

# GET ACTIVE IN LITCHFIELD

13 JUL -  
6 SEPT  
2020

FREE OR LOW-COST  
ACTIVITIES FOR  
EVERYONE



Proudly supported by  
**NORTHERN  
TERRITORY  
GOVERNMENT**

Get Active in Litchfield is funded by the Northern Territory Government's  
Special Community Assistance and Local Employment Program

**LITCHFIELD  
COUNCIL**



*Community effort is essential*



## GENERAL YOGA

Nics Yoga

Mondays 6.00am – 6.50am

Wednesdays 9.00am - 10.00am

### Berry Springs Rec Res

*General Yoga for participants to build a regular yoga practice, bringing more balance to their lives.*

**(Cost \$5 per participant)**

## FITBOXING

Core Body Health and Fitness

Wednesdays 9.00am – 10.00am

### Howard Park Rec Res

*Step Up your exercise regime with FitBoxing - learn boxing combinations in this full body workout.*

## META FIT

Core Body Health and Fitness

Fridays 5.30pm – 6.15pm

### Humpty Doo Village Green

*High intensity interval training that includes a series of body weights. Medium fitness level required.*

## FEEL GOOD FRIDAYS

Palmerston and Regional Basketball Association

Fridays 4.00-4.45pm

### Freds Pass Sport and Rec Res

*Physical activity sessions for 12-18 year olds - workouts with a focus on mental health and feeling good. Suitable for all fitness levels.*

## WALKING GROUP

Get Active in Litchfield

Thursdays 9.00am - 9.45am

### McMinns Lagoon Rec Reserve

*Casual walking group run by special guests, suitable for all levels of fitness (some uneven ground).*

## YOGA

Rosie's Yoga

Mondays 8.30am - 9.30am

### Humpty Doo Village Green

*Designed to help with meditation breathing, arthritis and sciatica, stress relief and body alignment.*



# FIND US HERE



**Knuckey Lagoon Rec Reserve**  
110 Brandt Rd, Knuckey Lagoon

**Howard Park Rec Reserve**  
325 Whitewood Rd, Howard Springs

**Freds Pass Sport and Rec Reserve**  
20 Bees Creek Rd, Freds Pass

**McMinns Lagoon Rec Reserve**  
Dreamtime Dve, McMinns Lagoon

**Humpty Doo Village Green**  
85 Challoner Circuit, Humpty Doo

**Berry Springs Rec Reserve**  
1130 Cox Peninsula Rd, Berry Springs

**Livingstone Rec Reserve**  
35 Livingstone Rd, Livingstone



## ACTIVITIES RUNNING ON VARIED DAYS AND TIMES

### BUSH KIDS NATURE ART

Bush to Beach

Tuesdays from 21 July – 1 September

4.00pm – 5.00pm

**McMinns Lagoon Rec Res**

*Nature based art activities such as land art, nature rubbing art, leaf insects, nature mandala and clay creepy crawlies.*

### GROUP FITNESS

Run Wild Fitness

Wednesdays from 29 July – 2 September

10.30am – 11.30am

**Freds Pass Sport and Rec Res**

*Get a full body workout in this group fitness session suitable for all fitness levels.*

### META FIT

Run Wild Fitness

Fridays from 31 July – 4 September

5.45am – 6.15am

**Freds Pass Sport and Rec Res**

*A quick, high intensity interval workout for medium fitness levels.*

### THEATRE GAMES FOR FUN

taiNted Theatre Company

For Youth: Saturday 8 August - 10.00am – 12.00pm

**FOR ADULTS:** Saturday 8 August

12.30pm – 2.30pm

**Berry Springs Rec Res**





## ACTIVITIES RUNNING ON VARIED DAYS AND TIMES

### THEATRE GAMES FOR FUN

taiNted Theatre Company

**FOR YOUTH:** 10.00am -12.00pm

**FOR ADULTS:** 12.30pm -2.30pm

**Howard Park Rec Res**

*Whether you are an inspiring actor or looking for a fun and creative outlet, these classes are a great choice!*

### TODDLERS FUN OBSTACLE COURSE

Smile A Mile Toy Library

**Wednesdays 9.00am – 10.30am**

**Livingstone Rec Res**

*Fun and engaging physical play environment for 1 to 4 years to encourage being active and trying new things.*

### COME AND TRY SCOUTS

Humpty Doo Scouts

**Saturday 28 August and 7 Sept  
10.00am – 2.00pm**

**Humpty Doo Village Green**

*Activities for all ages such as crafts, rope bridges, constructions and bikes.*

### TODDLERS LET'S TRY NEW SPORTS

Smile A Mile Toy Library

**Wednesdays from 12 August – 2 September  
9.00am – 10.30am**

**Livingstone Rec Res**

*2-5 year olds – get ready to catch, throw, kick, bat and have lots of fun!*

### UNICYCLING

The Amazing Miss Deb

**Mondays from 20 July – 17 August 3.30pm – 4.30pm**

**Humpty Doo Village Green**

*Learn new skills and how to unicycle like a pro with two Gold Medal Unicyclists in this workshop for youth.*

### NATURE TREASURE HUNT

Smile A Mile Toy Library

**Tuesdays from 21 July – 1 September  
9.00am – 10.15am**

**Humpty Doo Village Green**

*For families and young children. Have fun in be active in the beautiful Reserve while finding interesting treasures.*

### LET'S TRY NEW SPORTS!

Smile A Mile Toy Library

**Wednesdays 12 August – 2 September  
9.00am-10.30am**

**Livingstone Rec Res**

*2-5 year olds - get ready to catch, throw, kick, bat and have lots of fun!*

### EXPLORING ART!

Smile A Mile Toy Library

**Tuesday 14 July  
1.00pm – 2.00pm**

**Livingstone Recreation Reserve**

**Thursdays 20 August – 3 September  
9.00am – 10.30am**

**Berry Springs Recreation Reserve**

*Get creative with a range of art projects for school aged children. Take home your masterpiece to display (\$10 per participant)*

## LITTLE GUMNUT EXPLORERS

Bush To Beach

Saturday 18 July  
9.30am – 10.30am

**Knuckey Lagoon Rec Res**

*For young adventurers at heart, this session is about nature based learning activities for ages 2-5 (siblings welcome) (\$5 per participant)*

## LAPIDARY CRAFTS

Top End Gem and Mineral Club

Saturday 25 July – 15 August  
9.00am – 12.00pm

**Knuckey Lagoon Rec Res**

*Learn various skills including cutting, grinding, polishing and setting jewellery in this workshop for all ages and abilities.*

## INTRO TO AMATEUR RADIO AND ELECTRONICS

Darwin Amateur Radio Club

Saturday 17 August  
10.30am – 12.00pm

**Knuckey Lagoon Rec Res**

*Learn the basics of radio and electronics in this workshop for all ages and abilities.*

## MUMS AND BUBS SENSORY PLAY

Smile A Mile Toy Library

Thursday 16 July – 30 July  
9.00am – 10.30am

**Humpty Doo Village Green**

*Sensory Play for Parents and Bubs to Twelve Months.*

## ORIGAMI

Sachi Hirayama

Friday 17 July 1.00pm – 2.00pm  
**Knuckey Lagoon Rec Res**  
Saturday 25 July 1.00pm – 2.00pm  
**McMinns Lagoon Rec Res**  
Saturday 15 August 1.00pm – 2.00pm  
**Livingstone Rec Res**  
Sunday 23 August 1.00pm – 2.00pm  
**McMinns Lagoon Rec Res**  
Sunday 30 August 1.00pm – 2.00pm  
**Howard Park Rec Res**

*Discover the art of origami in this simple and fun workshop with step by step instructions.*

## BEADING

Friday 17 July 11.00am – 12.00pm  
**Knuckey Lagoon Rec Res**  
Saturday 25 July 11.00am – 12.00pm  
**McMinns Lagoon Rec Res**  
Saturday 15 August 11.00am – 12.00pm  
**Livingstone Rec Res**  
Sunday 23 August 11.00am – 12.00pm  
**McMinns Lagoon Rec Res**  
Sunday 30 August 11.00am – 12.00pm  
**Howard Park Rec Res**

*Create your own bracelets, earrings and rings in this family friendly workshop.*



## WHAT TO BRING



A water bottle  
It's essential



A towel  
if you are doing a  
fitness session



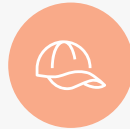
A Mat  
if you are doing yoga



Appropriate  
medication  
such as asthma inhalers



Suitable shoes  
and clothing  
for the activity you  
are participating in



A Hat and Sunscreen  
if you will be outdoors



### IMPORTANT INFORMATION FOR ALL ACTIVITIES



Ensure you  
regularly wash  
your hands



Keep 1.5m  
distance  
between yourself  
and others



If you are  
unwell, please  
do not attend  
any session

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
<b>TUESDAY</b>					
Exploring Art	Smile A Mile Toy Library	Livingstone Rec Res	1.00pm – 2.30pm	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>WEDNESDAY</b>					
Toddlers Fun Obstacle Course	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am -11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Mums/Dads and Bubs Sensory Play	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY</b>					
Beading Workshop	Sachi Hirayama	Knuckey Lagoon Rec Res	11.00am – 12.00pm	<b>Y</b>	0401 513 386 sachi.hirayama@gmail.com
Origami Workshop	Sachi Hirayama	Knuckey Lagoon Rec Res	1.00pm – 2.00pm	<b>Y</b>	0401 513 386 sachi.hirayama@gmail.com
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Gumnut Explorers	Bush to Beach	Knuckey Lagoon Rec Res	9.30 – 10.30am	<b>N</b>	

Although we will avoid this as best we can, this program may be subject to time and/or location changes.

**Please check Council's Facebook page for any updates**

# WEEK TWO 20 – 26 JULY 2020

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicsyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
Unicycling	The Amazing Miss Deb	Humpty Doo Village Green	3.30pm – 4.30pm	<b>Y</b>	deb@amazingmissdeb.com Facebook: The Amazing Miss Deb
<b>TUESDAY</b>					
Nature Treasure Hunt	Smile A Mile Toy Library	Humpty Doo Village Green	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>WEDNESDAY</b>					
Toddlers Fun Obstacle Course	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicsyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am -11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Mums/Dads and Bubs Sensory Play	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY (PUBLIC HOLIDAY)</b>					
<b>SATURDAY</b>					
Lapidary Crafts	Top End Gem and Mineral Club	Knuckey Lagoon Rec Res	9.00am – 12.00pm	<b>N</b>	
Beading Workshop	Sachi Hirayama	McMinns Lagoon Rec Res	11.00am – 12.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com
Origami Workshop	Sachi Hirayama	McMinns Lagoon Rec Res	1.00pm – 2.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com

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## WEEK THREE 27 JULY – 2 AUGUST 2020

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
Unicycling	The Amazing Miss Deb	Humpty Doo Village Green	3.30pm – 4.30pm	<b>Y</b>	deb@amazingmissdeb.com Facebook: The Amazing Miss Deb
<b>TUESDAY</b>					
Nature Treasure Hunt	Smile A Mile Toy Library	Humpty Doo Village Green	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm -5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtobechnature@gmail.com
<b>WEDNESDAY</b>					
Toddlers Fun Obstacle Course	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am – 11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Mums/Dads and Bubs Sensory Play	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Lapidary Crafts	Top End Gem and Mineral Club	Knuckey Lagoon Rec Res	9.00am – 12.00pm	<b>N</b>	

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# WEEK FOUR 3 AUGUST – 9 AUGUST

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY (PUBLIC HOLIDAY)</b>					
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
<b>TUESDAY</b>					
Nature Treasure Hunt	Smile A Mile Toy Library	Humpty Doo Village Green	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm – 5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtobreachnature@gmail.com
<b>WEDNESDAY</b>					
Toddlers Fun Obstacle Course	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am – 11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Mums/Dads and Bubs Sensory Play	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	McMinns Lagoon Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Theatre Games for Youth	TaiNTed	Berry Springs Rec Res	10.00am – 12.00pm	<b>Y</b>	0426 242 437 taintedtheatre@gmail.com
Theatre Games for Adults	TaiNTed	Berry Springs Rec Res	12.30am – 2.30pm	<b>Y</b>	0426 242 437 taintedtheatre@gmail.com
Lapidary Crafts	Top End Gem and Mineral Clu	Knuckey Lagoon Rec Res	9.00am – 12.00pm	<b>N</b>	

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ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
Unicycling	The Amazing Miss Deb	Humpty Doo Village Green	3.30pm – 4.30pm	<b>Y</b>	deb@amazingmissdeb.com Facebook: The Amazing Miss Deb
<b>TUESDAY</b>					
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm -5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtobeachnature@gmail.com
<b>WEDNESDAY</b>					
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am – 11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Intro to Amateur Radio and Electronics	Darwin Amateur Radio Club	Knuckey Lagoon Rec Res	10.30am – 12.00pm	<b>N</b>	
Beading Workshop	Sachi Hirayama	Livingstone Rec Res	11.00am – 12.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com
Origami Workshop	Sachi Hirayama	Livingstone Rec Res	1.00pm – 2.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com

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# WEEK SIX 17 AUGUST - 23 AUGUST

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	deb@amazingmissdeb.com Facebook: The Amazing Miss Deb
Unicycling	The Amazing Miss Deb	Humpty Doo Village Green	3.30pm – 4.30pm	<b>Y</b>	
<b>TUESDAY</b>					
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm – 5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtobreachnature@gmail.com
<b>WEDNESDAY</b>					
Toddlers Let's Try New Sports	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am - 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am – 11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Exploring Art	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Lapidary Crafts	Top End Gem and Mineral Club	Knuckey Lagoon Rec Res	9.00am – 12.00pm	<b>N</b>	
<b>SUNDAY</b>					
Beading Workshop	Sachi Hirayama	McMinns Lagoon Rec Reserve	11.00am – 12.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com
Origami Workshop	Sachi Hirayama	McMinns Lagoon Rec Reserve	1.00pm – 2.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com

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<b>MONDAY</b>					
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Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
<b>TUESDAY</b>					
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm -5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtoBeachnature@gmail.com
<b>WEDNESDAY</b>					
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Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
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<b>THURSDAY</b>					
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<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Come and Try Scouts	Humpty Doo Scouts	Humpty Doo Village Green	10.00am – 2.00pm	<b>N</b>	
Beading Workshop	Sachi Hirayama	Howard Park Rec Res	11.00am – 12.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com
Origami Workshop	Sachi Hirayama	Howard Park Rec Res	1.00pm – 2.00pm	<b>Y</b>	0401513386 sachi.hirayama@gmail.com

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**Please check Council's Facebook page for any updates**

# WEEK EIGHT 31 AUGUST – 6 SEPTEMBER

ACTIVITY	SUPPLIER	LOCATION	TIME	BOOKINGS REQUIRED	CONTACT
<b>MONDAY</b>					
Yoga	Nic's Yoga	Berry Springs Rec Res	6.00am – 6.50am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Yoga	Rosie Cook	Humpty Doo Village Green	8.30am – 9.30am	<b>N</b>	
<b>TUESDAY</b>					
Bush Kids Nature Art	Bush to Beach	McMinns Lagoon Rec Res	4.00pm – 5.00pm	<b>Y</b>	Cherie: 0400 911 856 bushtobreachnature@gmail.com
<b>WEDNESDAY</b>					
Toddlers Let's Try New Sports	Smile A Mile Toy Library	Livingstone Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
Yoga	Nics Yoga	Berry Springs Rec Res	9.00am – 10.00am	<b>Y</b>	0429 408 688 nicole@nicysyoga.com.au
Fitboxing	Core Body and Fitness	Howard Park Rec Res	9.00am – 9.45am	<b>N</b>	
Group Fitness	Run Wild Fitness	Freds Pass Sport and Rec Res	10.30am – 11.30am	<b>N</b>	
<b>THURSDAY</b>					
Walking Group	Get Active in Litchfield	McMinns Lagoon	9.00am – 9.45am	<b>N</b>	
Exploring Art	Smile A Mile Toy Library	Berry Springs Rec Res	9.00am – 10.30am	<b>Y</b>	8983 2009 toys@smileamile.org.au
<b>FRIDAY</b>					
Meta Fit	Run Wild Fitness	Freds Pass Sport and Rec Res	5.45am – 6.15am	<b>N</b>	
Feel Good Fridays	Palmerston and Regional Basketball Association	Freds Pass Sport and Rec Res	4.00pm – 4.45pm	<b>Y</b>	parba.nt@outlook.com
Meta Fit	Core Body Health and Fitness	Humpty Doo Village Green	5.30pm – 6.15pm	<b>N</b>	
<b>SATURDAY</b>					
Come and Try Scouts	Humpty Doo Scouts	Humpty Doo Village Green	10.00am – 2.00pm	<b>N</b>	
Theatre Games for Youth	TaiNTed	Howard Park Rec Res	10.00am – 12.00pm	<b>Y</b>	0426 242 437 taintedtheatre@gmail.com
Theatre Games for Adults	TaiNTed	Howard Park Rec Res	12.30am – 2.30pm	<b>Y</b>	0426 242 437 taintedtheatre@gmail.com

Although we will avoid this as best we can, this program may be subject to time and/or location changes.  
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**GET  
ACTIVE  
IN  
LITCHFIELD**

**LITCHFIELD  
COUNCIL**



*Community effort is essential*

**FOR MORE INFORMATION  
CONTACT COUNCIL AT**

**[council@litchfield.nt.gov.au](mailto:council@litchfield.nt.gov.au)  
or 8983 0600**



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Get Active in Litchfield is funded by  
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