

Explore The Parks

Monday 6 - Sunday 12 February 2012



Explore the Parks gives you the opportunity to get fit, try something different, make new friends and learn new skills. Come and see a sample of what's on offer at the Parks!

All sessions free to attend for new participants only. Some sessions have limited capacity.

Bookings are essential for all sessions. Ph: 8243 5623 to book.

Monday 6 February

BODYBALANCE©

A strength building class that combines Tai Chi, Pilates and Yoga.
10.30-11.30am

Woodwork

Try your hand at creating a simple project with the woodwork equipment- Tony will be there to help.
1pm-3.30pm

BODYPUMP©

Weight training to music, working every muscle group to encourage muscle tone
5.45-6.30pm

Schwinn©

Ride a stationary bike and be motivated by uplifting music, fun lighting and an energetic instructor!
6-6.45pm



Tuesday 7 February

Can-do Cupcakes

Learn some icing and decorating techniques that will add variety and interest to plain cupcakes.
10am-1pm

Drawing

Meet our friendly drawing group and express your creativity onto the page. Combine pencil and charcoal for a textured piece.
10am-1pm

Youth Hip Hop & Music

Young people 12-18, come and make your own track or try out hip hop dance!
4pm-6pm

Badminton

This is a chance for you to come and try badminton- it's fun, keeps you fit and is easy to learn.
5.45-8.45pm

Wednesday 8 February

Street Art

Make an image come to life with layers of stencils and paint. Bring a photo as a guide, or select one of ours to use. 10am-1pm

Printmaking

Simple yet effective, the printing method you will learn today allows for expression and detail.
10am-1pm

Feltmaking

Feel the natural fibres as they bind together. Today you will make a f lower to be used on bags or brooches. Feltmaking is an ancient art with many modern applications.
10am-1pm

Kindergym

Provides opportunities for babies and young children (6 months to 5 years) to explore and develop their physical potential whilst playing in a safe and fun environment.
10.30-11.30am



Bollywood for teens

Funky and loads of fun, this session of Bollywood dance is for 8-12 year old boys and 8-18yr old girls.
5.30-6.30pm



Thursday 9 February

Mosaics

Begin a decorative mosaic piece you can use to adorn your home. Mosaic is easy to learn and lots of fun. You will need to attend two sessions to complete your piece.
10am-12.30pm



Pottery

Create a bowl or dish from workable clay and then collect it after firing. Sunshine will show you how to work with the materials.
10am-12.30pm

Artist's talk

Meet our three new artists in residence- Janet, Panchol and Tom, and hear about how they have developed their skills and style, and what inspires their work.
1-3pm

English Conversation

An opportunity to practice written and spoken conversational English with this friendly group. Today there's a history theme about Sir Douglas Mawson.
1-3pm

Junior Drop In

An opportunity for the 8-12 year olds to get together with crafts, game and music.
3.30-6pm

Learn to meditate

Feeling frazzled after the busy new year? This session will introduce you to the basics of meditation. Run by the Tibetan Institute.
6.30-7.30pm

Friday 10 February

Painting

Design and paint up a postcard size piece. Bring a favourite photo for inspiration. Our friendly tutor will be on hand to assist and you can use oils or acrylic.
9.30am-12.30pm

Active volunteering

If you want to get more involved in community life during 2012, come and learn more about the volunteer opportunities that exist around the council.
10am-11am

Pre-School storytime

Lots of fun for your little one- there are stories, songs and craft.
10.15-11.15am

Youth Drop In

A chance to play pool or Xbox. Meet the friendly staff and get involved in youth activities.
Ages 12-18 years.
5-7.30pm



Bollywood for grown ups

It's good for fitness and strength, and it's fun too- this Bollywood dance session is for women over 18 years.
5.30-6.30pm

Fatburner

Get moving and grooving, this session will leave you feeling invigorated and energised.
5.45-6.45pm

Sunday 12 February

Sports Mad Sunday

Fun for the whole family - stop in for a friendly game of badminton, basketball, squash, table tennis or jamball during this session.
1-6pm

Parks Centre, 2-46 Cowan Street, Angle Park, SA, 5010

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www.portenf.sa.gov.au/goto/theparks



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