

# Active and Healthy GC Regular Citywide Program

## July 16 – December 16

### Been to the park lately?

*Get up, Get out and Get active*, with Gold Coast City Council's Active and Healthy GC Programs. Our parks are a great place to exercise, enjoy the fresh air, meet interesting people, have a laugh and learn something new.

#### Jam-packed with benefits

- Free or low-cost activities
- Qualified and friendly instructors
- Activities to suit all ages and fitness levels
- Held in outdoor park locations
- Meet new people and develop new interests



#### How to get involved

- Check out the calendar and find an activity that suits you
- Call the instructor if booking is required
- Wear comfortable clothing and footwear, hat and sunscreen
- Bring along a towel, water bottle and any other equipment listed for your activity

#### Other programs

Council offers a range of Active and Healthy programs to suit all ages, fitness levels and interests.

- **School Holiday Program** – Cool and fun activities for kids aged 4 -13 years in the June, September and Christmas school holidays.

#### Find out more

This program contains information on Council's Active and Healthy GC Regular Program. For more information on other Council Active and Healthy Programs phone Council on 5581 5233 or visit [goldcoastcity.com.au/activehealthygc](http://goldcoastcity.com.au/activehealthygc)

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#### PLEASE READ: Legal Notices

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 that you seek the appropriate independent advice (including medical). Please note: Gold Coast City Council staff are not authorised to give any advice to you in this regard.

DISCLAIMER: The activities are provide by third parties, not Gold Coast City Council. In respect of each activity, your legal relationship is with that third party provider.

Gold Coast City Council 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.

# 1. SUNDAY IN PARK PROGRAM

Get your family and friends together for fresh sounds and great fun. Featuring music from emerging artists and all the classics - chill out and spend your 'Sunday in the Park'.

Held in various parks across the city each Sunday, it is a great way to enjoy the outdoors and relax with family and friends. Bring a picnic and settle in for an afternoon of cool tunes.

A range of free family fun activities will be provided at the parks on various occasions. For more details check the list of great family weekend activities is this booklet.

Date	Park	Suburb	Time
1 <sup>st</sup> Sunday 5/8, 2/9, 7/10, 4/11, 2/12	Macintosh Island Park	Surfers Paradise	1-3
2 <sup>nd</sup> Sunday 12/8, 9/9, 14/10, 11/11, 9/12	Harley Park	Labrador	12-3
	Queen Elizabeth Park	Coolangatta	11-2
	Washington Waters Park	Southport	12-3
3 <sup>rd</sup> Sunday 19/8, 16/9, 21/10, 18/11, 16/12	Laguna Park	Palm Beach	12-3
4 <sup>th</sup> Sunday 26/8, 23/9, 28/10, 25/11	Esplanade North Park	Paradise Point	11-2
	Doug Larsen Park	Beenleigh	12-3
	Justins Park	Burleigh	11-2

# 2. FAMILY WEEKEND ACTIVITIES

Enjoy our great parks and have a laugh with the family while trying out a new activity. Activities are held in various parks across the city, so bring along your friends and family and get active and healthy together.

## “Make and Fly a Kite” Family Fun Morning

Come and learn some exciting new skills in the kite making workshops. Make your own kite and listen to some tunes from the Sunday in the Park Program. The workshop runs for one and a half hours and for more information call Kids Sports on 0414 872 299. Free.

Sat 10am 11/8 & 08/12	Frascott Park	Varsity Lakes
Sun 11am 9/9	Bischoff Park	Nerang
Sun 12.30pm 23/9	Doug Larsen Park	Beenleigh
Sun 11am 28/10	Esplanade North Park, The Esplanade	Paradise Point
Sun 11am 9/12	Queen Elizabeth Park	Coolangatta

## Become a Circus Star – Circus Skill Workshops

Become a circus star and learn activities such as juggling, spinning plates, hoops, mini-stilts and much more. A great way to spend some quality time with the family and learn some new skills. All ages and ability levels welcome. Free and for more information please call Busy Bodies on 0415 361 569.

Sun 1.30pm 5/8	Macintosh Island Park	Surfers
Sun 10am 26/8	Justins Park, The Esplanade	Burleigh Heads
Sun 11am 9/9	Queen Elizabeth Park	Coolangatta
Sun 11am 23/9	Esplanade North Park, The Esplanade	Paradise Point
Sat 10am 13/10	Frascott Park	Varsity Lakes
Sun 11am 11/11	Bischoff Park	Nerang
Sun 12.30pm 25/11	Doug Larsen Park	Beenleigh

## Family Beach Fitness and Surf Survival

Learn how to read the surf, catch waves and have fun on the beach in this invigorating education and beach fitness session run by experienced coaches from Surf Coach. For more information please call Trudy on 0432 908 977 .  
**Begins Sept 1<sup>st</sup> and runs through to December 16<sup>th</sup> 2007. Free.**

Sat 9am 1/09, 22/09, 13/10, 3/11, 24/11, 15/12	Southport Surf Life Saving Club, Macarthur Parade	Main Beach
8/09, 29/09, 20/10, 10/11, 1/12	Mermaid Beach Surf Life Saving Club, Hedges Ave	Mermaid Beach
Sun 9am 16/09, 7/10, 28/10, 18/11, 9/12	Nobby Beach Surf Life Saving Club, Albatross Ave	Nobby Beach

## SAILS – Adventures in Life Skills

Come experience the excitement of sailing, kayaking, volleyball and beach activities. A great day by the water for all the family. Kids under 12 year olds to be accompanied by an adult. Run by SAILS and for more information please call Russell McClue on 0405 468 344. \$10.

Sat 10am to 2pm 20/10, 17/11	Lake behind Oxenford Coomera Youth Centre, Oxenford Tambourine Road	Coomera
Sat 10am to 2pm 04/08, 01/09, 06/10, 03/11	Esplanade North Park. Meet next to swimming enclosure opposite Esplanade & Bruce Avenue intersection.	Paradise Point

## Coastal Care Bike Rides along the Ocean Way

Explore and learn about our beaches while enjoying a fun morning riding along the Ocean Way. We'll stop along the way to look at individual beaches to discover what makes them special. Check that your tyres are pumped and bring your friends for a fun morning ride - finishing with a BBQ.

### 28th July

Northern Bikeway

9.00 - 12.00 includes a BBQ and refreshments.

Meeting at the Seaway Kiosk and riding through to Surfers and return.

### 29th September

Southern bikeway.

9.00 - 12.00 includes a BBQ and refreshments

Meeting at the Pt Danger car park and riding through to Bilinga and return.

The activities are FREE but places limited. For catering purposes please RSVP to Sarah Castle on [scastle@seqcatchments.com.au](mailto:scastle@seqcatchments.com.au) or 0400 910 679 or Sally Kirkpatrick on [s.kirkpatrick@griffith.edu.au](mailto:s.kirkpatrick@griffith.edu.au) or 07 5552 8393.

### 3. Moonlight Walks



Moonlight walking is a free program to all residents and visitors to The Gold Coast.

Experience the beauty of the moonlight, get out for the evening and enjoy the health benefits of fresh air and physical activity. It's a chance to meet new friends, reconnect with neighbours or spend time with family.

Moonlight walking is part of the National Heart Foundation's free *Just Walk It* program. *Just Walk It* is funded by the Queensland Government to get more Queenslanders active. Journey along sections of Gold Coast's beautiful waterways by moonlight experiencing the beauty of our city under a full moon and star studded sky.

No bookings required, just meet outside of Delfin House on Varsity Parade, Varsity Lakes at 6.45pm for a 7pm start. For more information please call Delfin Lend Lease Varsity Lakes on 5578 9831.

#### **Dates for Moonlight Walks Wednesday's at 6.45pm**

August 1<sup>st</sup>  
October 24<sup>th</sup>  
November 21<sup>st</sup>

### 4. "Just Walk Me"

Dogs are great walking companions, great personal trainers, and great nags. If you begin walking with your dog you may soon find his tail is wagging your walking program. Physical activity is vital to the health and well being of you and your dog.

Owning a dog is a great exercise motivator - exercising together not only develops the bond you and your family have with your pet but also stimulates your overall health and prevents you both from getting bored and overweight.

#### **Dogs will benefit from walking:**

In the same way that walking will improve your health and save on health care costs, so too will daily walks improve your dog's health and save on vet bills. A walked dog is:

- happier
- healthier
- sociable
- helps reduce unwanted barking
- a happier family member

Walking your dog every day not only gets you both out of the house and into our great parks, but is also ensures that your dog is less likely to develop annoying, continuous barking or other boredom related habits like digging.

Regular walks also provide your dog with variety and a chance to socialise with people and other dogs. Make sure you vary your walks by going to different parks or to one of the many dog exercise areas located on the Gold Coast.

#### **"Just Walk Me" Family Fun Morning**

Spend a FREE fun morning out with all the family, including the dog and join in a healthy walk and morning tea at the park. Council's Animal Management team will be there to provide advice, tips and giveaways.  
8.30am to 10am.

DATE	PARK	SUBURB
Sun 12/8	Pizzey Park – Oceanic Drive, Mermaid Waters	Miami
Sun 9/9	Sun Valley Park	Ashmore
Sun 14/10	Robina Parkway (eastern side), corner Boowaggan Road	Robina
Sun 11/11	Logan River Parklands, Blackbird Street	Beenleigh
Sun 9/12	Discovery Park , Discovery Drive	Helensvale

## 5. Activity Program

### Activities for Everyone

**Foxy Boxing for Women** – Try something new and join this exciting and fun boxing and fitness session especially designed for women. Boxing is a great stress reliever and overall body workout. All ages welcome.

Tues 4pm	Bischoff Park, Nerang Street	Nerang	FIT Levi 0412 798 316	FREE
Thur 4.45pm	Robina Common, Ron Penhaligon Way (Map 49 D11)	Robina	FIT Levi 0412 798 316	\$3.00
Sat 7am	Sir Bruce Small Park, Ashmore Rd	Benowa	FIT Levi 0412 798 316	\$3.00

**Tri-Breath and Body Exercises** - The Tri-Breath™ exercises are simple, powerful and practical breathing and mind techniques that enhance lung capacity, calm and strengthen the nervous system and improve the way you walk, run and move in all your activities.

Tues 9am	Washington Waters Park, opp Australia Far	Southport	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Thur 8.30am	Queen Elizabeth Park. Meet at Coolangatta SLSC	Coolangatta	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00
Sat 9am	Pizzey Park, Pizzey Drive. Meet at athletic oval car park.	Miami	Tri Breath – Brett Hayes 555 95 418 or 0427 154 735	\$4.00

**“Swain Train” Strength and Conditioning Sessions** - A fun yet effective total body workout that incorporates running and core strength training drills to increase muscular strength, co-ordination and cardiovascular fitness. All abilities levels welcome.

Mon 5.30pm Wed & Fri 5.30am	Queen Elizabeth Park car park, The Esplanade. Meet opposite Reflections on the Sea building.	Coolangatta	Sean Swain 0412 147 796	\$5.00
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**Swiss Ball Core Strength Circuit** – Learn the correct way to improve your posture and build your centre of power through a variety of effective exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger. Run by a Level 3 CHEK Practitioner, Jan Carton.

Sat 7am	Ed Hardy Park. Meet just south of North Burleigh SLSC. (Map 50 C18)	North Burleigh	CHEK Australia 5593 8990	\$3.00
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**Urban Survivor** - The boys from Urban Survivor provides unique and dynamic fitness training such as army drills, running, sprinting, weighted backpack hikes, beach circuit courses and strength training circuits. All ability levels welcome.

Wed 5.30pm	Southport Broadwater Parklands, Marine Parade	Southport	Urban Survivor 0418 713 302	\$5.00
Thur 5.30pm	Pratten Park, Old Burleigh Rd	Broadbeach	Urban Survivor 0418 713 302	\$5.00
Sat 6am	Rotary Park, The Esplanade. Meet at 3 <sup>rd</sup> Ave car park.	Burleigh	Urban Survivor 0418 713 302	\$5.00

**Group Fitness Training** - A fun and active group training program to suit people of all fitness levels. A fitness professional will guide you through various exercises that will have you feeling fitter and better about yourself.

Mon Wed Fri 6am	Upper Coomera State College. Enter from reserve road entrance and meet down at the school sports centre.	Upper Coomera	Naomi Hewett 0431 958 046	\$2.00
Mon Wed Fri 6am	Esplanade North Park, the Esplanade	Paradise Point	StarLevar 'Health 4 Life' Anna 0413 110 870	\$2.00
Mon Wed Fri 6am	Lands End Park, Marine Parade. Meet at Lands End Bridge Car Park	Biggera Waters	Deeann Morris 0414 671 262	\$2.00
Mon Wed Fri 6.30am	Albert Park. Monaco and Fremar Sts. Meet at the playground on Fremar St	Broadbeach Waters	Fun Fit - Jenny Stewart 0403 280 291	\$4.00
Mon Wed Fri 6am	Robina Common, Ron Penhaligon Way	Robina	JTS Health – Jonathan Shorter 0405 537 600	\$2.00
Mon Wed Fri 6am	Burleigh Beach Park. Meet at car park on the Esplanade at the end of 3 <sup>rd</sup> Ave.	Burleigh	Hunter Paltridge 0413 083 501	\$2.00
Tues & Thurs 6am	Bert Swift Community Hall, Centurion Crescent	Nerang	Body by Paris 0423 209 803	\$4.00
Mon & Wed 5.45am	Ashmore Oval, Korumburra Rd. Next to Ashmore Bowl.	Ashmore	Francine Smith 0422914624	\$4.00
Wed 6am	Laguna Park, Laguna Ave	Palm Beach	Busy Bodies 0415 361 569	\$2.00

**Twin Towns Runners and Walkers Club** – Join this fantastic crew and take advantage of the beautiful scenery to walk, jog or run at your own pace and enjoy a social get together. Everyone is welcome!

Tues & Thur 6pm	Greenmount Car Park	Coolangatta	Twin Towns Services Runners and Walkers Club. Heather on 5536 3480.	FREE
Sun 7am	Various locations that changes weekly.	Elanora to Tweed	Twin Towns Services Runners and Walkers Club. Heather on 5536 3480.	FREE
<b>Tennis</b> – A fun way to meet new people and try out the great sport of Tennis. Adult Social, mixed doubles games along with drills with a coach. All ability levels welcome. First session free.				
Mon 7pm Tues 6.30pm Thur 6pm	Palm Beach Currumbin Tennis Courts, Thrower Drive. Next to PBC High School.	Palm Beach	Red Sport Tennis 5534 1191	\$10
Tues & Thurs 9am	Burleigh Tennis Courts, West Burleigh Rd. Opposite West Burleigh Shopping Centre.	Burleigh	Red Sport Tennis 5534 1191	\$10
<b>Run GC Running Groups</b> – Join this friendly beginners running group and explore the various running tracks on the Gold Coast. A great way to meet new people and improve your running.				
Tues 5.30am	Gold Coast Athletics Track Griffith University	Parkwood	Victory Sports 0411 083 896	\$2.00
Wed 6am	Pratten Park, Old Burleigh Rd. Meet at beach end opposite Margaret Ave.	Broadbeach	Ryan McDonald 0422 818 110	\$3.00
Thur 5.30am	Southport SLSC, Mc Arthur Parade	Main Beach	Victory Sports 0411 083 896	FREE
Sun 6.30am	Deodar Park, Deodar Drive	Burleigh Waters	Gold Coast Runners Club 0407 812 015	\$3.00
Sun 6.30/7am	Clubhouse at the northern end of Southport Olympic Pool, Marine Parade	Southport	Southport Runners and Walkers 0413 011 320	Gold coin
<b>Enhance Your Life Walking Group</b> – Come and join us on a gentle morning walk. A great way to start the day. Suitable for all fitness levels and ages. 6am start from September.				
Mon 7am	Jacobs Ridge Reserve, Maidenwell Rd (Map 305 N9)	Jacobs Ridge	Enhance Your Life PT Alison Pryce 0415 753 930	FREE
Thur 7am	Brien Harris Oval, Peachy Rd Ormeau (Map 305 H11)	Ormeau	Enhance Your Life PT Alison Pryce 0415 753 930	FREE
<b>Enhance your Life Group Fitness Class</b> – Enjoy this fun and non intimidating total body workout. Improve your fitness, flexibility and overall strength. Suitable for all fitness levels and abilities.				
Mon 9.15am	Doug Larsen Park, Logan Rd	Beenleigh	Enhance Your Life PT Alison Pryce 0415 753 930	\$3.00
Wed 9.15am	Peachy Park, Tillyroen Rd & corner of Ormeau Ridge Rd	Ormeau	Enhance Your Life PT Alison Pryce 0415 753 930	\$3.00
<b>Triathlon</b> – Come swim, bike and run your way to fitness with this motivating and friendly club. All sessions are taken be a qualified coach and all ages and abilities levels are welcome.				
Mon to Sun 5.30/6am 5.30pm	Various locations around Miami and Burleigh. Swim, run and bike sessions.	Miami Burleigh	Surfers Paradise Triathlon Club Jenny Alcorn (Coach) 0409550445	\$6.00 a session
<b>“Just Walk It” Walking Groups</b> – Meet new people and get active at the same time. Walking in a group increases your enjoyment and commitment to being active on a regular basis. Led by a local volunteer walk organiser.				
Mon Wed Fri 5.30am	Runaway Bay Sports Super Centre (walk on track)	Runaway Bay	Catherine Campbell 5571 5704	FREE
Tues Thur Sat 6am	Robina Town Centre. Meet at the Gloria Jeans.	Robina	60 & Better 5525 6466	FREE
Mon & Wed 6am	Discovery Park car park. Corner of Discovery Drive and Wolvi Place	Helensvale	Anne 55026298 or 0419993097	FREE
Wed 7.15am	Tree Tops Shopping Centre Meet at fruit shop in centre	Burleigh Waters	60 & Better 5525 6466	FREE
Sun 6.00am	Burleigh Heads. Meet near Mermaids, Goodwin Street.	Burleigh	Heather Watson 5520 1462	FREE
Tues & Thurs 9am	Meet at the lake café & bar Corner Lake Street and Varsity Parade	Varsity Lakes	Sandy Smith 5575 7593	FREE
Mon 5pm	Carnarvon Park, Woodlands Boulevard	Waterford / Beenleigh	Victoria 07 3380 1405	FREE
<b>Beach side revitalise</b> - Enjoy a beachside walk to invigorate your mind, body and soul. Experience and enjoy the great outdoors to refresh and re energise with this friendly group of walkers. <b>6 week program from 31<sup>st</sup> July to 4<sup>th</sup> September 2007.</b>				
Tues 9am	Southport SLSC, McArthur Parade	Main Beach	Fiona 0410 31 22 88	FREE

<b>Yoga</b> - Yoga is a relaxing and energising exercise that benefits the body, mind and soul. Classes cater for all levels and all ages. Please bring a towel or mat to all sessions.				
Mon & Tues 4pm	<b>Yoga for Under 25's</b> Fraggely Hall, Park Ave Burleigh Heads. (Next to Burleigh Heads Library)	Burleigh	Australian School of Meditation 5554 5440	FREE
Fri 4pm	Gold Coast Yoga Centre, 37/2 Eighth Ave	Palm Beach	Gold Coast Yoga Centre 5534 2883	\$5
Sat 7am	Kurrawa Park, Old Burleigh Rd (Map 39 P18)	Broadbeach	Essence of Living Michelle 55266 600	\$2
Sat 4pm	Burleigh Foreshore Park. Meet beachside opposite 4 <sup>th</sup> Ave. (Map 60 E2)	Burleigh	Yoga in Daily Life Tulsi 0400 108 817	FREE
Sun 10.30am	<b>Introduction to Yoga</b> Fraggely Hall, Park Ave Burleigh Heads. (Next to Burleigh Heads Library)	Burleigh	Australian School of Meditation 5554 5440	FREE
<b>Stretch and Relax</b> – We all need to stretch and relax more. Join in this great class that will help you improve your flexibility & posture with a focus on relaxation. You'll feel great after this class!				
Wed & Fri 9 to 10am	2241 Gold Coast Highway. (Near IGA)	Nobby Beach	Australian School of Meditation 5554 5440	\$5 or donation
Mon & Fri 9.30am	Nerang Neighbourhood Centre, 29 Martin Street	Nerang	Australian School of Meditation 5554 5440	\$5 or donation
<b>Deep Peace Meditation</b> – A great class that will help you find respite in a hectic world. The techniques learned in deep peace meditation will help you become much calmer and more peaceful.				
Mon Tue Thur 10.45am Mon 5.30pm	2241 Gold Coast Highway, Nobby Beach Shops. (Near IGA)	Nobby Beach	Australian School of Meditation 5554 5440	Donation only
<b>Pilates</b> – Pilates is a great all over body workout that will help transform the way your body looks, feels and performs. It builds strength, teaches body awareness and good posture. Great for alleviating back pain.				
Tues 5pm	Carnarvon Park, Woodlands Boulevard	Waterford/ Beenleigh	Delfin Woodlands 07 3380 1405	\$5
Wed 4.30pm	Merna & John Franklin Park. Where Historical Society Hall is.	Mudgeeraba	Essence of Living Michelle 55266 600	\$2
Thur 11am	<b>Pilates for Back care</b> - Laguna Park, Laguna Ave. (Map 17 N3)	Palm Beach	Essence of Living Michelle 55266 600	\$2
Fri 11.30am	<b>Pilates for Back care</b> Evandale Parklands, Bundall Rd. Meet at lake behind Council chambers.	Bundall	Essence of Living Michelle 55266 600	\$2
Sat 11am	Central Park, Hotham Drive (Map 27 C2)	Pacific Pines	Essence of Living Michelle 55266 600	\$2
<b>Stretch, Flex and Relaxation</b> – A relaxing class to that will improve your core strength and flexibility. All ages and ability levels are welcome.				
Friday 10am	Carrara Community Centre, Nielsen's Road	Carrara	Dracaena 0416 817 335	\$2
<b>Belly Dancing:</b> Come along to shimmy and shake for fun, fitness and fantasy. Belly dancing is a low impact activity that is great for coordination.				
Wed 9.30am	Cascade Gardens, off GC Hwy	Broadbeach	Suraya 0404 071 751	FREE
Thur 9.30am	Rosser Park, Ashmore Road <b>6 week program only from Aug 9<sup>th</sup> to Sept 13<sup>th</sup> 2007</b>	Benowa	Suraya 0404 071 751	FREE
<b>Tai Chi Stretch and Relax</b> – Escape and de-stress in this relaxing class that combines aspects of Tai Chi and stretching. This class will improve your flexibility and leave you feeling calm and peaceful. Please bring a yoga mat or towel and a cushion for your comfort.				
Sat 8am	Logan River Parklands	Beenleigh	Enhance Your Life PT Alison Pryce 0415 753 930	\$3.00
<b>Tai Chi</b> - Tai Chi is great for creating strength and health, with emphasis placed on body alignment, relaxation and slow movement. A qualified instructor will guide you through gentle movements for relaxation.				
Mon 7.15am	Pat Fagan Park, Marine Parade (Map 72 L19) (No classes from 15 <sup>th</sup> Sept to 8 <sup>th</sup> October)	Coolangatta	GC Tai Chi Academy Dennis Watts 5545 1874	FREE
Mon 8.30am	Justins Park, The Esplanade. Meet just north of Burleigh Heads SLSC.	Burleigh	Aust Academy of Tai Chi Rod 5572 8921	FREE
Tues 7am	Rosser Park, Ashmore Rd. (Map 38 M10)	Benowa	Aust Academy of Tai Chi Brad 0418757539	FREE
Wed 7am	Bert Swift Community Hall, Centurion Crescent (Map 37 D5)	Nerang	Aust Academy of Tai Chi Brad 0418757539	FREE

Wed 8am	Laguna Park, Laguna Ave (Map 17 N3)	Palm Beach	GC Tai Chi Academy Dennis Watts 5545 1874	FREE
Wed 9am	Doug Larsen Park, 41 Logan Street	Beenleigh	Health Chi Wizz Matt Hansen 0402 888 892	FREE
Thur 7am	In front of Delfin House, Varsity Parade	Varsity Lakes	Aust Academy of Tai Chi Brad 0418757539	FREE
Thur 9am	Careel Reserve. Park next to Community Centre, off Careel Close. (Map 17 J10)	Helensvale	Aust Academy of Tai Chi Brad 0418757539	FREE
Fri 8.30am	Esplanade North Park, The Esplanade (Map 8 R15)	Paradise Point	Gai Wanless and Annette Fletcher 5545 2409	FREE
Sat 8am	Washington Waters Park, GC Hwy (opp Aust Fair) (Map 29 J11)	Southport	Health Chi Wizz Matt Hansen 0402 888 892	FREE
<b>Step into Life Toning Sessions</b> A class using weight and body weight based exercises designed to strengthen and tone the major muscle groups, to decrease body fat and give you a firmer feel. Step into Life specialises in-group personal training. We provide state-of-the-art group exercise programs delivered by fully qualified and highly skilled trainers.				
Wed 6.15am	Runaway Bay Sports Oval, off Lae Drive (Map 19 B7)	Runaway Bay	Step into Life. Jay and Ian Verrico 5594 9987	FREE
<b>Free Meditation Courses</b> – Learn to deal with stress and anxiety and find inner peace and self realisation. A free 2 part course. Bookings required.				
Tues 07/08 7pm Fri 10/08 11am	Nerang Neighbourhood Centre, 29 Martin St	Nerang	Australian School of Meditation 5554 5440	FREE

## Activities for Mums to be and Mums with Bubs

**Pre Natal Yoga** – Join in this relaxing yoga class that will help to gently stretch, tone & strengthen muscles. Relaxation techniques are taught to help alleviate fatigue during pregnancy and to bring mother and baby in harmony with each other.

Sat 11.00am	Helensvale Community Centre, 31-35 Discovery Drive	Helensvale	Elizabeth - Som Yoga 0419 027 929	\$2.00
Tues 6.15pm	Southport Masonic Hall, 76 Nerang Street	Southport	Elizabeth - Som Yoga 0419 027 929	\$2.00
Sat 8.30am	Mermaid Beach Community Centre, 2439 Gold Coast Hwy	Mermaid Beach	Elizabeth - Som Yoga 0419 027 929	\$2.00

**Original Stroller Group** - Come join other mums with their bubs in this great outdoor postnatal exercise program. The program will help you regain and improve your health, physique, fitness and well being. Mums with children of all ages are welcome.

Mon 10.30am	Wallace Nicoll Park, Pacific Pde, Park opposite Currumbin Alley. (Map 71 C3)	Currumbin	Theresa - Hands On Personal Training 0432 692 131	\$5.00
Tues 10.30am	Harley Park, Marine Parade (Map 19 D20)	Labrador	Theresa - Hands On Personal Training 0432 692 131	\$5.00
Thur 9am	Meet in front of Delfin House, Varsity Parade	Varsity Lakes	Theresa - Hands On Personal Training 0432 692 131	\$5.00
Thur 10.30am	North Burleigh. Meet at Kelly Ave Car Park, just south of North Burleigh Headland. (Map 50 D19)	North Burleigh	Theresa - Hands On Personal Training 0432 692 131	\$5.00

**Post Natal Yoga** - A great class to assist you to gently regain physical strength, tone muscles with focus on the pelvic-floor, back and abdomen. Great for "self-nurturing" and to develop close bonding with your baby. Babies most welcome.

Tues 1pm to 2pm	St Mary's Community Centre, 173 Billingham Crescent	Upper Coomera	Elizabeth - Som Yoga 0419 027 929	\$2.00
Tues 10.30am	Southport Masonic Hall, 76 Nerang Street	Southport	Elizabeth - Som Yoga 0419 027 929	\$2.00
Wed 11am	Mermaid Beach Community Centre, 2439 Gold Coast Hwy	Mermaid Beach	Elizabeth - Som Yoga 0419 027 929	\$2.00

**Pram Push** – Come join a bunch of friendly mums with their bubs in this gentle stroll. A great way to meet new mums and get active.

Tues 10.30am	Oxenford Coomera Youth Centre, 25 Oxenford Tambourine Rd	Oxenford	Oxenford Coomera Youth Centre 5529 8087.	FREE
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## Activities for Kids and Teenagers

Term 1 16/07 to 21/09 (No activities during school holidays 24/09 to 15/10). Term 2 15/10 to 7/12.

**Toddler Sport** – Fun fitness for both parents and toddlers. Pick up some great fun ideas for playing with your littlies.

Wed 9.15am	Cedar Creek State School, Chardon Bridge Road	Cedar Creek	Kids Sports 0414 872 299 <i>Communities for Children</i>	FREE
Tues 4pm	Oxenford Park, Tambourine Oxenford Rd (Map 6 P18)	Coomera	Kids Sports 0414 872 299 <i>Communities for Children</i>	FREE
Thur 9am	Oxenford Coomera Youth Centre, 25 Oxenford Tambourine Rd	Oxenford	Kids Sports 0414 872 299 <i>Communities for Children</i>	FREE
<b>Busy Bodies Kids Club</b> – Fun games for young kids and all the family incorporating games, sports and dance. Kids aged 1 to 4 years. <b>6 week program running from 4<sup>th</sup> August to 8<sup>th</sup> September 2007.</b>				
Sat 10am	Doug Larsen Park, 41 Logan Road	Beenleigh	Busy Bodies 0415 361 569	FREE
<b>Fun and Fitness Session for Kids</b> – Have fun and improve your fitness, co-ordination and meet some new friends while having a lot of fun.				
Tues & Thurs 4pm to 5pm	Sports Super Centre ,Sports Drive & Morala Avenue	Runaway Bay	Sports Super Centre 5500 9820	\$5
<b>Small Sports 3 to 5 years</b> - Interactive and fun activities for kids aged 3 to 5 years. Sports-based motor skills and conceptual program especially for pre-schoolers. Bookings are required. Register online at <a href="http://www.smallsports.com.au">www.smallsports.com.au</a>				
Mon 3.30 & 4pm	Central Park, Hotham Drive (Map 27 C2)	Pacific Pines	Small Sports 07 33880532 or 0412810569.	\$3
Tues 3.30 & 4pm	Firth Park, Somerset Drive (Map 58 C3)	Mudgeeraba	Small Sports 07 33880532 or 0412810569.	\$3
Thur 4pm	Tugun Park, next to Tugun Community Centre, Coolangatta Street	Tugun	Small Sports 07 33880532 or 0412810569.	\$3
Fri 9.30am	Cedar Creek School. Meet at playground.	Cedar Creek	Small Sports 07 33880532 or 0412810569.	FREE
<b>Kids Sports</b> - You don't have to be fit to have fun with the guys from Kids Sports. Come puff and have fun! Primary school-aged kids and kids with special needs are most welcome!				
Mon 4pm	Carol Moore Park, 105 Dugandan St (Map 36 L7)	Nerang	Kids Sports 0414 872 299	FREE
Tues 4pm	Oxenford Park, Tambourine Oxenford Rd (Map 6 P18)	Coomera	Kids Sports 0414 872 299 <i>Communities for Children</i>	FREE
Wed 4pm	Frascott Park, Yodelay Dr Varsity Lakes (Map 59 H8)	Varsity Lakes	Kids Sports 0414 872 299 <i>Community Renewal</i>	FREE
Thur 4pm	Norm Rix Park, Government Rd (Map 29 A1)	Labrador	Kids Sports 0414 872 299	FREE
Fri 4pm	Sid Big Park 2, Old Coach Rd, (Map 47 Q18)	Mudgeeraba	Kids Sports 0414 872 299	FREE
<b>FIT Kids</b> - After school fun and active games for kids aged 4 to 12 years. Kids with disabilities are most welcome to join in too!				
Wed 4pm	Mallawa Drive Sporting Complex (Map 60 G16)	Palm Beach	Fit Kids Levi 0412 798 316	FREE
Wed 4pm	Canowindra Oval, Mirambeena Drive (Map 305 Q18)	Ormeau	Fit Kids Levi 0412 798 316	FREE
<b>Circus Skills</b> - Become a circus star and learn activities such as juggling, spinning plates, hoops, mini-stilts and much more. 6 week program.				
<b>6 weeks from 30th July to 8th September 2007</b>				
Tues 4pm	Eagleby Community Centre, Cowper Street	Eagleby	Busy Bodies 0415 361 569	FREE
Wed 4pm	Glenmore Park, Glenmore Drive	Ashmore	Busy Bodies 0415 361 569	FREE
Wed 4pm	Discovery Park, Discovery Drive	Helensvale	Busy Bodies 0415 361 569	FREE
<b>6 weeks from 22nd October and runs to 1st December 2007</b>				
Tues 4pm	Owen Park, Queen Street	Southport	Busy Bodies 0415 361 569	FREE
Thur 4pm	Elanora Oval, off KP McGrath Drive	Elanora	Busy Bodies 0415 361 569	FREE
<b>Kids Quest for Boys</b> - A program for boys designed to help build their character and develop their body through a mixture of fun games, martial arts, drama and stories of heroes. Bookings required. Ages 5 to 12 years.				
Wed 4pm	Preston Park, Michel Dr (Map 70 M8)	Currumbin Waters	Kids Quest Adrian 0439 663 562	\$5
<b>Kids Yoga</b> – A fun, non-competitive way for kids to gain the many benefits of yoga in early life. Kids yoga is a natural and healthy way exercise relax and focus.				

Tues 4pm	John Handley Community Complex, in park between Library and Community Centre.	Burleigh Waters	Essence of Living Michelle 0413 137 155	FREE
<b>T POB Tennis Program</b> – Fun after school coaching clinics that provide kids with the basic of tennis while having fun! Run by the Beenleigh Tennis Club. Ages 6 to 18 years.				
Mon & Thur 3.30pm	Bishop Street Park. Meet at Our Place tennis courts.	Eagleby	Register with Youth Space by calling 3807 7988.	FREE
<b>Come and Try Squash</b> - Come and try out the exciting sport of squash at the Nerang Squash Centre. Qualified coaches will introduce you to the game of squash and there will be lots of fun games and activities. Racquets provided.				
Sat 9am	Nerang Squash and Fitness Centre, 43 Station St	Nerang	Nerang Squash and Fitness 5578 1888	\$5
<b>Kids Kung Fu/Self Defence</b> - Designed to help children develop not only their body, but also their character. Experienced instructors, trained in child safety, teach self-confidence, self-awareness, self-discipline and self-defence.				
Mon & Wed 4pm	Unit 4/29 Township Drive	West Burleigh	Chinese Kung Fu Academy Matt 0402 888 892	\$5
Sat 9am	Currumbin S.L.S.C.	Currumbin	Chinese Kung Fu Academy Matt 0402 888 892	\$5
<b>Skating Boarding Workshop and Mini Comp</b> - Learn new tricks from the professionals. A fun and happening session for all ability levels followed by a competition with great prizes on offer.				
Sat Aug 4 <sup>th</sup> 10am	Pizzey Park Skate Park	Miami	Mark Brimson 0419 772 060	FREE
Sat Sep 8 <sup>th</sup> 10am	Discovery Park Skate Park	Helensvale	Mark Brimson 0419 772 060	FREE
Sat Oct 13 <sup>th</sup> 10am	Albert River Park	Eagleby	Mark Brimson 0419 772 060	FREE
Sat Nov 10 <sup>th</sup> 10am	Betty Diamond Skate Park	Tugun	Mark Brimson 0419 772 060	FREE
Sat Dec 1 <sup>st</sup> 10am	Firth Park	Mudgeeraba	Mark Brimson 0419 772 060	FREE
<b>Youthlinx Arvo Activities Program</b> - Meet other young people and hang out with your friends in a fun and safe environment. Activities include cooking, creative arts, games, chill out, afternoon tea, outings and young people's ideas. Ages 11 to 18 years.				
Mon to Wed 3pm to 5pm	Nerang Neighbourhood Centre, 29 Martin St (opposite Nerang Swimming Pool)	Nerang	Nerang Neighbourhood Centre. Phone 5578 2457	FREE
<b>Activities for Seniors</b>				
<b>Senior Strength</b> - Join this fun, motivating and friendly group training session for the over 50's. Improve your posture, balance and strength with this gentle outdoor group exercise session. Great for helping to prevent falls.				
Tues 9am	Rosser Park, Ashmore Rd. (Map 38 M10)	Benowa	Hands On Personal Training 0432 692 131	\$2
Tues 2pm	Paradise Point Large Community Hall	Paradise Point	StarLevar 'Health 4 Life' Anna 0413 110 870	\$2
Wed 8am	Broadwater Meeting Rooms, Dux Oval Behind the Labrador Senior Citizens	Labrador	StarLevar 'Health 4 Life' Anna 0413 110 870	\$2
Thur 10am	Tugun Community Centre, Coolangatta St	Tugun	Mark Cameron Personal Training 0408 055 232	\$2
Thur 10am	Eagleby Community Centre, Cowper St	Eagleby	Busy Bodies 0415 361 569	\$2
Fri 10am	Pizzey Park, 80 Pacific Ave. Meet in the park area just past the swimming pool car park.	Miami	Mark Cameron Personal Training 0408 055 232	\$2
<b>Fun and Friendship Morning</b> – Join this friendly group of seniors for activities such as indoor bowls, table tennis and cards. All welcome and includes a morning tea.				
Mon 9am to 12.30pm	Tugun Community Centre Coolangatta St	Tugun	Mandy 0421 175553	\$3
<b>Gentle Tai Chi for Seniors</b> - Benefit from the slow synchronized movements that will take the joints gently through their range of motion. This will increase your muscular strength, flexibility and fitness. <b>8 week program runs from August 2<sup>nd</sup> to September 20<sup>th</sup> 2007.</b>				
Thur 10.45am	Blue Care Labrador Gardens, 18 Ahern Street	Labrador	Aust Academy of Tai Chi Brad 0418757539	FREE
<b>Line Dancing</b> – Come boot and scoot in this fun and energising dance class. Meet new people, have a laugh and improve your strength and fitness at the same time.				
Wed 10.30am	Oxenford Coomera Youth Centre, 25 Oxenford Tambourine Rd	Oxenford	Marie Larson 0412 722 540	\$2

Thurs 2pm	Mudgeeraba Memorial Hall, Railway Street	Mudgeeraba	Marie Larson 0412 722 540	\$2
<b>Pilates for Back Care</b> – The back is the foundation for functional fitness. This gentle class will help you strengthen the deep support muscles around the spine while engaging both mind and body as you work towards a strong and healthy back.				
Thur 11.30am	Laguna Park, Laguna Ave (Map 17 N3)	Palm Beach	Essence of Living Michelle 0413 137 155	\$2
Fri 11.30am	Evandale Parklands, Bundall Rd. Meet at lake behind Council chambers.	Bundall	Essence of Living Michelle 55266 600	\$2
<b>New Vogue Basics Dancing Plus Social</b> – Come groove and move with Ron in this fun and social dance experience. A great way to meet people and get active at the same time.				
Wed 9am	Southport Meals on Wheels, corner Queen St and Whitby St	Southport	Ron 0401 976 416	\$3
<b>Rock n Roll Dancing</b> – Get away from your worries and enjoy life through music and dance with the guys from Coast to Coast Rock n Roll. A fun way for people who remember that era, or those with an interest in it, to exercise without noticing it because it is so much fun, meet people and enjoy the music.				
Thur 6.45pm	Runaway Bay Leagues Club	Runaway Bay	Coast to Coast Rock n Roll Peter and Lyn 5529 6244	FREE
<b>Mature and Getting Motivated</b> – This fun, combination class will help you to build core strength, increase muscle tone and boost cardio-vascular capacity, making it an ideal starting point for those of 50 and better!				
Tues & Fri 10am	Coomera Oxenford Youth Centre. Tambourine/Oxenford Rd	Coomera	Action Health and Fitness Chantelle on 55 298 087	\$5
<b>Mature Aged Exercise Classes</b> – These classes will leave you feeling great. Improve your mobility, flexibility and strength in these fun and motivating exercise sessions. A great way to meet others.				
Mon 9am	Anglican Church Building, 69 Palm Beach Ave	Palm Beach	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Mon 10.30am	Runaway Bay Community Centre, Lae Drive	Runaway Bay	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Tues 8am & 9.30am	Uniting Church Hall, 4 Greenwich Court	Robina	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Tues 9.30am	Amity Gardens, 5 Lockinvar Court	Ashmore	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Tues 11.30am	Fitness Connection, Jackman Street	Southport	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Wed 8.30am	Anglican Church Building, 69 Palm Beach Ave	Palm Beach	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Wed 9.45am	Mermaid Community Centre, 2439 Gold Coast Highway	Mermaid Beach	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Wed 11.30am	Mudgeeraba Memorial Hall, Railway St	Mudgeeraba	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Thur (Dance) 8.30am	Anglican Church Building, 69 Palm Beach Ave	Palm Beach	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Thur 9.30am	Italo Australian Club, Fairways Drive	Clear Island Waters	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Thurs 10am	Helensvale Community Centre, 31-35 Discovery Drive	Helensvale	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Fri 9.15am	Burleigh Uniting Church 2 Burleigh St	Burleigh Heads	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
Fri 10am	Runaway Bay Community Centre, Lae Drive	Runaway Bay	StarLevar 'Health 4 Life' Anna 0413 110 870	\$5
<b>Young at Heart Yoga</b> - Yoga is a relaxing and energising exercise that benefits the body, mind and soul. Young at Heart Yoga is specially designed for people over 50.				
Mon 11am	Oxenford Coomera Youth Centre, 25 Oxenford Tambourine Rd	Oxenford	Essence of Living Michelle 55266 600	\$3
Wed 12pm	Cascade Gardens, off GC Hwy (Map 39 M15)	Broadbeach	Essence of Living Michelle 55266 600	\$2
<b>Dr Cornish Walking Program</b> - Promotes healthy exercise habits through a medically supervised walking program. Run by an experienced exercise physiologist. Further sessions may be added after September.				
Tues 5.30am	Pratten Park, Old Burleigh Rd. Meet opp primary school. (Map 49 Q2)	Broadbeach	Cornish Walking Program 0414 632 801	FREE
Tues 7.30am	Mallawa Drive, Sporting Complex, 19 <sup>th</sup> Ave (Map 60 G16)	Palm Beach	Cornish Walking Program 0414 632 801	FREE
Thursday 7.30am	Runaway Bay Sporting Oval, Lae Drive (Map 19 B7)	Runaway Bay	Cornish Walking Program 0414 632 801	FREE

<b>Aqua Aerobics:</b> Fun low impact activity in the water that is suitable for people of all fitness levels or as a rehabilitation exercise. Aqua aerobics will improve your mobility and strength. Prices include pool entry.				
Tue & Thur 12.30pm	Swim for Life corner Rudd St & Rosemont Avenue	Broadbeach Waters	Fun Fit Jenny 0403 280291	\$7
Weekdays 8.30am Sat 8.45am	Southport Olympic Pool, Marine Parade	Southport	Southport Olympic Pool 55311446	\$8 Con - \$6
Mon Wed Fri 9.15am Sat 10.15am Mon & Wed 6pm	Miami Olympic Pool, Pacific Avenue	Miami	Miami Olympic Pool 55728870	\$8
Mon, Wed, Fri 9.15am Sat 8.30am	Nerang Pool, Martin Street	Nerang	Nerang Pool 55781976	\$7
<b>Deep Water Running:</b> Enjoy an activity that will increase your strength and decrease the stress of running on hard surfaces. Deep water running is an excellent way of keeping fit and preventing injury.				
Mon, Wed, Fri 10.30am Sat 7.30am	Nerang Pool, Martin Street	Nerang	Nerang Pool 55781976	\$7
Mon Tue Thu Fri 9.30am Sat 6.30am & 7.30am	Southport Olympic Pool, Marine Parade	Southport	Southport Olympic Pool 55311446	\$8 Con - \$6
Tues & Thurs 9.15am Sat & Sun 9.15am	Miami Olympic Pool, Pacific Avenue	Miami	Miami Olympic Pool 55728870	\$8
<b>Hydrotherapy Pool:</b> Exercise floating in a warm pool. Do your own program or have your doctor or physiotherapist design one for you. Best for people over 50 or needing to recuperate.				
<b>Seven Days</b>	Palm Beach Pool, Thrower Drive	Palm Beach	Palm Beach Olympic Pool 5534 4188 for timetable	\$3.70
<b>Miami Masters Swimming Club "Saturday Afternoon Swim"</b> – Love to swim or want to learn how? Join the Miami Masters crew for an afternoon of fitness, friendship and fun. Coaches are on hand to improve your stroke or just to get you swimming a lap. Ages 25 years and over. \$6 includes pool entry.				
Sat 4pm (Summer) 3pm (Winter)	Miami Swimming Pool, Pacific Ave	Miami	Miami Masters Denise 5575 2468	\$6
<b>60 and Better Program.</b> Come join in the fun and invigorating range of activities offered by the friendly 60 & Better group. A great way to meet new people and get moving at the same time. Tea, coffee and biscuits and a chat are on offer.				
Tai Chi Mon 9am	The Pines Meeting Room	Elanora	60 and Better 5525 6466	\$5
Move to Music Mon 10.30 Thurs 8.45am	The Pines Meeting Rooms	Elanora	60 and Better 5525 6466	\$5
Line Dancing Mon 1.45	The Pines Meeting Rooms	Elanora	60 and Better 5525 6466	\$5.50
Move to Music Tues 8.30am	Burleigh Masonic Hall	Burleigh	60 and Better 5525 6466	\$5
Line Dancing Tues 8.45am	Tugun Progress Hall	Tugun	60 and Better 5525 6466	\$5.50
Stretch & Tone Wed 7.30am	The Pines Meeting Rooms	Elanora	60 and Better 5525 6466	\$5
Move to Music Thur 10.30am	Burleigh Masonic Hall	Burleigh	60 and Better 5525 6466	\$5
Table Tennis Wed 9 to 1pm Fri 12pm to 3pm	The Pines Meeting Rooms Great for the Men!	Elanora	60 and Better 5525 6466	\$3

## Activities for Kids, Adults and Seniors with Disabilities

**Learn to Surf** – Enjoy the thrill and joy on their faces as they catch a wave for the first time!! All ages welcome at this fun learn to surf session for people with disabilities.. Participants need to have a carer with them and bring their swimmers, towel ,hat, sunscreen and a water bottle. **Beginning September.**

2 <sup>nd</sup> Sat 9.30am 8 <sup>th</sup> September 13 <sup>th</sup> October 10 <sup>th</sup> November 8 <sup>th</sup> December	Meet out front of Broadbeach SLSC, Old Burleigh Rd	Broadbeach	Brad Holmes Surf Coaching 0418757539. Bookings required as numbers are limited per session.	\$5
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**Boxing** - A fun class that uses boxing moves to strengthen and tone all the major muscles. A great way to try out the sport of boxing in a fun and welcoming environment.

4 <sup>th</sup> Sun 10.00am 29 July 26 August 23 September 28 October 25 November	Pizzey Park, Pizzey Drive. Meet at athletic track car park.	Miami	FIT – Levi 0412 798 316 Bookings required. Please call prior to attending class.	FREE
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**Circus Skills** - Become a circus star and have a laugh while learning activities such as juggling, spinning plates, hoops and much more. Specially designed for people with disabilities. Carers are required to be in attendance. Bookings are required.

Sat 10am 28 <sup>th</sup> July 22 <sup>nd</sup> Sept 24 <sup>th</sup> Nov	Norm Rix Park, Government Rd	Labrador	Busy Bodies 0415 361 569	FREE
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**Fit Kids** – Come join in the fun and have a laugh while being active. Great games and activities for kids provided by friendly and qualified instructors.

4 <sup>th</sup> Sat 1pm 28 July 25 August 22 September 27 October 24 November	Laguna Park, Laguna Ave	Palm Beach	FIT KIDS Levi 0412 798 316 Bookings are required.	FREE
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**Gentle Tai Chi** - Benefit from the slow synchronized movements that will take the joints gently through their range of motion. This will increase your muscular strength, flexibility and fitness. **8 week program runs from August 2<sup>nd</sup> to September 20<sup>th</sup> 2007.**

Thur 10.45am	Blue Care Labrador Gardens, 18 Ahern Street	Labrador	Aust Academy of Tai Chi Brad 0418757539	FREE
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**Arundel Park Horse Riding Centre** - Come and discover the joy and excitement that horse riding brings people of all ages. Meet the horses and learn about the great programs on offer at the centre. All ages are welcome.

<b>Various days, call for times</b>	Arundel Park Riding Centre	Arundel	Arundel Park RDA 5594 0305	Cost varies
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### SPECIAL PARKS FOR SPECIAL CHILDREN

It is the divine right of all children to be able to play, to run, skip, jump and climb. Sadly, some youngsters with physical disabilities encounter problems in being able to use normal playground equipment and are therefore restricted in their ability to express themselves freely in this manner.

The Gold Coast City Council is working towards providing a range of playgrounds with specialised equipment for use by children with disability. The “Liberty Swing” is a revolutionary new concept in playground swing equipment for people with disabilities which allows children in wheelchairs to enjoy the fun and recreation of swinging.

#### Park Locations of the Liberty Swings:

Laguna Park Palm Beach  
Rotary Park Mudgeeraba  
Norm Rix Park Labrador  
Washington Water Southport  
Cascade Gardens Broadbeach



# Active and Healthy @ Your Library

## Talks and workshops - 18 August to 23 September

Join us at your local branch library for Active and Healthy @ your Library. Find out all you need to know about healthy eating, fitness and relaxation. All sessions are free, to register your place just contact your branch library.

DATE	SESSION	BRANCH LIBRARIES
Tuesday 21 August 10.00am <b>Seniors Week</b>	Tai chi for healthy ageing	<u>BURLEIGH WATERS BRANCH LIBRARY</u> Corner Christine Ave & Galeen Dr, Burleigh Waters Ph: 5576 4600
Wednesday 22 Aug. 10.30am <b>Seniors Week</b>	Eat, move and be healthy	<u>RUNAWAY BAY BRANCH LIBRARY</u> Lae Dr, Runaway Bay Ph: 5581 7220
Wednesday 22 Aug. 10.00am <b>Seniors Week</b>	Delicious and nutritious meals for one and two	<u>SOUTHPORT BRANCH LIBRARY</u> Corner Lawson & Garden St, Southport Ph: 5581 7201
Thursday 23 Aug. 10.30am <b>Seniors Week</b>	Breathe, relax and rejuvenate	<u>BURLEIGH HEADS BRANCH LIBRARY</u> Park Ave, Burleigh Heads Ph 5581 7230
Thursday 23 Aug. 11.00am <b>Seniors Week</b>	Healthy eating for arthritis	<u>COOLANGATTA BRANCH LIBRARY</u> Level 3, Showcase on the Beach, Griffith St, Coolangatta Ph: 5581 7240
Tuesday 28 Aug. 10.00am	Balancing stress and building rejuvenate	<u>MERMAID WATERS BRANCH LIBRARY</u> Sunshine Blvd & Hooker Blvd, Mermaid Waters Ph: 5572 2766
Wednesday 29 Aug. 10.00am	Healthy meals and snacks for the family	<u>BEENLEIGH BRANCH LIBRARY</u> Crete St, Beenleigh Ph: 3807 5511
Thursday 30 Aug. 10.30am	Managing cholesterol through diet	<u>NERANG BRANCH LIBRARY</u> Corner Price & White Sts, Nerang Ph: 5581 7180
Saturday 1 Sept. 10.30am <b>Adult Learners Week</b>	Tai Chi for healthy bones and joints	<u>ROBINA BRANCH LIBRARY</u> Robina Town Centre Drive, Robina Ph: 5578 9582
Saturday 1 Sept. 10.30am <b>Adult Learners Week</b>	Bollywood dancing	<u>BURLEIGH WATERS BRANCH LIBRARY</u> Corner Christine Ave & Galeen Dr, Burleigh Waters Ph: 5576 4600
Thursday 6 Sept. 10.00am <b>Adult Learners Week</b>	Shopping and cooking on a budget	<u>SOUTHPORT BRANCH LIBRARY</u> Corner Lawson & Garden St, Southport Ph: 5581 7201
Saturday 8 Sept. 10.30am <b>Adult Learners Week</b>	Belly dancing	<u>RUNAWAY BAY BRANCH LIBRARY</u> Lae Dr, Runaway Bay Ph: 5581 7220
Thursday 13 Sept. 10.30am	Functional fitness	<u>ELANORA BRANCH LIBRARY</u> The Pines Shopping Centre, KP McGrath, Elanora Ph: 5598 2688
Saturday 15 Sept. 10.00am <b>Adult Learners Week</b>	Tai Chi for healthy bones and joints	<u>HELENSVALE BRANCH LIBRARY</u> Corner Lindfield Rd & Sir John Overall Dr, Helensvale Ph: 5573 6555
Saturday 15 Sept. 11.00am	Breathe, relax and rejuvenate	<u>ROBINA BRANCH LIBRARY</u> Robina Town Centre Drive, Robina Ph: 5578 9582
Tuesday 18 Sept. 10.30am	Vitality for life	<u>MERMAID WATERS BRANCH LIBRARY</u> Sunshine Blvd & Hooker Blvd, Mermaid Waters Ph: 5572 2766
Saturday 22 Sept. 10.30am	Breathe, relax and rejuvenate	<u>ELANORA BRANCH LIBRARY</u> The Pines Shopping Centre, KP McGrath, Elanora Ph: 5598 2688