

ACTIVE KIDS

SCHOOL HOLIDAY PROGRAM

19 SEPT – 4 OCT

Free activities



ipswich.qld.gov.au/activekids



City of
Ipswich

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 the Active Kids program. There are plenty of fun, free activities available to keep kids active and healthy.

Active Kids sessions are open to everyone. Most sessions have multiple activity selections to suit the ability of the child, with parents/caregivers encouraged to participate. Parents must stay for the duration of the events.

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

Bookings are essential for all activities. Please follow the directions of staff and instructors to ensure the safety of all participants.

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

WHAT TO BRING

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



Bookings are essential

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

ACTIVITY	TIME	WHERE
MONDAY 21 SEPTEMBER		
Learn 2 Scoot ■	9.00 am – 10.00 am	Ipswich Cycle Park, 36 Huxham Street, Raceview
Oz Tag ▲	9.00 am – 10.00 am	Goodna Community Centre, 6 Layard Street, Goodna
Learn 2 Scoot ■	10.00 am – 11.00 am	Ipswich Cycle Park, 36 Huxham Street, Raceview
Athletics ■▲	10.15 am – 11.15 am	Goodna Community Centre, 6 Layard Street, Goodna
Dodgeball ■▲	11.30 am – 12.30 pm	Goodna Community Centre, 6 Layard Street, Goodna
Retro Games ■▲	12.45 pm – 1.45 pm	Goodna Community Centre, 6 Layard Street, Goodna
Futsal (5–8yrs) ▲	2.00 pm – 3.00 pm	JUST Redbank, 235 Smiths Road, Redbank
TUESDAY 22 SEPTEMBER		
Oz Tag	8.00 am – 9.00 am	Stallard Park, 123 Equestrian Drive, Yamanto
Soccer	9.15 am – 10.15 am	Stallard Park, 123 Equestrian Drive, Yamanto
AFL	10.30 am – 11.30 am	Stallard Park, 123 Equestrian Drive, Yamanto
Cricket	11.45 am – 12.45 pm	Stallard Park, 123 Equestrian Drive, Yamanto
Hip Hop (10–15yrs) ■▲	2.00 pm – 3.00 pm	JUST Redbank, 235 Smiths Road, Redbank
Boxercise ■▲	4.00 pm – 4.45 pm	Goodna Community Centre, 6 Layard Street, Goodna
WEDNESDAY 23 SEPTEMBER		
Soccer	8.00 am – 9.00 am	Daybreak Park, Wallace Street, Walloon
Oz Tag	9.15 am – 10.15 am	Daybreak Park, Wallace Street, Walloon
Martial Arts ■▲	10.00 am – 10.45 am	Goodna Community Centre, 6 Layard Street, Goodna
Cricket	10.30 am – 11.30 am	Daybreak Park, Wallace Street, Walloon
Girls Self Defence ■▲	11.00 am – 11.45 am	Goodna Community Centre, 6 Layard Street, Goodna
AFL	11.45 am – 12.45 pm	Daybreak Park, Wallace Street, Walloon

ACTIVITY	TIME	WHERE
THURSDAY 24 SEPTEMBER		
Soccer	8.00 am – 9.00 am	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
Touch Football	9.15 am – 10.15 am	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
Circus ■ ▲	11.15 am – 12.15 pm	Goodna Community Centre, 6 Layard Street, Goodna
Athletics ■ ▲	12.30 pm – 1.30 pm	Goodna Community Centre, 6 Layard Street, Goodna
Dance Disco ■ ▲	2.00 pm – 3.30 pm	Goodna Community Centre, 6 Layard Street, Goodna
Taekwondo	6.00 pm – 7.00 pm	Rosewood Showgrounds Cultural Centre, 1 Railway Street, Rosewood
FRIDAY 25 SEPTEMBER		
Athletics	8.00 am – 9.00 am	Sutton Park, 61 Workshops Street, Brassall
Retro Games	9.15 am – 10.15 am	Sutton Park, 61 Workshops Street, Brassall
Kick Golf (5–12yrs) ▲	9.30 am – 10.30 am	JUST Redbank, 235 Smiths Road, Redbank
Martial Arts ■ ▲	10.00 am – 10.45 am	Goodna Community Centre, 6 Layard Street, Goodna
Dodgeball	10.30 am – 11.30 am	Sutton Park, 61 Workshops Street, Brassall
Girls Self Defence ■ ▲	11.00 am – 11.45 am	Goodna Community Centre, 6 Layard Street, Goodna
Circus ■	11.45 am – 12.45 pm	Sutton Park, 61 Workshops Street, Brassall
Twilight Nature Hunt Bingo	4.00 pm – 6.00 pm	Purga Nature Reserve, 840 Middle Road, Purga

Please note, this program is subject to changes due to weather and factors beyond the control of the Active and Healthy team. All details are accurate 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

ACTIVITY	TIME	WHERE
MONDAY 28 SEPTEMBER		
Circus ■ ▲	9.00 am – 10.00 am	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Dodge Ball ■ ▲	10.15 am – 11.15 am	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Retro Games ■ ▲	11.30 am – 12.30 pm	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Soccer ▲	12.45 pm – 1.45 pm	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Pickleball (10+yrs) ■ ▲	2.00 pm – 3.00 pm	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Kinder Gym (1–2yrs) ■ ▲	2.00 pm – 2.30 pm	JUST Redbank, 235 Smiths Road, Redbank
Kinder Gym (3–4yrs) ■ ▲	2.30 pm – 3.00 pm	JUST Redbank, 235 Smiths Road, Redbank
Pickleball (10+yrs) ■ ▲	3.00 pm – 4.00 pm	YMCA Springfield Central, 134A Parkland Drive, Springfield Central
Boxercise ▲	4.00 pm – 4.45 pm	Goodna Community Centre, 6 Layard Street, Goodna
TUESDAY 29 SEPTEMBER		
Retro Games	8.00 am – 9.00 am	Anzac Park, 1 Mill Street, Rosewood
Athletics	9.15 am – 10.15 am	Anzac Park, 1 Mill Street, Rosewood
Toddler and Tunes ■ ▲	9.30 am – 10.15 am	Goodna Community Centre, 6 Layard Street, Goodna
Circus	10.30 am – 11.30 am	Anzac Park, 1 Mill Street, Rosewood
Dodgeball	11.45 am – 12.45 pm	Anzac Park, 1 Mill Street, Rosewood
Gymnastics (5–8yrs) ▲	2.00 pm – 3.00 pm	JUST Redbank, 235 Smiths Road, Redbank
Nature Bush Walk ■	3.30 pm – 5.30 pm	Stirling Road Reserve, 176 Stirling Road, Rosewood
WEDNESDAY 30 SEPTEMBER		
Athletics	8.00 am – 9.00 am	Cameron Park, 95A Glebe Road, Booval
Family Aqua Aerobics ■ ▲	9.30 am – 10.15 am	Orion Lagoon, 155 Southern Cross Circuit, Springfield Central
Retro Games	9.15 am – 10.15 am	Cameron Park, 95A Glebe Road, Booval
Dodgeball	10.30 am – 11.30 am	Cameron Park, 95A Glebe Road, Booval
Circus ■	11.45 am – 12.45 pm	Cameron Park, 95A Glebe Road, Booval
■ Self-Paced ▲ Accessible		

ACTIVITY	TIME	WHERE
Hip Hop ■ ▲	1.00 pm – 2.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
Ballet ■ ▲	2.00 pm – 3.00 pm	Goodna Community Centre, 6 Layard Street, Goodna
Kids Fitness	4.00 pm – 5.00 pm	Faye Carr Park, 1 Joy Chambers Circuit, Ripley
Taekwondo	6.00 pm – 7.00 pm	Ipswich Central State School, 2A Griffith Road, Ipswich
THURSDAY 1 OCTOBER		
Ball Games	8.00 am – 9.00 am	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Foam Noodle Games	9.15 am – 10.15 am	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Beginners Photography Workshop ■	10.00 am – 11.30 am	Harding's Paddock, Carmichaels Road, Purga
Frisbee	10.30 am – 11.30 am	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Ball Games	11.45 am – 12.45 pm	Atlantic Drive Sporting Complex, Lot 1 Summit Drive, Springfield Lakes
Ninja Skills Academy	2.00 pm – 3.00 pm	Daybreak Park, Wallace Street, Walloon
Futsal (8–12yrs)	3.00 pm – 4.00 pm	JUST Redbank, 235 Smiths Road, Redbank
Dance Fitness ■	4.00 pm – 5.00 pm	Stage (The Circle) at Robelle Domain, 155 Southern Cross Circuit, Springfield Central
FRIDAY 2 OCTOBER		
Cricket	8.00 am – 9.00 am	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
Soccer	9.15 am – 10.15 am	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
Touch Football	10.30 am – 11.30 am	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
Retro Games	11.45 am – 12.45 pm	Redbank Plains Recreation Reserve, Cnr Cedar Road and Moreton Avenue, Redbank Plains
Gymnastics (9–12yrs) ■ ▲	2.00 pm – 3.00 pm	JUST Redbank, 235 Smiths Road, Redbank

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ACTIVITY DETAILS

AFL

Age: 5+ | FREE

Jump into Australia's favourite game! Kids practise kicking, handballing, marking and teamwork through skill based games and mini activities. Activities can be modified to suit different skill levels and confidence.

ATHLETICS

Age: 5+ | FREE

Run, jump and throw your way to holiday fun. Kids build fundamental athletics skills through playful drills and activities that support fitness and coordination. Tasks can be adjusted to match individual skill levels.

BALL GAMES

Age: 5+ | FREE

Kids participate in structured ball games such as tunnel ball and over and under, supporting reaction time and group participation. Activities can be modified for different abilities.

BALLET

Age: 5+ | FREE

Kids learn foundational ballet positions, posture and balance through structured exercises and simple routines. Movements are taught progressively and can be adapted for all abilities. Participants must follow instructions and move independently within a group setting.

BOXERCISE

Age: 5+ | FREE

A fun, invigorating workout using gloves, pads and circuit training. Suitable for all abilities, with exercise adaptations available. All equipment supplied.

CIRCUS

Age: 5+ | FREE

Kids learn introductory circus skills such as juggling, balancing and hula hooping through guided activities. Equipment and instruction are adapted to support different confidence and skill levels. Participants can move at their own pace.

CRICKET

Age: 5+ | FREE

Kids practise batting, bowling, catching and throwing through skill based activities and modified games. Equipment and activities are adapted to suit different skill levels.



ACTIVITY DETAILS

DANCE FITNESS

Age: 5+ | FREE

A lively cardio session built around upbeat, age appropriate music and simple dance combinations. Participants move continuously through guided routines blending rhythm, repetition and full body activity.

DODGEBALL

Age: 5+ | FREE

Kids take part in friendly dodgeball games that encourage movement and quick decision making. Rules and intensity can be adjusted to suit participant needs.

FAMILY AQUA AEROBICS CLASS

Age: All ages welcome. Children must be water confident and able to stand comfortably in the shallow end. FREE

A fun, low impact water workout suitable for all fitness levels. Children must be water confident and able to stand comfortably in the shallow end. Participants must follow all pool safety rules and instructor directions. Children 13 and under must be actively always supervised by a parent or caregiver.

FOAM NOODLE GAMES

Age: 5+ | FREE

These activities foster physical fitness, teamwork and problem-solving skills within an engaging outdoor setting. Enjoy a variety of games from fast-paced tag games to tactical invasion games, team challenges and relays.

FRISBEE

Age: 5+ | FREE

Kids practise throwing, catching, movement and spatial awareness through fun frisbee-based activities. Games focus on skill development, teamwork and participation and can be adapted to suit different ages and abilities.

FUTSAL

Age: 5–8 and 9–12 | FREE

Kids develop ball control, passing and teamwork through small sided futsal games. Rules and formats are flexible to suit skill levels. Suitable for all abilities.

GIRLS SELF DEFENCE

Age: 5+ | FREE

Kids learn basic defensive techniques, awareness and movement in a supportive setting. Activities focus on empowerment and can be adapted to participant comfort levels.

GYMNASTICS

Age: 5–8 and 9–12 | FREE

Kids practise foundational gymnastics skills across bars, beam and floor activities, developing climbing, jumping, rolling and balancing. Exercises can be modified to support all abilities and experience levels. Sessions are delivered in an age appropriate manner. These classes may not be suitable for individuals requiring significant physical assistance or constant one on one support.

ACTIVITY DETAILS

HIP HOP

Age: 7–12 | FREE

Kids learn fun hip hop moves and short routines while building rhythm and confidence. Choreography is broken down into achievable steps and adapted as needed. Participants must follow instruction and move independently within a group setting.

INTERACTIVE DANCE DISCO

Age: 2+ | FREE

Kids engage in age appropriate music and structured activities such as karaoke, conga lines, limbo, dance battles and prize challenges. Activities can be adapted for varied abilities. The facility is fully accessible.

KICK GOLF

Age: 5–12 | FREE

Kids learn to aim, judge distance and navigate simple course challenges, building spatial awareness and active problem solving in a relaxed, engaging format. Activities can be adapted for varied abilities.

KIDS FITNESS

Age: 5+ | FREE

Kids rotate through jogging, star jumps, planking, sit ups and other movement based exercises with simple games incorporated to keep the session fun and motivating. Activities can be adapted for varied abilities.

KINDER GYM

Age: 1–2 and 3–4 | FREE

Kids jump, roll, climb, crawl and balance through playful gymnastics circuits. Activities are gently paced and adaptable to developmental needs. Parents or carers must actively support and supervise their child throughout the session.

LEARN 2 SCOOT

Age: 3+ | FREE

Kids learn the basics of scooter riding, build confidence and increase road safety awareness. BYO scooter and helmet. Enclosed shoes and a water bottle required.

Requirements: BYO scooter and helmet. Bring enclosed shoes and a water bottle.

MARTIAL ARTS

Age: 5+ | FREE

Kids practise basic kicks, strikes, blocks and movement through guided activities. Techniques are taught progressively and adapted to suit confidence levels and all abilities.

NATURE BUSH WALK

Age: 8+ | FREE

Families explore a local reserve while learning about native plants, wildlife and ecosystem restoration. Pace can be adjusted and rest stops included. Uneven terrain may limit accessibility.

ACTIVITY DETAILS

NATURE PHONE PHOTOGRAPHY SESSION FOR BEGINNERS

Age: 8+ | FREE

Kids learn simple photography techniques including lighting, composition, colour and perspective while exploring Hardings Paddock. Flexible pacing and task adaptation available.

Requirements: BYO phone with camera.

NINJA SKILLS ACADEMY

Age: 5+ | FREE

This session features fitness-based obstacle courses and other fast-paced movements.

OZ TAG

Age: 5+ | FREE

Kids practise passing, catching and evasive movement through modified Oz Tag activities. Rules are flexible to suit ability and confidence.

PICKLEBALL

Age: 10+ | FREE

A dynamic, easy to learn sport with low impact movement and strategic play. Suitable for teens and beginners. Encourages skill development and consistent activity.

RETRO GAMES

Age: 5+ | FREE

Kids play traditional games such as tug of war, sack races and tag games. Activities can be adapted to suit age, ability and group size.

SOCCER

Age: 5+ | FREE

Kids develop dribbling, passing and shooting through non-competitive games and skill based activities. Activities adapted as needed.

TAEKWONDO

Age: 5+ | FREE

Kids learn foundational kicks, blocks and movement skills in an energetic introduction to taekwondo. Activities can be adapted for varied abilities.

TODDLER AND TUNES

Age: 0-5 | FREE

Young children and families participate in interactive songs, nursery rhymes and movement activities. Parents and caregivers participate alongside children.

TOUCH FOOTBALL

Age: 5+ | FREE

Kids practise catching, passing and running through skill based games and activities. Sessions focus on inclusion, with adaptable activities.

TWILIGHT NATURE HUNT BINGO

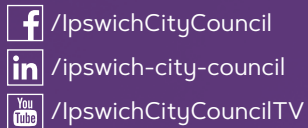
Age: 5+ | FREE

Kids search for plants, textures and wildlife clues while completing a nature themed bingo activity. Flexible pacing and task adaptation available.



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