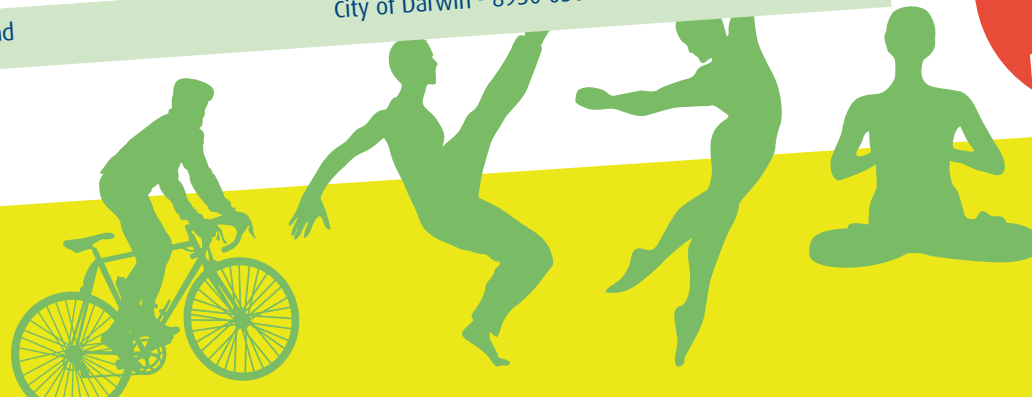
Basketball Half Courts - Shoot some hoops at one of Council's public basketball half courts.

Holzerland Park	Holzerland Street, Malak	City of Darwin - 8930 0300	FREE
Casuarina Swimming Pool	Angelo Street, Casuarina	Casuarina Pool - 0499 935 288	FREE
Ken Waters Park	Keith Lane, Fannie Bay	City of Darwin - 8930 0300	FREE
Mosec Park	Mosec Street, Ludmilla	City of Darwin - 8930 0300	FREE
Ted Rowe Park	Farquhar Street, Muirhead	City of Darwin - 8930 0300	FREE



Something
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Get out
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Recreational Swimming

Casuarina Pool	Angelo Street, Casuarina	0499 935 288	\$4 adult/\$3.40 sen./\$2 conc.
Parap Pool	Ross Smith Ave, Parap	0475 031 573	\$4 adult/\$3.40 sen./\$2 conc.
Nightcliff Pool	Casuarina Drive, Nightcliff	0499 931 753	\$4 adult/\$3.40 sen./\$2 conc.
Leanyer Recreation Park	215 Vanderlin Drive, Leanyer	8927 4199	FREE

Outdoor Exercise Equipment in the Parks

Nightcliff Foreshore Equipment	Casuarina Drive, Nightcliff	City of Darwin - 8930 0300	FREE
East Point Reserve Equipment	Alec Fong Lim Drive, Fannie Bay	City of Darwin - 8930 0300	FREE
Yanyula Park Equipment	Yanyula Drive, Anula	City of Darwin - 8930 0300	FREE
Koolinda Park Equipment	Koolinda Crescent, Karama	City of Darwin - 8930 0300	FREE

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).

Parap Courts (3)	Ross Smith Avenue, Parap	City of Darwin - 8930 0300	FREE
Rapid Creek Courts (3)	Chrisp Street, Rapid Creek	City of Darwin - 8930 0300	FREE
Nightcliff Courts (2)	Aralia Street, Nightcliff	City of Darwin - 8930 0300	FREE



Something
for
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Get out
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New
activities for
Wet Season
2019-20

Suitable
for all
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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 actions or omissions (whether wilful, negligent or otherwise) of council (including any officer or employee) or any participant (including yourself) or any third-party provider.

darwin.nt.gov.au/healthydarwin
P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au

