

# ACTIVE KIDS

## SCHOOL HOLIDAY PROGRAM

20 SEPTEMBER – 5 OCTOBER

Free and low-cost activities



[ipswich.qld.gov.au/activekids](https://ipswich.qld.gov.au/activekids)



## **ACKNOWLEDGEMENT OF COUNTRY**

Ipswich City Council respectfully acknowledges the Traditional Owners, the Jagera, Yuggera and Ugarapul People of the Yugara/Yagara Language Group, as custodians of the land and waters we share. We pay our respects to their Elders past and present, as the keepers of the traditions, customs, cultures and stories of proud peoples.

## Keep busy these Spring school holidays with our Active Kids program.

Our sessions welcome everyone. Most sessions offer a variety of activities tailored to the child's abilities, with parents and caregivers encouraged to join in.

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*For accessibility information and to assess suitability of activity for your child contact the Active and Healthy team on (07) 3810 6666*

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**Please note**, this program is subject to change and the details are accurate at the time of the printing.

Bookings are essential for all activities.  
Please follow any rules of restrictions from authorities and providers.

To view the live calendar of events and for further information, visit [lpswich.qld.gov.au/activehealthy](https://lpswich.qld.gov.au/activehealthy).

## WHAT TO BRING

- Snacks
- Water bottle
- Enclosed shoes
- Hat and sunscreen
- Insect repellent (for activities in nature)
- Anything else included in the specific activity requirements



Book your activity via our Active Kids calendar at [lpswich.qld.gov.au/activekids](https://lpswich.qld.gov.au/activekids) or through the Active and Healthy app

ACTIVITY	TIME	WHERE
SATURDAY 20 SEPTEMBER		
Guided Hike	9.00 am – 11.00 am	Paperbark Flats Picnic Area, School Road, Redbank Plains
Family Friendly Bike Ride ■ ▲	3.00 pm – 4.00 pm	Robelle Domain, 155 Southern Cross Circuit, Springfield Central
SUNDAY 21 SEPTEMBER		
Beginners Mountain Biking	9.00 am – 10.00 am	Castle Hill Blackstone Reserve, 7 Mary Street, Blackstone
Intermediate Mountain Biking	10.00 am – 11.00 am	Castle Hill Blackstone Reserve, 7 Mary Street, Blackstone
MONDAY 22 SEPTEMBER		
AFL	9.00 am – 10.00 am	Sutton Park, 61 Workshops Street, Brassall
Dino Zumba	9.00 am – 11.00 am	Tulmur Place, Nicholas Street, Ipswich
Retro Games	10.15 am – 11.15 am	Sutton Park, 61 Workshops Street, Brassall
Cricket	11.30 am – 12.30 pm	Sutton Park, 61 Workshops Street, Brassall
TUESDAY 23 SEPTEMBER		
Toddler and Tunes	9.00 am – 10.00 am	Goodna Community Centre, 6 Layard Street, Goodna
Ball Games	9.00 am – 10.00 am	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Volleyball	10.15 am – 11.15 am	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Frisbee	11.30 am – 12.30 pm	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Yoga ■ ▲ ●	3.00 pm – 3.30 pm	Goodna Community Centre, 6 Layard Street, Goodna
WEDNESDAY 24 SEPTEMBER		
Cricket	9.00 am – 10.00 am	Limestone Park, 42A, Chermside Road, Ipswich
Little Netty (3-5 years)	9.00 am – 10.00 am	Limestone Park, 30 Salisbury Road, Ipswich
NetSetGo (6-9 years)	10.00 am – 11.00 am	Limestone Park, 30 Salisbury Road, Ipswich
Athletics	10.15 am – 11.15 am	Limestone Park, 42A, Chermside Road, Ipswich
Soccer	11.30 am – 12.30 pm	Limestone Park, 42A, Chermside Road, Ipswich
Hip Hop ■ ▲	2.00 pm – 3.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
Hip Hop ■ ▲	3.00 pm – 4.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
■ Self-Paced   ▲ Accessible   ● Quiet Zone		

ACTIVITY	TIME	WHERE
<b>THURSDAY 25 SEPTEMBER</b>		
Basketball	9.00 am – 10.00 am	Stallard Park, 123 Equestrian Drive, Yamanto
Mini Chef (6-11 years)	10.00 am – 11.30 am	Redbank Plains Community Centre, 180 School Road, Redbank Plains
Beach Sports	10.15 am – 11.15 am	Stallard Park, 123 Equestrian Drive, Yamanto
Circus ■	11.30 am – 12.30 pm	Stallard Park, 123 Equestrian Drive, Yamanto
Teen Chef (12+ years)	1.00 pm – 2.30 pm	Redbank Plains Community Centre, 180 School Road, Redbank Plains
Parkour Basics	2.00 pm – 3.00 pm	Rotary Park, 254 Brisbane Road, Bundamba
Parkour Skills	3.15 pm – 4.15 pm	Rotary Park, 254 Brisbane Road, Bundamba
<b>FRIDAY 26 SEPTEMBER</b>		
Touch Football	9.00 am – 10.00 am	Tofa Mamoa A Samoa Park, 27 Kruger Parade, Redbank
Retro Games	10.15 am – 11.15 am	Tofa Mamoa A Samoa Park, 27 Kruger Parade, Redbank
Athletics	11.30 am – 12.30 pm	Tofa Mamoa A Samoa Park, 27 Kruger Parade, Redbank
Hiking and Navigation Skills	2.00 pm – 4.00 pm	Paperback Flats Picnic Area, School Road, Redbank Plains
<b>SATURDAY 27 SEPTEMBER</b>		
Guided Hike	9.00 am – 11.00 am	Hardings Paddock, Carmichaels Road, Purga
Fun Fit Kids ▲	10.00 am – 11.00 am	Goodna Community Centre, 6 Layard Street, Goodna
Introduction to Netball (10-13 years)	10.00 – 11.15 am	Limestone Park, 30 Salisbury Road, Ipswich
Fun Fit Teens ▲	11.00 am – 12.00 pm	Goodna Community Centre, 6 Layard Street, Goodna

Please note, this program is subject to changes due to changes to the climatic conditions and the details of this program are accurate as at the time of printing. To view the live calendar of events, please go to the Active and Healthy Ipswich app, or visit [ipswich.qld.gov.au/activeipswich](https://ipswich.qld.gov.au/activeipswich)

ACTIVITY	TIME	WHERE
SUNDAY 28 SEPTEMBER		
Children's Beginners Cycling Class	9.00 am – 10.00 am	Ipswich Cycle Park, 36 Huxham Street, Raceview
MONDAY 29 SEPTEMBER		
Touch Football	9.00 am – 10.00 am	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
Soccer	10.15 am – 11.15 am	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
Athletics	11.30 am – 12.30 pm	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
TUESDAY 30 SEPTEMBER		
Learn 2 Rollerskate	9.00 am - 10.00 am	Ipswich Cycle Park, 36 Huxham Street, Raceview
Volleyball	9.00 am – 10.00 am	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Rollerfit for Beginners	10.00 am - 11.00 am	Ipswich Cycle Park, 36 Huxham Street, Raceview
Ball Games	10.15 am – 11.15 am	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Frisbee	11.30 am – 12.30 pm	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Yoga ■▲●	3.00 pm – 3.30 pm	Goodna Community Centre, 6 Layard Street, Goodna
WEDNESDAY 1 OCTOBER		
Athletics	9.00 am – 10.00 am	Cameron Park, 95A Brisbane Road, Booval
Retro Games	10.15 am – 11.15 am	Cameron Park, 95A Brisbane Road, Booval
Touch Football	11.30 am – 12.30 pm	Cameron Park, 95A Brisbane Road, Booval
Fun Fit Kids ▲	1.00 pm – 2.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
Fun Fit Teens ▲	2.00 pm – 3.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
Spotlighting Tour	4.30 pm - 6.30 pm	Haig Street Quarry Bushland Reserve, 59 High St, Brassall

ACTIVITY	TIME	WHERE
<b>THURSDAY 2 OCTOBER</b>		
Beach Sports	9.00 am – 10.00 am	Henry Lawson Bicentennial Park, 533-569 Karrabin Rosewood Road, Walloon
Circus ■ ▲	10.15 am – 11.15 am	Henry Lawson Bicentennial Park, 533-569 Karrabin Rosewood Road, Walloon
Basketball	11.30 am – 12.30 pm	Henry Lawson Bicentennial Park, 533-569 Karrabin Rosewood Road, Walloon
Survival Skills	2.00 pm – 4.00 pm	Allawah camp site, 127 Allawah Road, Mount Crosby
<b>FRIDAY 3 OCTOBER</b>		
Soccer	9.00 am – 10.00 am	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
Nature Photography ■	10.00 am – 11.30 am	Kholo Gardens, 243 Riverside Drive, Muirlea
Cricket	10.15 am – 11.15 am	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
AFL	11.30 am – 12.30 pm	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
<b>SATURDAY 4 OCTOBER</b>		
Guided Hike	9.00 am – 11.00 am	Flinders Plum Picnic Area, Mount Flinders Road, Peak Crossing
Fishing ■	2.00 pm – 5.00 pm	Joseph Brady Park, 181 Riverside Avenue, Barellan Point

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# OUTDOOR RECREATION

## BEGINNERS MOUNTAIN BIKING

Age: 5-11 | Cost: FREE

This session is perfect for kids looking for a fun way to spend the holidays while fast-tracking their off-road biking skills. The course includes a wide range of skills, fun drills, and exciting challenges.

## GUIDED HIKE

Age: All  
Cost: FREE

A morning spent exploring all aspects of bushwalking from learning what to pack, finding out about different types of maps and simple compass use. We will pack some scroggins for morning tea, find some environmental weeds, learn how to bandage a snake bite and enjoy a walk through the local bushland.

## FISHING

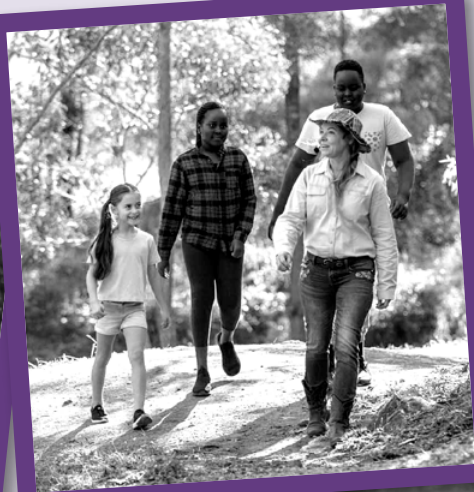
Age: 4-17 | Cost: \$5 per person

This “come and try” fishing session begins with an interactive beach discussion covering marine and personal safety. Participants will learn how to tie a fishing knot, cast a rod, and receive plenty of encouragement and tips to help them land a fish. All rods, fishing equipment, and bait are supplied.

## HIKING AND NAVIGATION SKILLS

Age: 12-17 | Cost: FREE

Love nature? Want to deepen your bushwalking and navigation skills? Join Scouts QLD for a guided walk using a map and compass. Hone your skills and gain confidence to tackle the bush!





# OUTDOOR RECREATION

## INTERMEDIATE MOUNTAIN BIKING

Age: 7+ | Cost: FREE

Test your mountain biking skills on a short trail ride at Castle Hill Blackstone Reserve. Basic riding skills and fitness are required. We'll begin with a bike and helmet check—bikes must be rideable, with pumped-up tyres and working gears. After a quick skills refresher, we'll hit the trail for a fun ride in the bush.

*Parents must accompany children.*

## NATURE PHOTOGRAPHY

Age: 8-17

Cost: \$5 per person or \$10 per family

Want to take amazing photos with your phone in a relaxed, nature-filled setting? Guided by the Discover Ipswich team, you'll learn creative photography techniques and how to see your surroundings with fresh eyes.

Gain tips on light, colour, shapes, angles, depth of field, and composition.

Perfect for absolute beginners!

## SPOTLIGHTING

Age: 8-17

Cost: \$5 per person or \$10 per family

Discover the secret life of the forest at night on a spotlighting bushwalk.

Join us as we venture into the wild after dark to uncover nature's nocturnal wonders. This easy discovery walk is led by Ranger Annemieke and Ranger Tina.

*Places are strictly limited – book early to avoid disappointment!*

## SURVIVAL SKILLS

Age: 7-17 | Cost: FREE

Ready to level up your outdoor game? In this epic 2-hour session, you'll learn how to collect and purify water, build shelters, light fires safely, cook in the wild, and make your own damper from scratch.

It's hands-on, fire-starting, damper-making survival fun – perfect for young adventurers who love a challenge!



# PHYSICAL ACTIVITY

## AFL

Age: 5+ | Cost: FREE

This activity introduces the game of AFL. Develop fundamental skills like kicking, passing and bouncing the ball. The skills will be developed through a series of fun activities and short games.

## ATHLETICS

Age: 5+ | Cost: FREE

Practice your throwing, running and jumping techniques in this super fun athletics session!

A great all-rounder session for those of all abilities.

## BALL GAMES

Age: 5+ | Cost: FREE

Challenge your hand/eye coordination and reaction skills with our line-up of ball games. Leader Ball, Captain Ball, Tunnel Ball, Poison Ball, Bump it up and more. These activities will encourage teamwork and help to improve physical and social skills.

## BASKETBALL

Age: 5+ | Cost: FREE

Join our exciting basketball activity these school holidays, where kids will learn essential skills like dribbling, shooting, and teamwork through fun drills and games. Perfect for all skill levels, this energetic session promotes fitness, confidence, and sportsmanship in a supportive environment.

## BEACH SPORTS

Age: 5+ | Cost: FREE

Come along for a day at the beach without the beach... think beach volleyball, beach cricket, beach soccer and beach frisbee. This is a session that loves parent involvement. Create memories and strengthen family bonds whilst laughing and having fun together!

## CIRCUS

Age: 5+ | Cost: FREE

Unleash your inner clown at this introductory circus skills class. Learn juggling, hula hooping, balance skills and lots more!

*This activity offers a self-paced experience with a wide range of activities catering to various skill levels.*



Click here to read the *Circus Social Story* with your child so they know what to expect at this activity.



# PHYSICAL ACTIVITY

## CRICKET

Age: 5+ | Cost: FREE

This session teaches kids the fundamental rules of cricket, whilst also developing their skills in catching, holding a cricket bat, and hitting the ball, throwing accuracy and general teamwork skills.

## DINO ZUMBA

Age: 3+ | Cost: FREE

Join this Latin-inspired Zumba session during the school holidays! You'll learn how to break down steps used in Zumba Latin rhythms to move to a particular beat. Don't worry if you're unfamiliar with salsa moves. This class will be simple, slow and super fun! This activity is part of Dinosaur Discovery at Tulumur Place during the September school holiday program.

## FRISBEE

Age: 5+ | Cost: FREE

Join in on the frisbee fun with friends and family. Practice your throwing and catching skills while soaking up the outdoors.



## FUN FIT KIDS

Age: 5+ | Cost: FREE

Get ready to move, sweat, and smile! Fun Fit Kids is a fast-paced, high-energy session designed for children aged 5 and up. This 1-hour class blends short bursts of activity with playful challenges to build strength, endurance, and agility. Each session is packed with fun games, team-based exercises, and movement circuits that keep kids engaged while improving their overall fitness. Perfect for active kids who love variety and a good challenge!

## FUN FIT TEENS

Age: 12+ | Cost: FREE

Fun Fit Teens is a high-energy session designed to challenge and motivate young people aged 12 and up. Each 1-hour class combines short, intense bursts of activity with functional movements and team-based challenges to build strength, stamina, and resilience.

With a focus on fun and variety, this session helps teens boost their fitness, improve coordination, and develop a positive attitude toward physical activity – all in a supportive and social environment.

## HIP HOP

Age: 5+ | Cost: FREE

Let your kids unleash their energy and creativity in this upbeat hip hop class designed just for them! Held in Goodna, the sessions are fun, inclusive, and packed with fresh moves that build confidence, coordination, and rhythm.

No experience needed – just bring good vibes and a love for music!

# PHYSICAL ACTIVITY

## INTRODUCTION TO NETBALL

Age: 10–13 years | Cost: FREE

Introductory netball training session – the perfect way to give netball a go for the very first time! Our friendly coaches will guide participants through fun ball-handling and passing activities targeted at developing your base skills, specific attack and defence drills targeted to set you up with some new netball knowledge and game play to experience netball in action. It's all about building confidence, learning new skills, making friends, and having fun on the court.

## LITTLE NETTY

Age: 3–5 years | Cost: FREE

Little Netty's is a fundamental motor skills netball program for children aged 3 to 4 years. Children will complete game-based warm-up sessions, participate in targeted activities aimed at improving specific skills, be introduced to some of the equipment and skills of netball and conclude with some calming, reflective activities

## NETSETGO

Age: 6–9 years | Cost: FREE

NetSetGo fosters a lifelong love of netball through fun, skill-based activities and mini-games! Children are introduced to the basics of netball through fun, simple activities that keep them moving and engaged. With lots of chances to get involved, the activities are designed for maximum participation, ensuring every child feels included and confident.

## PARKOUR BASICS

Age: 7+ | Cost: FREE

Introducing the fundamentals of parkour training for young kids in a safe and controlled environment. The 1-hour sessions cover a wide range of 'parkour techniques', but with a focus on improving movement and ability to cover any obstacle safely and efficiently.

## PARKOUR SKILLS

Age: 10+ | Cost: FREE

This dynamic 1-hour session introduces participants aged 10 and up to the core principles of parkour, with a focus on developing strength, coordination, and confidence in movement. While covering a broad range of parkour techniques, the emphasis is on safely and efficiently navigating obstacles through practical skill-building. Ideal for those ready to take their physical abilities to the next level, this program blends challenge with fun in a supportive environment.

## RETRO GAMES

Age: 5+ | Cost: FREE

Join us for some old-school games like tug-o-war, red rover, dodge ball, 3-legged races, jumping sack races, egg and spoon races and stuck in the mud!

## SOCCER

Age: 5+ | Cost: FREE

Emulate your soccer heroes by learning some tricky soccer skills! Children will develop coordination and balance, whilst practicing ball skills such as kicking, dribbling, and shooting. Fun for all ages!

# PHYSICAL ACTIVITY

## TODDLER AND TUNES

Age: 0-5 | Cost: FREE

Get ready to sing, dance and giggle the morning away with Jumbo Funk and friends. A musical morning filled with classic kids' tunes, nursery rhymes, and interactive entertainment that little ones (and grown-ups!) will LOVE! Perfect for ages 0-5 and their favourite grown-ups! Bring your smiles, your voices, and your best dance moves!

## TOUCH FOOTBALL

Age: 5+ | Cost: FREE

Duck, weave and side-step your way through the holidays with the touch football sessions. In these sessions, you will learn the basics of the game of touch football with some skills, drills and a small game.

## VOLLEYBALL

Age: 5+ | Cost: FREE

Dig, set and spike your way through our newest Active Kids addition: volleyball. Improve your serving, bumping and net play skills while having a blast!

## YOGA

Age: 2+ | Cost: FREE

Breathe, stretch and restore your way into the school holidays with children's yoga. Parents/caregivers are invited to join in too!



# LEARN 2 RIDE WORKSHOPS

## CHILDREN'S BEGINNERS CYCLING CLASS

Age: 4+ | Cost: FREE

This fun and supportive beginner cycling class is perfect for children aged 3 and up who are learning to ride or building confidence on two wheels. Held at the safe and scenic Ipswich Cycle Park, the 1-hour session focuses on essential cycling skills including balance, braking, steering, and safe riding practices. With plenty of space to explore and expert guidance, kids will enjoy gaining independence and improving their bike-handling abilities in a relaxed, encouraging environment.

## FAMILY FRIENDLY BIKE RIDE

Age: 5+ | Cost: FREE

Cruise through Robelle Domain on a breezy 1-hour bike ride that blends nature, fitness, and family time. The smooth trails, shady trees, and playful stops make it easy to unwind while keeping the kids entertained.

## LEARN 2 ROLLER SKATE

Age: 4-13 | Cost: \$5

Learn to roller skate and skills classes for children aged 4-13 years old. You can expect your little ones to learn how to get rolling safely. We utilise games to help reinforce their learning and keep classes fun. Suitable for all experience levels, from absolute beginner to advanced, unless otherwise specified.

## ROLLERFIT FOR BEGINNERS

Age: 4+ | Cost: \$5

Rollerskating skills classes for children aged 4+ years old. You can expect your children to learn how to perform skate tricks. We utilise games to help reinforce their learning and keep classes fun. Suitable for all experience levels, from absolute beginner to advanced, unless otherwise specified.

# ACTIVE AND HEALTHY

## THE APP

[ipswich.qld.gov.au/activehealthy](http://ipswich.qld.gov.au/activehealthy)









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