Healthy George Town

"Make sure you book into our programs"

Follow us on socials for any updates to our programs.

facebook .com/healthy-georgetowntasmania

georgetown.tas.gov.au/healthy-george-town

WINNER OF THE 2021 TASMANIAN COMMUNITY ACHIEVEMENT AWARDS - Get Moving Tasmania - Physical Activity Award

FREE PROGRAM

2022 Summer schedule

Healthy George Town is a partnership project that mobilises the community to increase their participation in healthy lifestyle activities by filling gaps in provision, creating pathways, reducing barriers, and targeting those with the highest needs.
For full details on the Healthy George Town Summer 2022 Program, and information on our Endorsed Partner program in the community, visit the Healthy George Town website:

georgetown.tas.gov.au/healthy-george-town

Healthy George Town | healthy Tasmania A Tasmanian Government and Community Partnership | CAPE HOPE FOUNDATION | Tasmanian Government

HEALTHY GEORGE TOWN IS FUNDED BY HEALTHY TASMANIA THROUGH THE TASMANIAN GOVERNMENT, AND THE CAPE HOPE FOUNDATION.

Healthy George Town

2022 Summer schedule

Get fit in a fun and social environment for FREE.

WHAT	WHO	TIME	WHEN	WHERE	BRING
Healthy Cross Fitness A variety of adaptable exercises designed and catered for all fitness levels.	Adults of all ages	Tuesdays 5pm to 6pm	January 18 & 25 and February 1,8,15 & 22	Graham Fairless Centre	Appropriate footwear and water bottle
Healthy Armchairs Low impact activities designed for anyone doing little to no physical activity.	Adults of all ages	Mondays 10.30am to 11.30am	January 17,24 & 31 and February 7,14 & 21	Memorial Hall	Appropriate footwear and water bottle
Healthy Aqua Therapy Low impact aqua therapy classes designed for those that are in need, are water confident and do not need assistance in the water. Conducted by a qualified trainer.	Adults over 50	Fridays 5pm to 6pm	January 21 & 28 and February 11,18 & 25	George Town Swimming Pool	Swim gear, towel and water bottle
Healthy Jazzercise Bring your friends along to get fit in a fun and social environment through dance.	Adults	Wednesday 10am to 10:45am	February 2,9,16 & 23	Bee Bop Dance Studio	Appropriate footwear and water bottle
Healthy Beach Yoga - New Enjoy the physical and mental benefits of sunrise/sunset beach yoga, with mindful movements to improve strength, flexibility, posture and balance.	Adults	Tuesday morning 6am to 7am (January) & 6:30am to 7:30am (February) Thursday evening 6pm to 7pm	January 4, 6,11,13, 18,20,25 & 27 and February 1,3,8,10, 15,17,22 & 24	East Beach (January) Lagoon Beach (February)	Appropriate footwear, yoga mat (some supplied), blankets for comfort and water bottle
Healthy Circus Skills Join the circus! Loads of fun for the whole family. With spinning plates, juggling equipment, ribbon twirling, diablo chucking, hula hooping and much more.	Family	Saturdays 2pm to 4pm 29 January 11am – 1pm	January 15 & 29 and February 5 & 19	Low Head Pilot Station grassed area (January) Graham Fairless Centre (February)	Appropriate footwear and water bottle
Healthy Laser Tag Pool Day - NEW Get active and have some fun this school holidays playing laser tag and numerous pool games with friends. *BOOKINGS ESSENTIAL. NO BOOKING, NO ENTRY. CHILDREN 12 YEARS AND UNDER MUST BE ACCOMPANIED BY AN ADULT.	Kids	Friday 12pm to 4pm (incl. pool day)	January 7	George Town Swimming Pool	Appropriate footwear, swim gear, towel and water bottle
Healthy Laser Tag Get active and have some fun this school holidays playing laser tag. *BOOKINGS ESSENTIAL	Kids	Friday 3pm to 7pm	February 4	George Town Community Hub	Appropriate footwear and water bottle
Healthy Mountain Bikes Conducted by RIDEO. The sessions will be held on the new George Town Mountain bike trail. *BOOKINGS ESSENTIAL.	Adults – Intermediate riders only	Sunday 9am to 11.30am	January 30	George Town Mountain Bike Trail	Mountain bike, helmet and water bottle
	Kids – Intermediate riders only	Friday 9am to 11:30am (10 years and over) and 12pm to 2pm 10 years and under	January 14	George Town Mountain Bike Trail	Mountain bike, helmet and water bottle
Kite Flying Learn to fly a kite and new skills. There will be some free kites available to use or you may wish to purchase.	Family	Sunday 10:30am onwards	January 16 and February 6	Low Head Pilot Station	Appropriate footwear and water bottle

*BOOKINGS ESSENTIAL.These classes are limited by numbers. To ensure your place and for bookings see: georgetown.tas.gov.au/healthy-george-town

3 ways to sign up for Healthy George Town

1. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone to a session and scan the QR code on your phone with the session coordinator's phone.
2. Complete a paper-based form at the session; or
3. Register online at: healthytasmania.com.au/Registration

Contact Information
0437 311 052

General Information
Wear Comfortable Clothing | Bring a Drink Bottle | Arrive 15 minutes early