

Physical Activity Programs at various City of Salisbury venues

Activity	Program Name	Days	Time	Venue	Contact
Bollywood Dance		Wednesday	6pm to 8pm	The Mawson Centre	8302 5449
		Saturday	12 to 2pm	The Mawson Centre	8302 5449
Boxing (Shadow)		Thursday	1.30pm to 2.15pm	Jack Young Centre	8406 8525
Chair Exercise		Tuesday	12.30pm to 1.15pm	Jack Young Centre	8406 8525
Contemporary Dance (Chair)		Thursday	10.15pm to 11.15pm	Jack Young Centre	8406 8525
Contemporary Dance (Chair) Standing		Thursday	9am to 10am	Jack Young Centre	8406 8525
Cycling	Cycle Salisbury Social Rides	Wednesdays	8.30am	Local Trails & occasional 'outing rides' www.salisbury.sa.gov.au/cyclesalisbury	8406 8251 or 0401 984 767
		Saturdays	9am		
		Sundays	9am		
Darts		Tuesday	1.15pm to 3.15pm	Jack Young Centre	8406 8525
Darts		Wednesday	1pm to 3pm	Para Hills Seniors Centre	8406 8587
Gentle Exercise		Tuesday	9.30am to 10.15am	Morella Community Centre	8406 8484
		Thursday	9.30am to 1 to .30am	Morella Community Centre	8406 8484
Golf	Little Para Golf Course	Every Day	7.30pm to 6pm	62 Martins Rd, Paralowie	8285 9177
Indoor Bowls		Monday	1pm to 3pm	Jack Young Centre	8406 8525
		Friday	1pm to 3pm	Jack Young Centre	8406 8525
Ladies Fitness	BFT Fitness	Tuesday	9.30am to 10.30am	Burton Community Hub	8487 1820
	BFT Fitness	Thursday	9.30am to 10.30am	Para Hills Community Hub	8406 8560
Light Fitness	Easy Does it	Monday	12 to 1pm	Para Hills Seniors Centre	8406 8587
	Easy Does it	Wednesday	10.45am to 11.45am	Para Hills Seniors Centre	8406 8587
	Move & Groove	Monday	10am to 11am	Para Hills Seniors Centre	8406 8587
	Fitness Over 50's	Wednesday	9.30am to 10.30am	Pooraka Farm Community Centre	8406 8488
	Move & Groove	Wednesday	12 to 1pm	Para Hills Seniors Centre	8406 8587

Line Dancing		Thursday	10am to 12	Scott St (Pooraka Farm Community Centre)	8406 8488
		Thursday	1pm to 3pm	Jack Young Centre	8406 8525
		Thursday	12.45pm to 2.30pm	Para Hills Seniors Centre	8406 8587
Parkrun	Carisbrooke Park	Saturday	8am	Little Para River Trail to Salisbury Park	www.parkrun.com.au
	Mawson Lakes	Saturday	8am	Mawson Lake	www.parkrun.com.au
Strength for Life		Mondays	10am to 11am	Gardens Recreation Centre	8286 8800
		Monday	10am to 11am	Ingle Farm Recreation Centre	7422 1500
		Wednesday	10am to 11am	Ingle Farm Recreation Centre	7422 1500
		Friday	9am & 10am	Jack Young Centre	8406 8525
		Friday	1pm to 2pm	Gardens Recreation Centre	8286 8800
Table Tennis		Tuesday	10am to 11am	Gardens Recreation Centre	8286 8800
		Friday	10am to 11am	Gardens Recreation Centre	8286 8800
Taekwondo		Monday	6pm to 7.30pm	Salisbury East Community Centre	8285 2055
		Tues & Thurs	6.30pm to 8pm	Pooraka Farm Community Centre	8406 8488
Tai Chi		Monday	10am to 11.30am	Jack Young Centre	8406 8525
		Wednesday	9.30am to 10.30am	Para Hills Seniors Centre	8406 8587
		Wednesday	11am to 12.30pm	Pooraka Farm Community Centre	8406 8488
Walking groups (Heart Foundation)	Ingle Farm Walking Group	Monday	9am	Ingle Farm Recreation Centre	8258 5655
	Mawson Lakes Striders	Monday	8.30am	Mawson Lakes Interchange (Platform 2, Southern End)	0413 433 275
	Burton Striders	Tuesdays	9am to 10am	Burton Community Hub	0407 889 862
	Para Hills Walkers	Tuesdays	9am	Paddocks Car park (corner Bridge Rd & Kesters Rd)	8263 7333
	Mawson Lakes Striders	Wednesday	8.30am	Mawson Lakes Interchange (Platform 2, Southern End)	0413 433 275
	JYC Walkers	Wednesday	9am to 10am	Jack Young Centre	8406 8525

	Talk in Stride	Wednesday	9.15am to 10.15am	Morella Community Centre	8406 8484
	VWA (<i>Virtual Walking Australia</i>) Wanderers	Thursday	8.30am	Mawson Lakes Interchange (Platform 2, Southern End)	0418 820 091
	Ingle Farm Walking Group	Thursday	9am	Ingle Farm Recreation Centre	8258 5655
	Northern Walkers	Thursday	9.30am to 10.30am	Bagster Rd Community Centre	8250 4167
	Mawson Lakes Striders	Friday	8.30am	Mawson Lakes Interchange (Platform 2, Southern End)	0413 433 275
	JYC Walkers	Friday	9am to 10am	Jack Young Centre	8406 8525
	Little Para Walkers	Saturday	9am to 10am	Carpark corner Waterloo Corner Rd & Davis St, Salisbury	0401 652 609
Women's Drumming		Wednesdays	1pm to 2.30pm	Pooraka Farm Community Centre	8406 8488
Yoga		Monday	9.15am to 10.30am	Salisbury East Community Centre	8285 2055
			10.30am to 11.45am	Scott St (Pooraka Farm Community Centre)	8406 8488
		Wednesday	6.30pm to 7.45pm	Pooraka Farm Community Centre	8406 8488
		Saturday	9.15am to 10.30am	Salisbury East Community Centre	8285 2055

For more information on how you or someone you know can get involved, visit:

www.salisbury.sa.gov.au/seniors



**FIND YOUR
WHY**