

ACTIVE KIDS

APRIL
2024

SCHOOL
HOLIDAY
PROGRAM

Free and
low-cost activities



ipswich.qld.gov.au/activekids



ACKNOWLEDGEMENT OF COUNTRY

Ipswich City Council respectfully acknowledges the Traditional Owners as custodians of the land and waters we share. We pay our respects to their Elders past, present and emerging, as the keepers of the traditions, customs, cultures and stories of proud peoples.

Get ready for an action-packed school holiday with Active Kids.

Our activities are open to everyone. Most sessions have multiple activity selections to suit the ability of the child, with parents/caregivers encouraged to participate.

For accessibility information and to assess suitability of an activity for your child, contact the Active and Healthy Team on (07) 3810 8187.

For further information please email activeandhealthy@ipswich.qld.gov.au

BOOKINGS ESSENTIAL

WHAT TO BRING

- Hat and sunscreen
- Enclosed shoes
- Water bottle
- Snacks
- Anything else included in the specific activity requirements



Book your activity via our Active Kids calendar at ipswich.qld.gov.au/activekids or through the Active and Healthy app

ACTIVITY	TIME	WHERE
TUESDAY 2 APRIL		
Basketball ■	9.00 am – 10.00 am	Sutton Park, 61 Workshops Street, Brassall
Animal Encounters ■▲	9.00 am – 10.30 am	Ipswich Nature Centre, Goleby Avenue, Ipswich
Fishing ■	9.00 am – 12.00 pm	Joseph Brady Park, 181 Riverside Avenue, Barellan Point
Athletics ■	10.15 am – 11.15 am	Sutton Park, 61 Workshops Street, Brassall
Animal Encounters ■▲	11.00 am – 12.30 pm	Ipswich Nature Centre, Goleby Avenue, Ipswich
NRL	11.30 am – 12.30 pm	Sutton Park, 61 Workshops Street, Brassall
WEDNESDAY 3 APRIL		
Netball ■	8.30 am – 9.30 am	Atlantic Drive Sporting Complex, Lot 1, Summit Drive, Springfield Lakes
Learn 2 Skate ■	9.00 am – 10.00 am	Rotary Park, 254 Brisbane Road, Bundamba
Volleyball ■	9.45 am – 10.45 am	Atlantic Drive Sporting Complex, Lot 1, Summit Drive, Springfield Lakes
Learn 2 Skate ■	10.00 am – 11.00 am	Rotary Park, 254 Brisbane Road, Bundamba
Frisbee ■	11.00 am – 12.00 pm	Atlantic Drive Sporting Complex, Lot 1, Summit Drive, Springfield Lakes
Bushwalk: Nature at Night 3–6 years	6.00 pm – 7.30 pm	White Rock, Opposite 33 Wanderer Crescent, Springfield Lakes
THURSDAY 4 APRIL		
Athletics ■	8.30 am – 9.30 am	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Bushwalk: Day 3–6 years	9.00 am – 10.00 am	Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone
Nature Photography 10+ years	9.30 am – 11.00 am	Paperbark Flats Picnic Area, 265–317 School Road, Redbank Plains
NRL	9.45 am – 10.45 am	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Basketball ■	11.00 am – 12.00 pm	Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain
Bushwalk: Nature at Night 7+ years	6.00 pm – 7.30 pm	White Rock, Opposite 33 Wanderer Crescent, Springfield Lakes

WEEK ONE

**BOOK
NOW**



ACTIVITY	TIME	WHERE
FRIDAY 5 APRIL		
Birdwatching	8.00 am – 9.30 am	Kholo Gardens, 243 Riverside Drive, Muirlea
Bushwalk: Day 7+ years	9.00 am – 10.00 am	Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone
Soccer 10+ years	9.00 am – 10.00 am	Iron Bark Park, Splendid Drive, Ripley
Scooter Tricks 5+ years	9.30 am – 10.30 am 11.00 am – 12.00 pm	Sutton Park, 61 Workshops Street, Brassall
Cricket 10+ years	10.15 am – 11.15 am	Iron Bark Park, Splendid Drive, Ripley
Gymnastics ■	11.30 am – 12.30 pm	Iron Bark Park, Splendid Drive, Ripley
Bushwalk: The Challenge	5.30 pm – 8.30 pm	Paperbark Flats Picnic Area, 265–317 School Road, Redbank Plains
SATURDAY 6 APRIL		
Orienteering ■▲	3.00 pm – 4.30 pm	Limestone Park, 42A Chermside Rd, Ipswich
SUNDAY 7 APRIL		
Fishing ■	1.00 pm – 4.00 pm	Joseph Brady Park, 181 Riverside Avenue, Barellan Point

■ Self-Paced ▲ Accessible

*Activities and locations vary in accessibility.
Please contact council to discuss suitability.*

*Self-paced refers to numerous activities where a child can progress
at their own pace and according to their individual abilities.*



WEEK ONE

**BOOK
NOW**



ACTIVITY	TIME	WHERE
MONDAY 8 APRIL		
Circus ■	9.00 am – 10.00 am	Mark Marsh Oval, Limestone Park, 42A Chermside Road, Ipswich
NRL	10.15 am – 11.15 am	Mark Marsh Oval, Limestone Park, 42A Chermside Road, Ipswich
Athletics ■	11.30 am – 12.30 pm	Mark Marsh Oval, Limestone Park, 42A Chermside Road, Ipswich
TUESDAY 9 APRIL		
AFL	9.00 am – 10.00 am	Evan Marginson Park, 6 Layard Street, Goodna
Mountain Biking Beginner	9.00 am – 10.00 am	Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone
Animal Encounters ■▲	9.00 am – 10.30 am	Ipswich Nature Centre, Goleby Avenue, Ipswich
Healthy Eating Workshop: Teenage Health ■▲	10.00 am – 11.00 am	YMCA Springfield Central, 134A Parklands Drive, Springfield Central
Cricket ■	10.15 am – 11.15 am	Evan Marginson Park, 6 Layard Street, Goodna
Mountain Biking Intermediate	10.15 am – 11.15 am	Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone
Animal Encounters ■▲	11.00 am – 12.30 pm	Ipswich Nature Centre, Goleby Avenue, Ipswich
Gymnastics ■	11.30 am – 12.30 pm	Evan Marginson Park, 6 Layard Street, Goodna
Mountain Biking Advanced	11.30 am – 12.30 pm	Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone

■ Self-Paced ▲ Accessible

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Please contact council to discuss suitability.*

*Self-paced refers to numerous activities where a child can progress
at their own pace and according to their individual abilities.*

WEEK TWO **BOOK NOW** 

ACTIVITY	TIME	WHERE
WEDNESDAY 10 APRIL		
Netball	8.30 am – 9.30 am	Robelle Domain, 155 Southern Cross Circuit, Springfield Central
Frisbee ■	9.45 am – 10.45 am	Robelle Domain, 155 Southern Cross Circuit, Springfield Central
Volleyball	11.00 am – 12.00 pm	Robelle Domain, 155 Southern Cross Circuit, Springfield Central
THURSDAY 11 APRIL		
Soccer ■	8.30 am – 9.30 am	Lobley Park, 243A Warwick Road, Churchill
Camping Skills: Advanced ▲	9.00 am – 12.00 pm	Allawah Scout Camp, 161 Allawah Road, Mount Crosby
Circus ■	9.45 am – 10.45 am	Lobley Park, 243A Warwick Road, Churchill
Healthy Eating Workshop: Healthy Lunchboxes ■▲	10.00 am – 11.00 am	Springfield Library, Main Street, Springfield Central
Circus ■	1.00 pm – 2.00 pm	Henry Lawson Bicentennial Park, 533/569 Karrabin Rosewood Road, Walloon
Soccer ■	2.15 pm – 3.15 pm	Henry Lawson Bicentennial Park, 533/569 Karrabin Rosewood Road, Walloon
FRIDAY 12 APRIL		
Cricket	9.00 am – 10.00 am	Tofa A Mamo A Samoa Park, 27 Kruger Parade, Redbank
AFL	10.15 am – 11.15 am	Tofa A Mamo A Samoa Park, 27 Kruger Parade, Redbank
Soccer ■	11.30 am – 12.30 pm	Tofa A Mamo A Samoa Park, 27 Kruger Parade, Redbank
BMX Skills	3.00 pm – 4.00 pm 4.15 pm – 5.15 pm	Redbank Plains Skate Park, Redbank Plains

■ Self-Paced ▲ Accessible

*Activities and locations vary in accessibility.
Please contact council to discuss suitability.*

*Self-paced refers to numerous activities where a child can progress
at their own pace and according to their individual abilities.*

WEEK TWO **BOOK NOW** 

OUTDOOR RECREATION

ANIMAL ENCOUNTERS TOUR

Age: Family | Cost \$5 per family group

Get outdoors and cosy with our animal residents at the Ipswich Nature Centre. Learn first-hand what happens during a rangers' day and enjoy close and personal encounters with the animals at Ipswich Nature Centre in this special guided walking tour.

This trail is low gradient and suitable for majority of mobility devices.

All tours will meet 15 minutes prior to the start of session times.

Tuesday 2 April

- 🕒 8.45 am – 10.30 am (for 9.00 am start)
- 🕒 10.45 am – 12.30 pm (for 11.00 am start)
- 📍 Ipswich Nature Centre, Goleby Avenue, Ipswich

Tuesday 9 April

- 🕒 8.45 am – 10.30 am (for 9.00 am start)
- 🕒 10.45 am – 12.30 pm (for 11.00 am start)
- 📍 Ipswich Nature Centre, Goleby Avenue, Ipswich

PURGA NATURE RESERVE

If you love being outdoors in nature but want a walk that's smooth, check out Purga Nature Reserve. There is a flat gravel path that leads to boardwalks in the bush. There is also seating along the way and accessible toilets.

BIRDWATCHING

Age: 5+ years | Cost: FREE

Ipswich offers an incredible array of birdlife, with 337 species identified in the area. Join Birdlife Queensland as they showcase the wildlife in the sky in this fun, engaging experience.

Binoculars supplied.

Friday 5 April

- 🕒 8.00 am – 9.30 am
- 📍 Kholo Gardens, 243 Riverside Drive, Muirlea



BUSHWALK: NATURE AT NIGHT

Age: 3-6 years and 7-12 years
Cost: \$5 per person or \$10 per family (2A,2C)

Discover the secrets of the forest at night! Join us for a fun adventure as we explore the wilderness after dark. Use your senses to find clues about animals, plants and the forest. Each clue helps you learn a nature secret or story. You'll have exciting nature stories to share with your family and friends!

This easy nature discovery walk is led by Ranger Jody!

Places are strictly limited, book now. Headlamps provided.

Wednesday 3 April 3-6 years

- 🕒 6.00 pm – 7.30 pm
- 📍 White Rock, Opposite 33 Wanderer Crescent, Springfield Lakes (meet at gate)

Thursday 4 April 7-12 years

- 🕒 6.00 pm – 7.30 pm
- 📍 White Rock, Opposite 33 Wanderer Crescent, Springfield Lakes (meet at gate)



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

OUTDOOR RECREATION

BUSHWALK: DAY

Age: 3-6 years and 7+ years
Cost: FREE

Grab your shoes and take a tour through Ipswich Nature Estates. Ranger Jody will share the history and her stories, knowledge of flora and fauna and passion for Ipswich's natural environment.

Thursday 4 April 3-6 years

- 🕒 9.00 am – 10.00 am
- 📍 Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone

Friday 5 April 7+ years

- 🕒 9.00 am – 10.00 am
- 📍 Castle Hill Blackstone Reserve, 7B Mary Street, Blackstone

BUSHWALK: THE CHALLENGE

Age: 12+ years | Cost: \$5 per person

Are you up for a challenge? Join Ranger Jody on a hike up to White Rock! Witness the breathtaking sunset as you conquer the White Rock Ridge Track. Please note that this hike is difficult. Headlamps will be provided for safety. Parents must accompany children on the hike.

Remember to bring plenty of water.

Friday 5 April

- 🕒 5.30 pm – 8.30 pm
- 📍 White Rock Conservation Estate Paperbark Flats Picnic Area, 265-317 School Road, Redbank Plains

OUTDOOR RECREATION

CAMPING SKILLS: ADVANCED

Age: 12+ years | Cost: FREE

Step up those camping skills. Can you identify safe places to camp, light a fire without matches, collect drinking water, purify water for drinking, set up a tent or cook some damper? Come along and learn these skills and some more tricks for making camping fun.

*All equipment will be supplied.
Don't forget to pack some snacks!*

Thursday 11 April

- 🕒 9.00 am – 12.00 pm
- 📍 Allawah Scout Camp,
161 Allawah Road, Mount Crosby

FISHING

Age: 5+ years | Cost: \$5 per person

This come and try fishing session will start with an interactive discussion covering marine and personal safety. Participants will learn to tie a fishing knot, cast a rod and be given plenty of encouragement and tips to help them land a fish.

All equipment supplied.

Tuesday 2 April

- 🕒 9.00 am – 12.00 pm
- 📍 Joseph Brady Park,
181 Riverside Avenue, Barellan Point

Sunday 7 April

- 🕒 1.00 pm – 4.00 pm
- 📍 Joseph Brady Park,
181 Riverside Avenue, Barellan Point

MOUNTAIN BIKING

Age: 6+ years | Cost: FREE

This will be for kids looking for a fun way to spend the holidays and fast-track progression on the bike. The course will cover a wide range of skills with fun drills and challenges.

Tuesday 9 April

- 🕒 Beginner: 9.00 am – 10.00 am
- 🕒 Intermediate: 10.15 am – 11.15 am
- 🕒 Advanced: 11.30 am – 12.30 pm
- 📍 Castle Hill Blackstone Reserve,
7B Mary Street, Blackstone

**BYO Mountain bike and helmet.
See the booking calendar to determine
your skill level.*



OUTDOOR RECREATION

NATURE PHOTOGRAPHY

Age: 10+ years | Cost: FREE

Join Ranger Josh and learn how to look at your surroundings more consciously with the help of practical, pleasant photography techniques. Gain insightful tips on light, colours, shapes, angles, depth of field and composition.

You do not need expensive camera equipment for this walk. It is not the camera that creates the photo but the photographer.

This activity is suitable for beginners.

Thursday 4 April

- 🕒 9.30 am – 11.00 am
- 📍 White Rock Conservation Estate
Paperbark Flats Picnic Area,
265–317 School Road, Redbank Plains



ORIENTEERING

Age: Open | Cost: FREE

Get out and wander! Orienteering is an outdoor sport where participants navigate and find 'points' marked on maps around an area. Using smart phones this is a great one for the whole family!

Saturday 6 April

- 🕒 3.00 pm – 4.30 pm
- 📍 Limestone Park,
42A Chermerside Road, Ipswich



HARDINGS PADDOCK

Check out the Bush Tucker Trail to experience native flora and learn all about our indigenous culture. This is a smooth trail with accessible toilets and picnic areas on site.

PHYSICAL ACTIVITY

AFL

Age: 5+ years | Cost: FREE

This activity provides an introduction to 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.

Tuesday 9 April

- 🕒 9.00 am – 10.00 am
- 📍 Evan Marginson Park, 6 Layard Street, Goodna

Friday 12 April

- 🕒 10.15 am – 11.15 am
- 📍 Tofa A Mamo A Samoa Park, 27 Kruger Parade, Redbank



ATHLETICS

Age: 5+ years | Cost: FREE

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

This is a great all-rounder session suitable for those of all abilities.

Tuesday 2 April

- 🕒 10.15 am – 11.15 am
- 📍 Sutton Park, 61 Workshops Street, Brassall

Thursday 4 April

- 🕒 8.30 am – 9.30 am
- 📍 Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain

Monday 8 April

- 🕒 11.30 am – 12.30 pm
- 📍 Mark Marsh Oval, Limestone Park, 42A Chermside Road, Ipswich

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



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

PHYSICAL ACTIVITY

BASKETBALL

Age: 5+ years | Cost: FREE

Dribble, shoot and score in this action-packed basketball session! Improve your ball-handling skills, work on your shooting technique and learn teamwork strategies.

Come ready to hoop it up and have a blast!

Tuesday 2 April

- 🕒 9.00 am – 10.00 am
- 📍 Sutton Park, 61 Workshops Street, Brassall

Thursday 4 April

- 🕒 11.00 am – 12.00 pm
- 📍 Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain



CIRCUS

Age: 5+ years | Cost: FREE

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

Monday 8 April

- 🕒 9.00 am – 10.00 am
- 📍 Mark Marsh Oval, Limestone Park, 42A Chermside Road, Ipswich

Thursday 11 April

- 🕒 9.45 am – 10.45 am
- 📍 Lobley Park, 243A Warwick Road, Churchill

Thursday 11 April

- 🕒 1.00 pm – 2.00 pm
- 📍 Henry Lawson Bicentennial Park, 533/569 Karrabin Rosewood Road, Walloon

**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+ years and 10+ years
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.

Friday 5 April
10+ years

- 🕒 10.15 am – 11.15 am
- 📍 Iron Bark Park, Splendid Drive, Ripley

Tuesday 9 April
5+ years

- 🕒 10.15 am – 11.15 am
- 📍 Evan Marginson Park, 6 Layard Street, Goodna

Friday 12 April
5+ years

- 🕒 9.00 am – 10.00 am
- 📍 Tofa A Mamao A Samoa Park, 27 Kruger Parade, Redbank



FRISBEE

Age: 5+ years | Cost: FREE

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

Wednesday 3 April

- 🕒 11.00 am – 12.00 pm
- 📍 Atlantic Drive Sporting Complex, Lot 1, Summit Drive, Springfield Lakes

Wednesday 10 April

- 🕒 9.45 am – 10.45 am
- 📍 Robelle Domain, 155 Southern Cross Circuit, Springfield Central

GYMNASTICS

Age: 5+ years | Cost: FREE

This activity provides an intro to Gymnastics! Build balance, strength, flexibility, agility, coordination, dedication and endurance in this fun-filled session.

Friday 5 April

- 🕒 11.30 am – 12.30 pm
- 📍 Iron Bark Park, Splendid Drive, South Ripley

Tuesday 9 April

- 🕒 11.30 am – 12.30 pm
- 📍 Evan Marginson Park, 6 Layard Street, Goodna

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

PHYSICAL ACTIVITY

NETBALL

Age: 5+ years | Cost: FREE

Get ready to pass, pivot and shoot your way through this dynamic netball session. Learn passing, shooting and teamwork skills to enhance your ability on the court!

Wednesday 3 April

- 🕒 8.30 am – 9.30 am
- 📍 Atlantic Drive Sporting Complex, Lot 1, Summit Drive, Springfield Lakes

Wednesday 10 April

- 🕒 8.30 am – 9.30 am
- 📍 Robelle Domain, 155 Southern Cross Circuit, Springfield Central

NRL

Age: 5+ years | Cost: FREE

An introduction to the game of NRL which helps to develop fundamental skills like kicking, passing and running backward. The skills will be developed through a series of fun activities.

No tackling is involved in this activity.

Tuesday 2 April

- 🕒 11.30 am – 12.30 pm
- 📍 Sutton Park, 61 Workshops Street, Brassall

Thursday 4 April

- 🕒 9.45 am – 10.45 am
- 📍 Silver Jubilee Park, 7002 Russell Luhrs Way, Spring Mountain

Monday 8 April

- 🕒 10.15 am – 11.15 am
- 📍 Mark Marsh Oval, Limestone Park, 42A Chermerside Road, Ipswich



PHYSICAL ACTIVITY

SOCCER

Age: 5+ years and 12+ years
Cost: FREE

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

Friday 5 April

10+ years

🕒 9.00 am – 10.00 am

📍 Iron Bark Park,
Splendid Drive, South Ripley

Thursday 11 April

5+ years

🕒 8.30 am – 9.30 am

📍 Lobley Park,
243A Warwick Road, Churchill

Thursday 11 April

5+ years

🕒 2.15 pm – 3.15 pm

📍 Henry Lawson Bicentennial Park,
533/569 Karrabin Rosewood Road,
Walloon

Friday 12 April

5+ years

🕒 11.30 am – 12.30 pm

📍 Tofa A Mamo A Samoa Park,
27 Kruger Parade, Redbank

VOLLEYBALL

Age: 5+ years | 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!

Wednesday 3 April

🕒 9.45 am – 10.45 am

📍 Atlantic Drive Sporting Complex,
Lot 1, Summit Drive, Springfield Lakes

Wednesday 10 April

🕒 11.00 am – 12.00 pm

📍 Robelle Domain,
155 Southern Cross Circuit,
Springfield Central

WORKSHOPS

LEARN 2 SKATE

Age: 5+ years | Cost: FREE

For young skateboarders aiming to build confidence, our sessions are designed to impart essential skills for mastering the board. Led by experienced coaches, these sessions provide expert guidance to help participants develop their skateboarding abilities.

All equipment supplied including helmets. You are welcome to bring your own if preferred.

Wednesday 3 April

🕒 9.00 am – 10.00 am

🕒 10.00 am – 11.00 am

📍 Rotary Park,
254 Brisbane Road, Bundamba

SCOOTER TRICKS

Age: 5+ years | Cost: FREE

Take your scooter skills to the next level. This session will cover scooter safety, skate park etiquette, aerial tricks, balance tricks and much more. Participants of all abilities will be able to learn something new.

All participants will receive free grip tape and stickers for their scooters.

BYO Helmet and non-folding two wheeled scooter suitable for skate park use. Spares available upon request.

Friday 5 April

🕒 9.30 am – 10.30 am

🕒 11.00 am – 12.00 pm

📍 Sutton Park,
61 Workshops Street, Brassall

BMX SKILLS

Age: 5+ years | Cost: FREE

Get ready to amp up your BMX game. Learn the ins and outs of skate park riding, from safety and etiquette to basic jumps and dropping in. Have a go at mastering a jump, trick or a more advanced riding technique. Whether you're a beginner or seeking a new challenge, this session caters to all skill levels.

BYO BMX suitable for a skate park, as well as a helmet and enclosed shoes. Participants must be a competent rider (no training wheels or balance assists).

Friday 12 April

🕒 3.00 pm – 4.00 am

🕒 4.15 pm – 5.15 pm

📍 Redbank Plains Skate Park,
Redbank Plains



YOUTH

For the big kids only

SOCCER

10+ years | Cost: FREE

Friday 5 April

- 🕒 9.00 am – 10.00 am
- 📍 Iron Bark Park, Splendid Drive, South Ripley

HEALTHY EATING WORKSHOP: TEENAGE HEALTH

Cost: FREE

Tuesday 9 April

- 🕒 10.00 am – 11.00 am
- 📍 YMCA Springfield Central, 134A Parklands Drive, Springfield Central

BUSHWALK: THE CHALLENGE

12+ years | Cost: \$5 per person

Friday 5 April

- 🕒 5.30 pm – 8.30 pm
- 📍 White Rock Conservation Estate Paperbark Flats Picnic Area, 265–317 School Road, Redbank Plains

CRICKET

10+ years | Cost: FREE

Friday 5 April

- 🕒 10.15 am – 11.15 am
- 📍 Iron Bark Park, Splendid Drive, Ripley

NATURE PHOTOGRAPHY

10+ years | Cost: FREE

Thursday 4 April

- 🕒 9.30 am – 11.00 am
- 📍 White Rock Conservation Estate Paperbark Flats Picnic Area, 265–317 School Road, Redbank Plains

CAMPING SKILLS: ADVANCED

12+ years | Cost: FREE

Thursday 11 April

- 🕒 9.00 am – 12.00 pm
- 📍 Allawah Scout Camp, 161 Allawah Road, Mount Crosby

HEALTHY EATING

TEENAGE HEALTH

Cost: FREE

Join dietitian Stacey for an engaging and informative Teen Health Nutrition Workshop! This session will focus on the unique health requirements teenagers go through as they hit puberty, providing tips for maintaining brain function, hormonal health and more. Don't miss out on this opportunity to gain valuable insights into optimising your teenager's health and well-being.

Tuesday 9 April

- 🕒 10.00 am – 11.00 am
- 📍 YMCA Springfield Central, 134A Parklands Drive, Springfield Central

HEALTHY LUNCHBOXES

Cost: FREE

This workshop is tailored to parents with school aged children. Our expert facilitators will guide you through the Australian dietary guidelines offering practical recommendations and tips to ensure your child's lunchbox is not only delicious but also nutritionally sound.

Thursday 11 April

- 🕒 10.00 am – 11.00 am
- 📍 Springfield Library, Main Street, Springfield Central

ACTIVE AND HEALTHY

NEW APP IS HERE

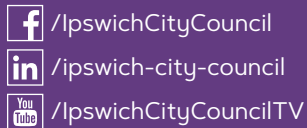
ipswich.qld.gov.au/activehealthy





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