



ACTIVE PARKS NORTH



Dedicated to a better Brisbane

ACTIVE PARKS NORTH

Find out more

This program contains information on activities in various Active and Healthy Parks across Brisbane's north. For more information on what's on in Brisbane this season:

- Visit www.brisbane.qld.gov.au
- Visit www.ourbrisbane.com.au/activeandhealthy and follow the links to 'your Active and Healthy Lifestyle program'
- Call Council on (07) 3403 8888

Important legal notices

Voluntary assumption of risk: You undertake an activity at your sole risk and acknowledge and voluntarily accept the level of risk consequent with the activities.

Warning: If you have any concerns regarding your level of fitness, ability or skill to undertake an activity, it is recommended that you seek the appropriate independent advice (including medical). Please note: Brisbane City Council staff are not authorised to give any advice to you in this regard.

Disclaimer: Brisbane City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability, claim, 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 participant (including yourself) or any third party provider. Participation in any activity is at the sole discretion of the third party provider. Information contained in this program is correct at the time of printing and is subject to change.

Brisbane City Council Information
GPO Box 1434
Brisbane Qld 4001



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For more information visit www.brisbane.qld.gov.au or call (07) 3403 8888

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Get out, get active and put the energy back into your life

THE DAYS ARE GETTING LONGER BRINGING MORE OPPORTUNITIES TO HEAD OUTDOORS AND GET ACTIVE AND HEALTHY IN YOUR LOCAL PARK!

Active Parks, a Brisbane City Council Active and Healthy Lifestyle program, provides mostly free activities in more than 50 local parks across Brisbane and is another way Council is achieving our vision for the city's future.

Council values your wellbeing, so we deliver programs like Active Parks to encourage you to be active and healthy, learn new skills and develop new interests using our city's parks, outdoor areas and sporting facilities.

Council also preserves natural environment areas, including bushland and wetland areas, so you can explore our native flora and fauna.

BOOKINGS REQUIRED

These activities must be booked by phoning the activity contact. Other activities do not require bookings – just come along and participate.

FUN DAY

Make this your day to come out and play. Enjoy family games with earth ball, parachute games, volleyball, sack races and more.

COME AND TRY DAY

Have a go at something new and experience different ways to enjoy your local park.

WALKING ACTIVITY

Walking is a great social opportunity and can add years to your life.

Adventure is the order of the day and it's being served up for the whole family.

With activities including camping, treasure hunt, orienteering and adventure activities to name just a very few, there are lots of opportunities to explore our city, explore different cultures and explore parks.

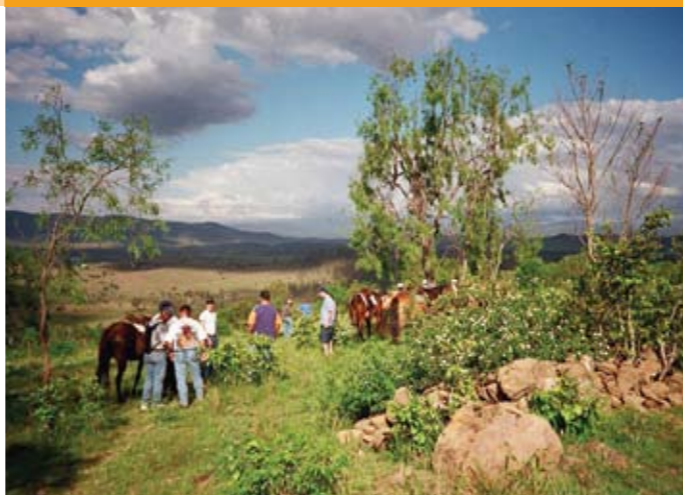
Use your Active Parks brochure as a map to adventure and spend time with your friends, family and community as you re-energise and take time to enjoy life.



WHY NOT WALK OR CYCLE TO YOUR PARK IF YOU LIVE LOCALLY?

For more information on cycling routes and walking paths, call Council on (07) 3403 8888.

For public transport information visit www.translink.com.au or call 13 12 30.



Take a relaxing ride in the outdoors with RAW



Get on your bike and make new friends with a GOLD bike ride



Gonewalking has a regular walk near you

SOMETHING FOR EVERYONE

As well as Active Parks, Council offers a range of other activities for you to enjoy an active and healthy lifestyle – no matter what your age, interest or fitness level.

These programs include:

- **Black Diamonds** Sporting, creative and adventure programs for Indigenous people
- **Chill Out** Creative and adventurous activities for 10 to 17 year olds
- **Get Wild - Discover Natural Brisbane** Nature-based activities at various bushland and wetland locations
- **GOLD (Growing Older and Living Dangerously)** Activities for people aged

50+ including GOLD 'n' Kids for kids and their grandparents

- **Gonewalking** Regular group walks for all fitness levels
- **RAW (Real Adventure Women)** Adventurous activities for women aged 16+
- **10,000 Steps Brisbane** Physical activity is good for you and walking is one of the easiest ways to build activity into your day. Every step counts.

For more information on any of these programs, visit www.brisbane.qld.gov.au/activeandhealthy or contact Council on (07) 3403 8888.

EVERY STEP COUNTS

Join us this Walktober for a month-long celebration of walking. For more information about walking opportunities across Brisbane visit www.brisbane.qld.gov.au/10000steps.

Remember... every step counts.



To find out the latest on Council's Active and Healthy programs head online to www.brisbane.qld.gov.au/activeandhealthy or visit ourbrisbane.com and search what's on.

To pick up one of Council's Active and Healthy program brochures go to your local library, customer service centre or ward office.

WHAT TO BRING

Brisbane is beautiful one day, perfect the next so remember to:

- slip on comfortable protective clothing
- slop on sunscreen
- slap on a hat
- wrap on sunglasses to protect your eyes
- bring a water bottle
- bring any equipment listed for your activity
- wear suitable footwear
- bring a helmet and mechanically sound bike for bike activities (bike hire available at \$15).

























...start your active and healthy lifestyle today!

DAY	WHERE	WHAT	TIME	CONTACT
Monday	Everton Park – outside chemist, Everton Plaza Shopping Centre, corner Stafford and Cutbush Roads	Medium-fast health and fitness walk	6-7pm	Heart Foundation 3872 2500
Tuesday	Ascot – Oriel Park bus shelter, Alexandra Road	Medium-fast health and fitness walk	6-7am	Karen 3862 1217
Wednesday	Clayfield – Kalinga Park car park, Park Avenue gates	Slow leisure walk	9.30-10.30am	Brisbane Botanic Gardens 3403 2535
Thursday	Ascot – Oriel Park bus shelter, Alexandra Road	Medium-fast health and fitness walk	6-7am	Karen 3862 1217
Friday	Bald Hills – top of path at Rushworth Street entry to Canterbury Park	Medium health and fitness walk	5.30-6.30am	Linda 3261 2033
Saturday	Chermside – 7th Brigade Park playground, enter via Murphy Road	Fast with hills health and fitness walk	7-8am	James 3403 0430 or 0402 828 323

ACTIVE PARKS WHAT'S ON

Bookings essential for activities with this symbol. 

SUBURB	PARK	ACTIVITY	AGE GUIDE	COST	WHEN	TIME	MEETING POINT	ACTIVITY INSTRUCTOR
Alderley	Grinstead Park Shand Road UBD Map 139 Ref D8	Fit 4 mums and bubs Exercise class designed around prams to give you an overall body workout. Bring a towel and training shoes.	All ages	Free	Every Wed 15 Oct to 19 Nov	9.30-10.15am	Playground	Mandy Bowser 0437 116 169
		Brook to bay bike ride Ride to Shorncliffe and return. Suitable for intermediate riders and above. Contact Bushranger Bikes to book equipment.	All ages	Free	Sat 13 Dec	8am-1pm	Car park 15 minutes prior to start	Bushranger Bikes 0409 053 694
Ascot	Oriel Park Corner Alexandra and Lancaster Roads UBD Map 140 Ref L13	Karate and self-defence Learn the discipline of self-defence including confidence, goal setting and personal fitness. Bring a towel.	All ages	Free	Every Sat 11 Oct to 1 Nov	8-9am	Fenced playground	Australian Goju Kai Karate 3265 2134
Boondall	Mulbeam Park Beams Road UBD Map 110 Ref J19	Karate and self-defence Learn the discipline of self-defence including confidence, goal setting and personal fitness. Bring a towel.	All ages	Free	Every Sat 11 Oct to 1 Nov	9.15-10.15am	Picnic table	
Bridgeman Downs	Bangalow Street Park Bangalow Street UBD Map 119 Ref D6	Bollywood fun and fitness Roushini combines her rich Indian heritage with her passion for dance, fitness and life in this unique fun session.	2-12 years	Free	Every Fri 10 Oct to 14 Nov	3.30-4.30pm	Picnic area near carpark	Wild about Kidz Fitness 5495 5458
Brighton	Decker Park 25th Avenue UBD Map 100 Ref N10	 Families bending rods Catch your own bait, tie knots, bait hooks, cast a rod and more. Bring clothes and shoes that can get wet, towel and a snack.	All ages	Free	Sun 2 Nov	9am-12 noon	Playground	2 Bent Rods 0403 713 820
		Beach front explorer lunch ride Ride to Nudgee Beach and return. Suitable for intermediate level riders and above. Contact Bushranger Bikes to book equipment. Bring money for lunch.	All ages	Free	Wed 17 Dec	10am-2pm	Car park 15 minutes prior to start	Bushranger Bikes 0409 053 694
Brisbane City	City Botanic Gardens Alice Street UBD Map 4 Ref N10	Tai chi and qigong Introduction to the foundation exercises of qigong and tai chi with all the basic essentials.	All ages	Free	Every Tue and Thu 14 Oct to 11 Dec	12.30-1.30pm	Grassy area above duck pond	Australian Academy of Tai Chi and Qigong 3358 1955
		Jazzercise express Fun, easy to follow, full body workout in your lunch break. Wear your joggers.	All ages	Free	Every Wed 15 Oct to 19 Nov	12 noon-12.40pm		Jazzercise 0432 244 955
		 Orienteering Use your navigational skills and specially produced map to discover your local parks. Arrive early for instructions. Wear sturdy sports shoes.	All ages	Free	Sat 1 Nov	3:30-5:30pm		Orienteering Queensland 3353 5227
Chermside West	Kenna Street Park Maudrell Terrace UBD Map 119 Ref J11	Meditation and relaxation Discover meditation and relaxation techniques. Improve your self-esteem and confidence and enjoy a healthy mind, body and soul. Bring a towel.	All ages	Free	Every Sat 8 Nov to 29 Nov	9.15-10.15am	Playground	Australian Goju Kai Karate 3265 2134
	Raven Street Reserve Rode Road UBD Map 119 Ref F16	Mountain to mangroves trail breakfast ride Approximately 35km distance. Suitable for intermediate riders and above. Contact Bushranger Bikes to book equipment.	All ages	Free	Sun 7 Dec	8.30-11.30am	Environment centre via Rode Road 15 minutes prior to start	Bushranger Bikes 0409 053 694
Clayfield	Kalinga Park Park Avenue UBD Map 140 Ref J3	Tennis coaching Come to learn or improve your tennis game including tennis drills, rallying, point play and technical analysis. Bring your tennis racquet and a towel.	All ages	\$5.00	Sat 4 or 25 Oct, 1 or 29 Nov	9-10am	Tennis courts	Laura Flynn Tennis Coaching 0422 390 037
		Creek critters Use creatures from the creek as your inspiration in clay. Decorative material available during week two. Bring an apron.	All ages	\$5.00	Sun 26 Oct and 2 Nov	10-11.30am	Picnic shelter	Clay Creations 0409 102 906
		Beach cruiser dinner night ride Ride to Nudgee Beach and return. Bike lights are required. Approximately 25km distance. Suitable for all levels. Contact Bushranger Bikes to book equipment. Bring money for dinner.	All ages	Free	Sat 8 Nov	4.30-7.30pm	Playground car park minutes prior to start	Bushranger Bikes 0409 053 694
		Rock climbing Experience the thrill of rock climbing in your local park. Wear closed-in shoes.	6+ years	Free	Sat 29 Nov or 6 Dec	2-5pm	Playground	Vertec Adventure 0403 293 534
		Adventure activities Learn outdoor skills in a fun environment. Activities include camp competitions, ropecraft, initiative games and more.						
Everton Park	Teralba Park Osborne Road UBD Map 138 Ref M2	Brook to bay bike ride Ride approximately 50kms distance. Travel to Nudgee Beach and return. Suitable for intermediate riders and above. Contact Bushranger Bikes to book equipment.	All ages	Free	Sun 5 Oct	8.30am-1.30pm	Sportsground car park 15 minutes prior to start	Bushranger Bikes 0409 053 694
		Tai chi and qigong Introduction to the foundation exercises of qigong and tai chi with all the basic essentials.	All ages	Free	Every Tue 28 Oct to 2 Dec	8.30-9.30am	Car park via Osborne Road entry	Australian Academy of Tai Chi and Qigong 3358 1955
Grange	Lanham Park Sellheim Street UBD Map 139 Ref L11	Storytime picnic in the park Come along and enjoy a mix of storytime in the library and activities in the park.	Under 10 years	Free	Every Fri 17 Oct to 21 Nov	10.30am-12 noon	Library	Complete Performance Solutions 3166 8183
		 Night orienteering Use your navigational skills and a specially produced map to navigate around your local parks and nearby streets at night. For all the family. Arrive early for instruction. Bring your own torch and wear sturdy shoes.	All ages	Free	Tue 25 Nov	6-7.30pm	Library	Orienteering Queensland 3353 5227
Hamilton	Hamilton Recreation Reserve Hercules Street UBD 140 Ref P18	Juggle-a-rama Make your own juggling balls, then learn the basics of juggling and slapstick comedy.	All ages	Free	Sat 29 Nov	1-2.30pm	Playground	Bazil Grumble 0411 246 487
Kedron	Bradbury Park Batten Street UBD Map 119 Ref Q18	Qigong shibashi Gentle, effective energy exercise to stretch, breath, calm and condition the mind and body. Wear comfortable loose clothing and flat-soled shoes.	All ages	\$5.00	Every Fri 31 Oct to 21 Nov	7-8am	Picnic table	Brizchi 3857 2907
Kelvin Grove	Grey Gum Park Victoria Park Road UBD Map 18 Ref B5	Tai chi and qigong Introduction to the foundation exercises of qigong and tai chi with all the basic essentials.	All ages	Free	Every Wed 15 Oct to 19 Nov	6-7am	Park entry	Australian Academy of Tai Chi and Qigong 3358 1955
Lutwyche	Prentice Park Swinburne Street UBD Map 140 Ref A10	 Walk and talk Show the kids how it's done with this fun fitness session designed for mums and dads.	All ages	Free	Every Tue 21 Oct to 9 Dec	4-5pm	Park entry	Kids Sports 3030 3355 www.kidssports.com.au
		 Parents and toddler sports Combines creative play, fun and exercise for parents and young children.	2-5 years					
		 Kids sports An exciting way for children to keep fit and healthy. Guaranteed fun, whatever your ability and skill level.	6-12 years					
New Farm	New Farm Park Brunswick Street UBD Map 23 Ref R3	Bellydancing An exciting way to have fun and get fit. Join our energetic introduction to the art of bellydance.	All ages	Free	Sat 4 or Sun 26 Oct	3.30-4.30pm	Library on Sydney Street	Hipnotic Bellydance 0416 270 107
		Salsa dancing Salsa LA style, an energetic and fun Latin style that is danced all over the world.	All ages	Free	Sun 12 Oct	12 noon-1pm	Rotunda	Vida Latina Dance Gym 3367 1680
		Tai chi and qigong Introduction to the foundation exercises of qigong and tai chi with all the basic essentials.	All ages	\$5.00	Every Sat 18 Oct to 13 Dec	8-9am	At river near Ferry Terminal	Australian Academy of Tai Chi and Qigong 3358 1955
		The bridge ride Ride to St Lucia and return crossing a number of the bridges over the Brisbane River. Suitable for intermediate level riders and above. Contact Bushranger Bikes to book equipment.	All ages	Free	Sat 18 Oct	9am-12.30pm	Rotunda 15 minutes prior to start	Bushranger Bikes 0409 053 694
		Boxing Learn boxing and kickboxing in a fun and interactive environment.	All ages	\$5.00	Every Tue 4 Nov to 9 Dec	6.15-7.15am	Library on Sydney Street	Mobile Exercise Specialists 0415 823 192
		Christmas ride Enjoy cycling on this river city ride. Wear your best Christmas cycling outfit. Suitable for all riders. Contact Bushranger Bikes to book equipment.	All ages	Free	Sun 21 Dec	9am-12.30pm	Rotunda 15 minutes prior to start	Bushranger Bikes 0409 053 694
	Powerhouse Park Lamington Street UBD Map 20 Ref B20	 Dog treasure hunt A fun and challenging romp through the park following clues. Bring a lead for your dog.	All ages	Free	Sat 6 Dec	3-4pm	Dog off leash area	Singles with Dogs 0403 929 918
	Doggie sports Fun and educational activities for you and your dog. Bring a lead for your dog.	All ages	Free	Sat 13 Dec	3-4pm			
Newstead	Newstead Park Newstead Terrace UBD Map 140 Ref F19	 Families bending rods Catch your own bait, tie knots, bait hooks, cast a rod and more. Bring clothes and shoes that can get wet, towel and a snack.	All ages	Free	Sat 22 Nov	1.30-5.30pm	Marquee	2 Bent Rods 0403 713 820
Nundah	Boyd Park Boyd Road UBD Map 140 Ref K1	 Walk and talk Show the kids how it's done with this fun fitness session designed for mums and dads.	All ages	Free	Every Thu 23 Oct to 11 Dec	4-5pm	Playground	Kids Sports 3030 3355 www.kidssports.com.au
		 Parents and toddler sports Combines creative play, fun and exercise for parents and young children.	2-5 years					
		 Kids sports An exciting way for children to keep fit and healthy. Guaranteed fun, whatever your ability and skill level.	6-12 years					
Sandgate	Albert Bishop Park Hedley Avenue UBD Map 140 Ref R3	Bay and wetlands explorer ride Ride to Shorncliffe via the Boondall Wetlands and return. Approximately 40kms distance. Suitable for intermediate riders and above.	All ages	Free	Sun 23 Nov	9am-12.30pm	Car park at the end of Hedley Avenue 15mins prior to start	Bushranger Bikes 0409 053 694
	Arthur Davis Park Flinders Parade UBD Map 110 Ref Q2	The two beaches ride Cycle approximately 40km from Sandgate beachfront to Nudgee Beach via the Boondall Wetlands. Suitable for intermediate and above. Contact Bushranger Bikes to book equipment.	All ages	Free	Wed 8 Oct	9.30am-1pm	Beside swimming pool 15 minutes prior to start	
	Moora Park Flinders Parade UBD Map 110 Ref Q2	 Kitesurfing experience Learn basic skills from theory to flying the kite in the water. All equipment provided. Bring clothes that can get wet and a towel.	7-80 years	\$10.00	Sun 12 Oct, 2 Nov or 7 Dec	9.30-11.30am	Sandgate Beach	Surf Connect Wind and Kitesurfing School 3137 0500
	 Wakeboarding and waterskiing A fun two-hour session with experienced instructors. All equipment provided. Bring clothes that can get wet and a towel.	7-80 years	\$10.00	Sun 19 Oct, 9 Nov or 14 Dec	9.30-11.30am			
Shorncliffe	Curlew Park via Sinbad Street UBD Map 111 Ref C9	 Sea kayaking Tour around the creeks and bay at Nudgee and see the wildlife.	10+ years	\$10.00	Sun 26 Oct	8-11am	Public boat ramp - look for canoe trailer	Queensland Canoeing 3278 1032
		 Moonlight paddle Canoe at night with the light of the full moon. Bring a towel, clothes that can get wet and enclosed shoes.	10+ years	\$10.00	Sat 15 Nov	7-10pm		
	Moora Park Park Parade UBD Map 111 Ref E6	Beach front and Sandgate Wetlands explorer ride Ride to Brighton and explore the Hornibrooke bikeway and wetlands. Contact Bushranger Bikes to book equipment.	All ages	Free	Tue 18 Nov	9.30am-1pm	Park Parade car park 15mins prior to start	Bushranger Bikes 0409 053 694
Upper Kedron	Upper Kedron Reserve Upper Kedron Road UBD Map 137 Ref F5	 Walk and talk Show the kids how it's done with this fun fitness session designed for mums and dads.	All ages	Free	Every Wed 22 Oct to 10 Dec	4-5pm	Playground	Kids Sports 3030 3355 www.kidssports.com.au
		 Parents and toddler sports Combines creative play, fun and exercise for parents and young children.	2-5 years					
		 Kids sports An exciting way for children to keep fit and healthy. Guaranteed fun, whatever your ability and skill level.	6-12 years					
		 Scratch games Enjoy playing organised sports in a friendly, informal fashion.	All ages					
Wavell Heights	ARC Hill Park Goss Road UBD Map 120 Ref K14	Women's boot camp A great way to get fit and stay in shape. Bring a towel and exercise clothes.	All ages	\$5.00	Every Fri 3 Oct to 7 Nov	6-7am	Picnic shelter	Mobile Exercise Specialists 0415 823 192
	Rilatt Park Albar Street UBD Map 120 Ref G16	Meditation and relaxation Discover meditation and relaxation techniques. Improve your self-esteem and confidence and enjoy a healthy mind, body and soul. Bring a towel.	All ages	Free	Every Sat 8 Nov to 29 Nov	8-9am	Picnic table	Australian Goju Kai Karate 3265 2134
Windsor	Downey Park Green Terrace UBD Map 139 Ref P19	Women's ride Cycle from Enoggera Creek to The Gap. Suitable for riders with some experience and bike fitness. Contact Bushranger Bikes to book equipment.	All ages	Free	Sun 30 Nov	8.30am-12.30pm	Car park, end of Noble Street, 15 minutes prior to start	Bushranger Bikes 0409 053 694
		Fit 4 mums Exercise class designed around prams to give you an overall body workout. Bring a towel and training shoes.	All ages	Free	Mon 6 Oct	10.45-11.30am	Playground	Mandy Bowser 0437 116 169
	Northey Street City Farm Victoria Street UBD Map 139 Ref Q19	 Growing food in the city Take a guided tour of our vegetable gardens, fruit forest, composting and worm farms. Learn about permaculture. Morning tea included. Wear comfortable shoes.	All ages	Free	Fri 10 Oct or 7 Nov	10-11.30am	Garden kitchen	Northey Street City Farm 3857 8775
		 COME AND TRY GARDEN FARM DAY	All ages	Free	Wed 22 Oct	10am-12 noon	Garden stage	Brisbane City Council
		Universal Children's Day Experience the magic of storytime as we read stories sure to trigger a child's imagination.						Bazil Grumble 0411 246 487
		Farm adventure tour Come and meet the animals from storytime then explore the garden and plant seedlings.						Northey Street City Farm 3857 8775
		 COME AND TRY DANCE AFTERNOON Join in the fun and dance to the beat.				Fri 21 Nov	4.30-6.30pm	Brisbane City Council
		Salsa dancing Salsa LA style, an energetic and fun Latin style that is danced all over the world.					4.30-5.15pm	Vida Latina Dance Gym 3367 1680
		Cob oven cooking Learn how to cook up a tasty meal in this versatile earth oven.					5.15-5.45pm	Northey Street City Farm 3857 8775
		African dance Come and try an African dance style accompanied by rhythmic drumming.					5.45-6.30pm	Baala Baajo 3861 0473