



**Somerset**  
REGIONAL COUNCIL

**Get Active  
and Healthy  
in Somerset**  
2017 - 2018



## Welcome

Welcome to the fifth edition of Somerset Regional Council's Get Active and Healthy in Somerset directory.

This directory aims to support Somerset residents in making the healthy decision the easy decision. This is hoped to be achieved through education, the promotion of local services and providing contact details for more health information.

A key feature of the directory is a listing of the majority of sport and recreation opportunities available in Somerset. This list enables residents to readily view what active and healthy activities are available and to get in touch with the relevant provider.

In addition to the listing, the directory also includes relevant health information. This includes such topics as physical activity, nutrition, mental health, diabetes, sun safety and more.

So what are you waiting for? It's time to *Get Active and Healthy* in Somerset.



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## Parks, Reserves and Skate Parks

There are several parks and recreation areas available for public use in Somerset. This includes playgrounds, skate parks, basketball courts, ovals and fields, outdoor exercise equipment and more. Don't have the equipment you need to play? No problem; the Active and Healthy Resource Centre at Somerset Libraries is well-equipped with a variety of sporting goods that you can borrow. Sign up to Somerset Libraries to take advantage.

### Colinton

- Colinton Memorial Park, D'Aguilar Highway

### Coominya

- Coominya Memorial Park, Railway Street
- Coominya Railway and Community Park, Bunney Road
- Coominya Recreation Reserve/Sydney Lynde Oval, Rocky Gully Road
- Edith Maud Park, Bunney Road

### Esk

- Barbour Memorial Park/Esk Skate Park, Heap Street
- Esk Lions Park, Ipswich Street
- Esk Sport and Recreation Reserve, Hampton Road
- Esk Walking Track, Hampton Road
- Hertrich Place, Hampton Road
- Hill End Park, Adelaide Street
- Lakeview Park, Lakeview Drive
- Pipeliner Park, Highland Street

### Fernvale

- Fernvale Sports Park, Brouff Road
- Fernvale Memorial Park, Main Street
- Honeywood Park, Honeywood Drive
- Parslow Park, Titmarsh Court
- Stumer Park/Fernvale Skate Park, Burns Street

### Glamorgan Vale

- Good Family Park, Glamorgan Vale Road

### Harlin

- Sim Lord Park, Brisbane Valley Highway

### Jimna

- Bellbird Park, Bellbird Road
- Persimmon Park, Borgan Road

### Kilcoy

- Anzac Park, Seib Street
- Aston Park, Seib Street
- Bicentennial Gardens, Taylor Street
- Hedley Park, Hedley Drive
- Hopetoun Sportsfield, Hope Street
- Kennedy Park, Row Street
- Kilcoy Walking Track, William Street
- Silky Oak Park/Kilcoy Skate Park, Seib Street
- Yowie Park, Hope Street



**Linville** \_\_\_\_\_

- Ditchman Park, George Street

**Lowood** \_\_\_\_\_

- Clock Park/Lowood Skate Park, Peace Street
- Haslingden Park, Bray Street
- Jensen Swamp Reserve, Jensen Swamp Road
- Lowood Sport and Recreation Reserve, Lindemans Road
- Reservoir Park, Reservoir Road

**Minden** \_\_\_\_\_

- Jesse Wickman Park, Minden Road
- Minden Village Park, Zabels Road North

- Minden Park, Minden Road

**Moore** \_\_\_\_\_

- Stanley Gates Park, Main Street

**Toogoolawah** \_\_\_\_\_

- Childrens Park, Dingyarra Street
- McConnell Park, Cressbrook Street
- Poll Crandell Park, Brisbane Valley Highway
- Toogoolawah Lions Park, Cressbrook Street
- Toogoolawah Skate Park, Cressbrook Street



**Active and Healthy Resource Centre**

The Active and Healthy Resource Centre is a part of Somerset Libraries and offers an extensive range of free sport, fitness and leisure equipment that you can try at any time. The complete range is free to borrow from all four Somerset Library branches and has been developed as a part of Somerset Regional Council's Active and Healthy Somerset Action Plan to help improve the health and activity levels of Somerset residents.

# Physical Activity and Nutrition

## Simple steps to a Healthier. Happier. You



Queensland  
Government

Queensland Health's Healthier. Happier. website is here to show you that leading a healthy lifestyle doesn't need to be complicated, expensive or time consuming.

In fact, a few small changes to your regular routine can make a big difference to the way you look and feel.

This may sound fairly straight forward, but sometimes knowing where to start can be a little daunting. So, if you're in need of some inspiration or ideas on how to start making positive changes, make sure you visit [healthier.qld.gov.au](http://healthier.qld.gov.au) today.

## Eat

The website has hundreds of simple, delicious and nutritious recipes that you can try at home (with many new additions in 2017). There is also a range of interactive and informative tools, like:

- [Recipe colour wheel](#) – find out the different health benefits associated with different coloured fruit and vegetables, and give the wheel a spin to find a range of colour-coded recipes.
- [Kilojoule calculator](#) – enter a few simple details and find out exactly how many kilojoules your body really needs.
- [The five building blocks of food](#) – provides information on the benefits of the five food groups and how much of each group you need each day.
- [Fruit and vegetable seasonality calendar](#) – lets you know when your favourite foods are in season.

- [Guides and articles](#) – covering everything from healthy eating on a budget through to food safety tips.

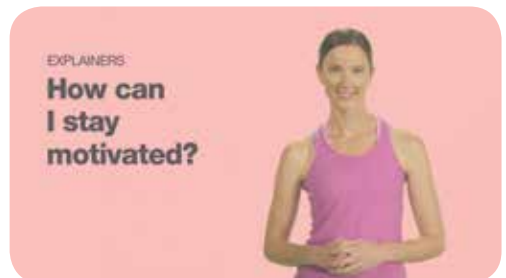
## Move

For those looking for new ideas on how to get a little more movement into your day, the Move section of the website is a great place to start.

Six simple workouts have been prepared by an Accredited Exercise Physiologist, covering strength, stability, cardio and more. There is also a range of short information videos covering commonly asked exercise questions, like 'How to choose a trainer?' and 'How often should you work out?'

There are also several interactive tools for you to try, including:

- [Running man](#) – learn about the direct benefits of physical activity on different parts of your body.
- [Energy in vs. energy out](#) – find out just how much exercise you need to do to burn off some common foods.
- [Incidental exercise hacks](#) – discover simple ideas on how to easily incorporate more exercise into your day.





## Support

Along with loads of information on how to eat better and move more, you'll also find details on several programs and resources that get the Queensland Health tick of approval. These include:

- [10,000 Steps](#) and [Heart Foundation Walking](#) – fun and collaborative programs designed to track the number of steps you take each day and get you moving more.
- [Get Healthy Information and Coaching Service](#) – a free and confidential phone based service designed to help you eat healthier and be more active.
- [QCWA Country Kitchens](#) – supports Queenslanders living in rural and remote areas to improve their health by adopting healthier eating practices.
- [PEACH online](#) – supports you as a parent or carer, to maintain a healthy weight for your children through healthy eating options and physical activity.

## Stay up to date

With a wealth of new information on ways to eat better and move more, [healthier.qld.gov.au](http://healthier.qld.gov.au) is a great resource to use to start planning a Healthier. Happier. you.

To stay up to date with the latest hints, tips and resources, why not register at [healthier.qld.gov.au](http://healthier.qld.gov.au) for regular updates or simply follow us on Facebook at [facebook.com/HealthierHappierQLD](https://facebook.com/HealthierHappierQLD)



## Sports Centres, Community Gyms and Swimming Pools



### Fernvale Indoor Sports Centre

Located at 32 Banks Creek Road, Fernvale. The Centre features two full size playing courts marked for basketball, netball and futsal, two indoor cricket nets, gymnasium, cardio room and group exercise rooms.

The centre is open Monday to Friday from 5.30am to 8.30pm, Saturdays from 7am to 5pm and Sundays from 9am to 12pm, and has varied opening hours over Christmas.

Fernvale Indoor Sports Centre offers gym memberships, fitness classes, after school sports programs, evening sports, cheerleading and more.

Enquire about memberships and activities on (07) 5426 7520

Email [fernvale@belgravialeisure.com.au](mailto:fernvale@belgravialeisure.com.au) or [www.fernvaleisc.com.au](http://www.fernvaleisc.com.au) for more information.

The Fernvale Indoor Sports Centre is operated by Belgravia Leisure on behalf of Somerset Regional Council.



### Kilcoy Indoor Sports Centre and Gym

This facility is located on the corner of Mary and Hope Streets, Kilcoy. The centre features gym equipment, indoor sports facilities and group exercise spaces.

Kilcoy Indoor Sports Centre and Gym is open Monday to Friday mornings from 6am to 10.30am, Saturday mornings from 8am to 11am and Monday to Thursday afternoons from 3.30pm to 7pm. The centre is closed on public holidays.

Exercise classes, personal training sessions and sporting programs are available.

Enquire about memberships and activities on 0420 974 683 or (07) 5497 2444

or email [somersethealthandfitness@westnet.com.au](mailto:somersethealthandfitness@westnet.com.au) [Find us on](#) [f](#)

The Kilcoy Indoor Sports Centre and Gym is operated by Somerset Health and Fitness on behalf of Somerset Regional Council.



### Toogoolawah Community Gym

This facility in McConnel Park, Toogoolawah, features gym equipment and group exercise space.

The Toogoolawah Community Gym is open Mondays, Wednesdays and Fridays from 7am to 10am and Tuesdays and Thursdays from 4pm to 7pm. The gym is closed on public holidays.

The gym offers exercise classes, gym equipment and personal training sessions.

Enquire about memberships and activities on 0420 974 683

or email [somersethealthandfitness@westnet.com.au](mailto:somersethealthandfitness@westnet.com.au) [Find us on](#) [f](#)

The Toogoolawah Community Gym is operated by Somerset Health and Fitness on behalf of Somerset Regional Council.



### Lowood Swimming Pool

The Lowood Swimming Pool is on Main Street, Lowood, and is open Monday to Friday from 6am to 6pm, Saturdays from 7am to 6pm and Sundays from 10am to 5pm; the pool is open public holidays from 10am to 5pm (closed Christmas Day). Activities at the pool include learn to swim and aqua aerobics classes, squad and triathlon training. The pool is also available for lap swimming and hire for private sessions or birthday parties. The pool is open from the September school holidays through to the end

of the Easter school holidays.

For more information phone (07) 5426 1545

or visit [www.somersetsports.com.au](http://www.somersetsports.com.au)

The Lowood Swimming Pool is operated by Somerset Sport and Aquatics on behalf of Somerset Regional Council.



### Kilcoy Aquatic Centre

The Kilcoy Aquatic Centre is found on the corner of Mary and Hope Streets, Kilcoy, and is open from the September school holidays through to the end of the Easter school holidays. The pool operates Monday to Friday from 6am to 6pm, Saturdays from 9am to 5pm and Sundays from 10am to 5pm; Kilcoy Aquatic Centre is open 10am to 5pm on public holidays and is closed Christmas Day.

Learn to swim, squad and aqua aerobics classes, as well as pool parties, are scheduled throughout the season.

For more information phone (07) 5497 1453

or email [kilcoyaquaticcentre@bigpond.com](mailto:kilcoyaquaticcentre@bigpond.com)

or visit [www.kilcoyaquaticcentre.com](http://www.kilcoyaquaticcentre.com) Find us on 

The Kilcoy Aquatic centre is operated by Aqua Antics on behalf of Somerset Regional Council.



### Esk Swimming Pool

The Esk Swimming Pool is found on Mary Street, Esk, and is open Mondays and Wednesdays from 3pm to 6pm, Saturdays from 10.30am to 3.30pm and Sundays from 10.30am to 3.30pm; the pool is open public holidays from 10.30am to 3.30pm (closed Christmas Day and Boxing Day).

Activities at the pool include learn to swim classes, lap swimming and private pool bookings. The pool is open from the September school holidays through to the end of the Easter school holidays.

For more information phone (07) 5426 1545 or visit [www.somersetsports.com.au](http://www.somersetsports.com.au)

The Esk Swimming Pool is operated by Somerset Sport and Aquatics on behalf of Somerset Regional Council.



### Toogoolawah Swimming Pool

The Toogoolawah Swimming Pool is found on Factory Road, Toogoolawah, and is open Tuesdays and Thursdays from 6am to 9am, Mondays to Fridays from 3pm to 6pm, Saturdays from 10am to 5pm and Sundays from 12pm to 5pm. The pool has extended opening hours over the January school holidays and is open Monday, Wednesday and Friday from 9am to 6pm; Tuesday and Thursday from 6am to 6pm; Saturdays from 10am to 5pm; Sundays from 12pm to 5pm; and public holidays from 10am to 5pm

(closed Christmas Day).

Learn to swim and aqua aerobics classes are scheduled throughout the season. The pool is open from the September school holidays through to the end of the Easter school holidays.

For more information phone (07) 5423 1187

or email [toogoolawahpool@bigpond.com](mailto:toogoolawahpool@bigpond.com) Find us on 

The Toogoolawah Swimming Pool is operated by Aqua Antics on behalf of Somerset Regional Council.





## Did you know?

1/3 of cancer cases are preventable through healthy lifestyle choices?

More than 13, 000 cancer deaths each year are due to smoking, sun exposure, poor diet, alcohol, inadequate exercise and being overweight.

There are simple steps you can take to minimise your risk of cancer.

Cancer Council Queensland is supporting workplaces, schools, early childhood centres and sports clubs to create healthier environments and reduce cancer risk.

Visit [quest.org.au](http://quest.org.au) to find out what simple changes can be made.

More information about Cancer Council Queensland and healthy living is available at [cancerqld.org.au](http://cancerqld.org.au) or call 13 11 20.

<b>Q</b>	<b>U</b>	<b>E</b>	<b>S</b>	<b>T</b>
<b>QUIT</b> smoking	<b>UNDERSTAND</b> your body and get checked	<b>EAT</b> healthily and drink less alcohol	<b>STAY</b> SunSmart every day	<b>TAKE</b> time to be active

## Water-Based Recreation

In Somerset, you can enjoy water-based recreational activities including boating, sailing, water skiing, swimming, paddling, camping and fishing at Somerset Dam, Wivenhoe Dam and Atkinson Dam, as well as stretches of the Stanley and Brisbane Rivers.

Getting involved in these activities is a fun way to get active, fit and healthy. Remember to play it safe and be prepared for your activity with appropriate equipment and safety gear, such as lifejackets.

Plan ahead, visit the Seqwater website, [seqwater.com.au](http://seqwater.com.au), for the latest recreation and safety notices and information on access, closures and conditions. Check the weather forecast too at [bom.gov.au](http://bom.gov.au)

You can also download the new public safety app, which combines dam release notifications, dam levels information, recreation, safety and lake closure updates and weather alerts. Just search 'Seqwater' on the App Store or Google Play.

For any other enquiries contact seqwater at [recreation@seqwater.com.au](mailto:recreation@seqwater.com.au)



### At Somerset Dam you can enjoy:

- barbecuing
- boating (powered and non-powered) with permit
- camping (at designated areas)
- canoeing
- fishing with permit
- jet skiing
- kayaking
- picnicking
- sailing and rowing
- swimming, scuba diving or snorkelling (designated areas)
- walking
- water skiing

### At Wivenhoe Dam you can enjoy:

- barbecuing
- boating (low-emission outboards/engines, 6 knots maximum speed) with permit
- camping (at designated areas)
- canoeing
- electric model boating (outside designated swimming areas)
- fishing with permit
- horse riding
- kayaking
- mountain biking
- picnicking
- sailing
- swimming
- walking

### At Atkinson Dam you can enjoy:

- barbecuing
- boating (powered and non-powered)\*
- camping (at designated areas)
- canoeing\*
- fishing with permit
- jet skiing\*
- kayaking\*
- picnicking
- sailing\*
- swimming\*
- walking (with dogs on leash in permitted areas)
- water skiing\*



\*dependent on lake levels.

# Mental Health

## What is depression?

Depression is more than just a low mood – it's a serious illness. Depression affects how you feel about yourself. You may lose interest in work, hobbies and doing things you normally enjoy. You may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and find it difficult to concentrate.

Over 1 million people in Australia live with depression each year. On average, one in five women and one in eight men will experience depression in their lifetime.

The good news is, just like a physical illness, depression is treatable and effective treatments are available.

## How do you know if a person is depressed?

A person may be depressed if he or she has felt sad, down or miserable most of the time for more than two weeks and/or has lost interest or pleasure in most of his or her usual activities.

For more information about symptoms of depression, visit [www.beyondblue.org.au/depression](http://www.beyondblue.org.au/depression).

It's important to note that everyone experiences some of these symptoms from time to time and it may not necessarily mean a person is depressed. Equally, not every person who is experiencing depression will have all of these symptoms.

## What is anxiety?

Over 2 million people in Australia experience anxiety each year. On average, one in three women and one in five men will have anxiety in their lifetime.

Anxiety is more than just feeling stressed or worried. Anxious feelings are a normal reaction to a situation where a person feels under pressure – for example, meeting work deadlines, sitting exams or speaking in front

of a group of people. However, for some people these anxious feelings happen for no apparent reason or continue after the stressful event has passed.

For a person experiencing anxiety, anxious feelings cannot be brought under control easily. Anxiety can be a serious condition that makes it hard for a person to cope with daily life.

Anxiety is common, but the sooner you get help, the sooner you can learn to control the condition – so it doesn't control you.

## How do you know if someone has anxiety?

The symptoms of anxiety are sometimes not all that obvious as they often develop gradually and, given that we all experience some anxiety, it can be hard to know how much is too much.

Some common symptoms of anxiety include:

- hot and cold flushes
- racing heart
- tightening of the chest
- snowballing worries
- obsessive thinking and compulsive behaviour.

## Things to remember

- Anxiety and depression are common and treatable.
- Help is available and it's important to seek help early – the sooner the better.
- Anxiety and depression are illnesses, not weaknesses, and people shouldn't feel ashamed to seek help.
- By talking about anxiety and depression, we can help raise awareness and reduce stigma.

To find out more about depression and anxiety, available treatments and where to get help, visit [www.beyondblue.org.au](http://www.beyondblue.org.au) or call the *beyondblue* Support Service on 1300 224 636.

## Walking, Cycling, Horse Riding and Canoeing

There are a variety of trails in the Somerset region where you can get outside and enjoy the great outdoors.

The Brisbane Valley Rail Trail, Wivenhoe Hill Trails, Conondale Range Great Walk and Bicentennial National Trail are all found within the Somerset region and offer walking, biking, horse riding and trail running.

The Brisbane Valley Rail Trail is the premier trail for walking, riding and mountain biking and is also the trail used for the annual Somerset Rail Trail Fun Run. Walkers, cyclists and horse riders can experience the history and landscape of the Brisbane Valley up close and personal as they follow the trail of the old Brisbane Valley railway corridor. Extending through urban villages, native bushland, farming country and plantation forests, the trail provides an active and healthy way to enjoy the views of South East Queensland's scenic landscapes. The trail is accessible from multiple points throughout Somerset and details are available at information centres. The Somerset Rail Trail Fun Run is held annually in July. For more information visit [railtrailfunrun.com.au](http://railtrailfunrun.com.au).

The Wivenhoe Hill Trails are found off Fig Tree Road, via the Hay Road exit on the Brisbane Valley Highway. Mountain biking, horse riding, trail running and walking are all permitted on the trails and car and horse float



parking is available at the trail entrance. The network has been separated into four trails, each identifiable by an individual colour. This colour is also displayed on totem poles along the trails to provide direction.

The Conondale Range Great Walk is accessed off Sunday Creek Road just south of Jimna and offers over 50km of grade three and four walks with several camp grounds and access points along the route. Details are available at information centres or from the National Parks Service.

The Bicentennial National Trail is altogether a wider track less trodden and is open to cyclists, horse riders and walkers. It can be accessed off the Esk Hampton Road, Esk Crows Nest Road, the Benarkin State Forest or the crossing point on the D'Aguilar Highway. The trail covers roads, stock routes and private lands from Victoria to the top of Queensland. There are no facilities on this trail so be prepared.

Another way to enjoy the Somerset region is the Brisbane River Canoe Trail. This trail meanders along 56km of peaceful waterway from Wivenhoe to Kholo. The trail is not sign posted but the launch points are easy to find.



# Diabetes

## Diabetes facts

### What is diabetes?

Diabetes is a serious lifelong condition. Of three main types of diabetes, the most common (type 2) affects 1,005,624 Australians – plus another 625,000 who have type 2 and don't yet know it.

Type 2 diabetes is a progressive condition. The body cannot process glucose properly for the energy it needs. Type 2 diabetes has an immediate impact on the body, but can go undetected if people do not understand their risk factors or recognise the symptoms.

Gestational diabetes occurs only during pregnancy. However, mum and baby are at an increased risk of developing type 2 diabetes in the future.

Type 1 diabetes is very different. It is an autoimmune condition which results in the destruction of the insulin-producing cells in the pancreas. To survive, people with type 1 diabetes must inject synthetic insulin multiple times every day.

### Diabetes fast facts

- about 60 Queenslanders are diagnosed with diabetes every day
- there are several types of diabetes, including type 1, type 2, gestational diabetes and pre-diabetes
- there is no cure for diabetes but the condition can be managed
- diabetes is not caused by eating too much sugar
- diabetes is not infectious
- more people die from diabetes and associated complications than from breast cancer and prostate cancer combined



- people with diabetes can participate in sport
- diabetes can cause damage to kidneys, heart, eyes, nerves, and be the cause of loss of limbs
- more than 93,000 Queenslanders are estimated to have type 2 diabetes and don't know it.

### Know your risk

Understanding your risk of developing type 2 diabetes and how you can reduce it is important. Some of the risk factors for type 2 diabetes – such as age, ethnic background, or family history – can't be changed, but others can. If you're not sure of your risk, take our free online risk assessment by visiting [diabetesqld.org.au](http://diabetesqld.org.au).

*For support and information, call Diabetes Queensland's Helpline on 1300 136 588 or visit [diabetesqld.org.au](http://diabetesqld.org.au).*



# Get Active & Healthy Somerset Directory

## SOMERSET

ACTIVITY	DAY / DATES	TIME
<b>HORSE SPORTS</b>		
<b>Brisbane Valley Trail Riders</b> Must be a member and must have own horse to ride.	Various	Various
<b>CYCLING</b>		
<b>Brisbane Valley Rail Trail Users Association</b> Off road cycling activities.	Various	Various
<b>ESK</b>		
<b>AQUA AEROBICS</b>		
<b>Esk Water Exercise Classes</b> Come and enjoy an exercise class in the pool for all fitness abilities.	Monday and Wednesday – not available on school holidays	9-9.45am
<b>ART GROUPS</b>		
<b>Somerset Art Society Inc.</b> Meet with friendly like minded people involved in painting, ceramics, pottery, photography, textile art and more. Mini workshop to learn, practise and improve skills and techniques in various art forms. Quarterly general meetings.	1st Monday of every month – demonstrations (except Easter)  Workshops	Various
<b>BOWLS - LAWN</b>		
<b>Esk Bowls and Community Club Inc</b> Lawn bowls – mixed social bowls	Wednesday and Sunday (October to April)	9am for a 9.30am start
Lawn bowls – mixed social bowls	Wednesday and Sunday (May to September)	12.30pm for a 1pm start
Barefoot bowls (including sausage sizzle during Summer) (bowls or flat soled shoes required)	Thursday night	5.30pm for a 6pm start
<b>CRICKET</b>		
<b>Esk and District Cricket Club</b> Under 10's Cricket Under 13's Cricket Under 16's Cricket	Thursday (training)  Saturday (games - schedule set at the beginning of the season in September)	3.15-5pm  8-11.30am
<b>DANCE</b>		
<b>Starlite Dancers</b> - experience the love of dance.	Monday	3.30pm

COST	AGE	LOCATION	CONTACT DETAILS
Contact group for more information	Age 5+	Various locations in the Somerset region.	Scott P: 0422 156 619
Contact group for more information	Any	Various locations on the Brisbane Valley Rail Trail	Paul Heymans P: 5427 0132 or 0417 342 854 E: paul@brisbanevalleyrailtrail.com.au
\$3.50 pool entry only	Any	Esk Swimming Pool, Mary Street, Esk	Patti P: 5424 1146
No cost – please provide a plate	Any	Meetings held in different locations every month. Please visit website for details.	Jan Godfrey P: 0400 256 324 W: sasiart.com.au
\$10 green fee	Any	Esk Bowls Club, 23 Esk Hampton Road, Esk	Esk Bowls Club P: 5424 1213 E: eskbowls@gmail.com
Membership \$50.00 and ball fees \$5.00 per game	Teams for under 10, under 13 and under 16	Toogoolawah State School (under 10's and under 13's training) Toogoolawah State High School (under 16's training) McConnel Park, and Toogoolawah State School, Toogoolawah for home games	Hilary Benson P: 0419 028 154
Please contact for fees.	2yrs+	CWA Hall, Corner Heap Street and Neilson Place, Esk	Shandell Reisenleiter P: 0437 013 198 E: starlitedancers@live.com

## Get Active & Healthy Somerset Directory

### ESK

ACTIVITY	DAY / DATES	TIME
<b>FISHING</b>		
<b>Grand Wivenhoe Social Fishing Club</b> Meets at various times during the year for social fishing competitions.	Various	Various
<b>GARDENING</b>		
<b>Valley of the Lakes Garden Club</b> We meet for friendship, gardening ideas, information and to listen to gardening specialists. (bowls or flat soled shoes required)	Second Tuesday of each month	9.30-11.30am
<b>GIRL GUIDES</b>		
<b>Esk Girl Guides</b> Develop outdoor and life skills while having fun. Learn decision making, leadership – community volunteering	Thursday	4.30-6.30pm
<b>GOLF</b>		
<b>Esk Country Golf Club</b> is a nine hole golf course situated at Esk Showgrounds Reserve. The course is open to all players except on special event days such as the races and show.  Competition days.  Social turkey run.  9 hole game – all welcome.	7 days  Tuesday  Thursday and Saturday  Friday  Sunday	Daylight hours  Social 18 Hole + Competition once a month  Various  Afternoon  7.30am
<b>LIBRARY ACTIVITIES</b>		
<b>Storytime</b> – A fun session of storytelling and craft for preschoolers that fosters an early love of reading and develops skills in literacy and social interaction.	Contact library for further information	Contact library for further information
<b>Broadband for Seniors</b> - Is funded by the Australian Government to provide senior Australians, aged 50 years and over, with free access to computers, internet and basic training to help build their confidence in using new technology.		
<b>eReaders and Tablets</b> – If you are thinking about buying an eReader or tablet or have bought one and feel lost, these fortnightly sessions are for you.		
<b>Chatterbooks</b> - Join us for an afternoon of book fun. We will explore your favourite books, authors, genres and much more (during school term).		
<b>Somerset Conversations</b> is an informal coffee and conversation morning held once a month with a guest speaker or demonstration. All welcome and no bookings are necessary.	Please contact Esk Library for current timetables.	



COST	AGE	LOCATION	CONTACT DETAILS
Upon enquiry membership and Insurance \$64 per person	Any	Different fishing venues. Membership is required to enter from Sinnamon Point	Patti Jaenke P: 5424 1146
\$10 joining fee; \$20 annual membership fee	Any	Somerset Civic Centre, Esk-Hampton Road, Esk	Kerri Melville P: 0438 511 004 valleyofthelakesgardenclub@gmail.com
\$25 joining fee plus \$125 membership \$6 insurance per week	5-18	Quindalup Guide Hut next to Civic Centre/Tennis Courts – 35 Esk Hampton Road, Esk	Kathy Heck P: 0409 897 159 E: Kathy.heck@bigpond.com
Membership \$295 a year Junior membership \$40 Social game \$15 Social Chook Run \$6	Any	152 Esk Hampton Road, Esk	Luke Latter (President) P: 0438 798 112  Barbara McIntyre (Secretary) P: 0428 424 110  Golf Club P: 5424 1261 E: eskgolfclub@gmail.com
Free	Up-5yrs	Esk Library, 19 Heap Street, Esk	Esk Library P: 5424 4080
	Age 50+		
	Any		
	Age 7-12		
	Any		

# Get Active & Healthy Somerset Directory

## ESK

ACTIVITY	DAY / DATES	TIME
<b>MARTIAL ARTS</b>		
<b>Anderson Bushi Kai</b> A dynamic form of traditional GoJu martial arts. Providing confidence, discipline, self defence and counter attack, both mental and physical fitness and conditioning. All instructors are Black Belt and above with up to 43 years experience. Fitness and conditioning. Full range of bag work, strength, cardio and technique.	Tuesday	6pm
	Thursday	6pm
<b>Toogoolawah Taekwondo</b> Includes sparring, self defense, patterns, competitions and grading.	Saturday	9.30am
<b>PLAYGROUPS</b>		
<b>Esk Little Deers Playgroup Australia</b> Come along and join the fun with kids and parents.	Tuesday (school terms)	9.30-11.30am
<b>SCOUTS</b>		
<b>Esk Scout Group</b> Joeys - Camping and life skills	Wednesday	4.30pm
<b>Cubs</b> - Camping, constructing, cooking, environment, life skills and more	Wednesday	5pm
<b>Scouts</b> - Camping constructing, hiking, abseiling, canoeing, cooking on open fires and lots more	Wednesday	5.30pm
<b>SINGING</b>		
<b>Esk Community Choir</b> Variety of singing and performance activities.	Tuesday	6.30-8.30pm
<b>The Semitones Junior Choir</b>	Tuesday	3-4pm
<b>SWIMMING POOLS</b>		
<b>Esk Swimming Pool</b> 10.30am to 3.30pm  Reduced times during school terms	Start of the September school holidays to the end of the Easter school holidays	Various
<b>TENNIS</b>		
<b>Esk Tennis Club</b> Tennis court hire	7 days a week	9am-9pm
Interclub competitions – summer and winter	Various	Various
Ladies social	Friday	9am
Social night	Monday nights	7pm to 9.30pm

COST	AGE	LOCATION	CONTACT DETAILS
Monthly cost of \$60 for first family member; \$25 every other direct family member	8+	Domes Retreat, 161 Glen Esk South Road, Esk	Will Fehres P: 07 5424 1888 E: will@domesretreat.com.au W: www.domesretreat.com.au
\$11 per class; \$50 membership; family discount available	4+	Esk State School, East Street, Esk	Tania Allen P: 0428 742 026
\$40 annual fee and \$2 per visit per family	0-5 years	Pipeliners Park Railway Station, Esk	Rhiana Pearce P: 0428 319 922 Rhiana-pearce@hotmail.com
\$150 one off membership	5 ½-8	Esk Scout Den next to Somerset Civic Centre Esk-Hampton Road, Esk	Kassy Allen P: 5424 1233
\$8 per week subs	8-11		
	11-15		
Students \$55 Single: \$100 Couple: \$180 Family: \$265 Associate: \$50	Any	Esk State School Hall	Kathleen Watts (Secretary) P: 0407 659 239 Alexis FitzGerald (Musical Director) P: 0408 195 758 W: www.eskchoir.webs.com
\$1 per session	Primary School age	Anglican Church Hall, Esk	Alexis FitzGerald (Musical Director) P: 0408 195 758
Various	Any	Esk Swimming Pool, Mary Street, Esk	Esk Swimming Pool P: 5426 1545
\$50 family membership, \$25 single, \$15 seniors	Any	Esk-Hampton Road, Esk	Steve or Jenny P: 5424 2055 Leonie P: 0419 728 316 Ian P: 0416 265 103 E: myles1@skymesh.com.au
Social night \$2 per person			

## ESK

ACTIVITY	DAY / DATES	TIME
<b>WALKING</b>		
<b>Somerset Social Dog Walking Group</b> Casual walk and doggie get together followed up with a coffee and a chat.	Every Saturday	6.30am in Summer; 7.30am in Winter
<b>YOGA/TAI CHI</b>		
<b>Hatha Yoga and Tai Chi</b> Hatha Yoga is most often used to describe gentle, basic classes with no flow between poses. A Hatha class is a slow-paced stretching class with simple breathing techniques, standing, supine and seated forms (Asanas) and meditation. This is a good place to learn relaxation techniques and become comfortable with the principles of an ancient and proven health system.	Tuesday  Thursday	11am  10am

## FERNVALE

ACTIVITY	DAY / DATES	TIME
<b>AFL</b>		
<b>Brisbane Valley Rattlers Junior AFL Club</b>	Wednesday  Saturday	5pm  Various
<b>COMMUNITY GROUPS</b>		
<b>Fernvale Community Association</b>	Third Monday of every month.	6.30pm
<b>CRICKET</b>		
<b>Marburg Thunder Cricket Club</b>	Wednesday Saturday Sunday	4pm – 5.30pm Various Various
<b>FERNVALE INDOOR SPORTS CENTRE – FUTSAL, INDOOR CRICKET, NETBALL, VOLLEY BALL, JUNIOR SPORTS</b>		
<b>Junior Sports</b> Junior Futsal Competition 7 – 9 year olds Junior Futsal Competition 10 – 13 year olds Junior Futsal Competition Youth	Monday	4pm 5pm 6pm
Acro-Balance for Littlies Acro-Balance	Tuesday	9.30am 4pm
Netball Skills and Drills	Wednesday	4pm
Acro-Balance Junior Soldiers Bootcamp	Thursday	4pm 4pm
Adult Sports Indoor Cricket Mens Futsal Womens Futsal Social Basketball Social Mixed Netball	Monday Tuesday  Wednesday Thursday	Games from 6.30pm

COST	AGE	LOCATION	CONTACT DETAILS
Free	All	Pipeliner Park, Esk (meet at the car park opposite the Esk Tennis Courts)	Wendy Gabell P: 0438 566 169
\$20 single class \$18 for two classes \$20 for three classes	Adults- all ages Advanced Yoga	Domes Retreat, 161 Glen Esk South Road, Esk	Will Fehres P: 07 5424 1888 E: will@domesretreat.com.au W: www.domesretreat.com.au

COST	AGE	LOCATION	CONTACT DETAILS
Various	4-13	Fernvale Sports Park	Graham Smith P: 0415 287 074 E: brisbanevalleyjuniors@aflbj.com
Free	Any	Fernvale Futures Complex	Julia Counce P: 0416 126 251 E: cauncej@bigpond.com
\$90 sign on \$5 per game	5-16 Junior 16 onwards Senior	Train at West Moreton Anglican College Fixtures at Fernvale Sports Park	Brett Schmidt P: 0488 990 702 E: brett@lowoodphysio.com.au

\$8 \$8 \$8	6-13yrs	Fernvale Indoor Sports Centre, Banks Creek Road, Fernvale	Fernvale Indoor Sports Centre P: 5426 7520  F: Fernvale Indoor Sports Centre View the facebook page for current activities.
\$7pp \$8pp			
\$7pp			
\$8pp \$7pp			
\$12.25pp \$12pp \$12pp \$5pp \$5pp			

# Get Active & Healthy Somerset Directory

## FERNVALE

ACTIVITY	DAY / DATES	TIME
<b>FITNESS CLASSES</b>		
<b>Fernvale Indoor Sports Centre</b> <i>All Classes are suitable for all fitness levels</i>  Offering classes to strengthen tone and burn calories through weighted and body weight exercises, cardio, ab work, boxing, yoga, spin and step. Contact the centre for current timetable and class descriptions.	Monday – Friday  Saturday	6am 9.30am  6.30pm 7.30am
<b>Health Club/Gym</b> Fully equipped air conditioned gym with pin weighted machines, smith machines, power racks, adjustable olympic bars and smaller bars, dumbbells and separate cardio room.	Monday – Friday Saturday Sunday	5.30am-8.30pm 7am-5pm 9am-12pm
<b>Puddin 4 Fitness</b> PT class – specialising in weight loss and getting results	Monday to Thursday	Ring for appointment
<b>Rocket Fitness</b> Huge variety of group training sessions with a personal trainer in every session. Please visit <a href="http://www.rocketfitness.com.au">www.rocketfitness.com.au</a> for timetable and more info.	Monday – Saturday	5.30am-8pm
<b>GIRL GUIDES</b>		
<b>Fernvale Girl Guides</b> Craft, life skills, region and district events, camping, games, volunteering and a truck load of fun.	Monday	3.45pm-5.45pm
<b>HORSE SPORTS</b>		
<b>Lowood Fernvale Pony Club</b> Learn horse care and riding skills and have lots of fun with other riders. Proficiency certificates included to document achievements.	Sunday (contact for exact dates)	9am start
<b>MARTIAL ARTS</b>		
<b>Anderson Bushi Kai Fernvale</b> A dynamic form of street and traditional martial arts. Provides confidence, discipline, self defence and counter attack, both mental and physical fitness and conditioning. All instructors are Black Belt and above with up to 27 years experience. Fitness and conditioning. Full range of bag work, strength, cardio and technique.	Tuesday and Thursday  Tuesday and Thursday	6-7pm  7-8pm
<b>NETBALL</b>		
<b>Amazons Netball Club</b> competes at Limestone Park, Ipswich on Saturdays during the winter netball season. The club operates from the Fernvale Indoor Sports Centre with training during the week.		
Training	Various	Various
Games	Saturday	

COST	AGE	LOCATION	CONTACT DETAILS
No contract gym memberships \$14.50 per week.  Classes are included in your gym membership price or \$15 per casual visit	16+	Fernvale Indoor Sports Centre, Banks Creek Road, Fernvale	Fernvale Indoor Sports Centre P: 5426 7520  Fernvale Indoor Sports Centre View the facebook page for current activities.
\$50	Any	Fernvale at private residence	Jen P: 0408 709 227
\$24/week unlimited sessions (price subject to change)	15+	Rocket Fitness, 1-7 Fairney View Fernvale Road, Fernvale (at the green sheds)	Daniel P: 0400 577 771 W: <a href="http://www.rocketfitness.com.au">www.rocketfitness.com.au</a> f: <a href="https://www.facebook.com/rocketfitness">www.facebook.com/rocketfitness</a>
\$155 membership for the first year + \$20 per term	5+	Fernvale Community Hall, Banks Creek Road, Fernvale	Deanna P: 0416 299 652 Tania P: 0428 742 026
Yearly Membership 1st rider - \$140 2nd rider-\$125 3rd rider-\$100	Any	Fernvale Showgrounds, Banks Creek Road, Fernvale	Rachael Daley P: 0405 164 002 Joe Daley P: 0411 167 531
\$40 per month	5+	Fernvale Community Hall, Banks Creek Road, Fernvale	Peter Oldham P: 5464 3997 or 0418 714 887
\$50 per month	16+		
\$180-\$250 for the 2017 season	Net-Set Go under 6's to under 8's  Competition Under 9's to open	Fernvale Indoor Sports Centre, Banks Creek Road, Fernvale	Norma P: 0451 018 228 E: <a href="mailto:president@fernvaleamazonsnetball.asn.au">president@fernvaleamazonsnetball.asn.au</a>

## Get Active & Healthy Somerset Directory

### FERNVALE

ACTIVITY	DAY / DATES	TIME
<b>PLAYGROUPS</b>		
<b>Fernvale Friends Playgroup</b>	Tuesday (except during school holidays)	9.30am
<b>SAILING</b>		
<b>Brisbane Valley Sailing Club</b> Activities include racing for 'off the beach dinghies and catamarans and trailer sailors' alternate Saturdays (as per calendar). Social sailing available to all members anytime. New members welcome. Please see facebook page 'Brisbane Valley Sailing Club' or the website for more information.	Every second Saturday (September to May)	About 8am
<b>SOCCER</b>		
<b>Ginger Sport</b> Weekly Program	Tuesday	3.30pm-4pm 4pm-4.45pm
<b>YOGA</b>		
<b>Ahimsa Yoga</b>	Tuesday	9.30-11am
	Tuesday	6.15-7.45pm
	Wednesday	6.30-8pm
	Thursday	10-11.30am

### KILCOY

<b>BOWLS - LAWN</b>		
<b>Kilcoy Bowls Club</b> Social bowls – ladies and men are welcome. A healthy low impact sport for all ages. Coaching and bowls available for learners.	Tuesday	From 9am
Social bowls – games available on alternative Saturday afternoons. Check with club for details.	Saturday	Afternoons
<b>FISHING</b>		
<b>Kilcoy Amateur Fishing Club</b> Competitions	Second last Saturday of each month	6am to midday
Social trips	Various	Various
<b>DANCE</b>		
<b>Kilcoy Social Dance</b> Old time and new vogue dances.	Mondays Third Sunday of each month	7pm-9.30pm 1.30pm-5.30pm



COST	AGE	LOCATION	CONTACT DETAILS
\$2.50/family	Any	Fernvale Community Hall, Banks Creek Road, Fernvale	Jody Crawford P: 0407 342 718
Contact secretary for more information	Any	Hays Landing, Wivenhoe Dam; Hines Road, Dundas	Dean Behrens (Secretary) P: 3282 8339 E: brisvalleysailing@hotmail.com W: www.brisbanevalleysailing.org.au
\$11 (30 minute session) \$14 (45 minute session)	(3-4 year olds) (4-6 year olds)	Fernvale Memorial Park- Fernvale (Sessions take place behind the hall in open ground)	Registrations are required. Please contact Ginger Sport on 3890 3338 E: info@gingersport.com.au  For further details please visit www.gingersport.com.au
\$16/casual class or \$14/class for school term payment	Age 18+ (secondary school age may also be accepted)	Fernvale Futures Complex  Ipswich Bowls Club, Queens Park, Ipswich  Uniting Church Hall, Fernvale  South Street Centre, Ipswich	Jacqui Bate P: 0439 899 114 or 5426 6235
From \$8	Any  Any	Kilcoy Bowls Club, Royston Street, Kilcoy	Kilcoy Bowls Club P: 5497 1084 Bill Edwards P: 5497 1781
\$5	Any	Somerset Dam	Wayne Earley (President) P: 0458 443 806
\$5 per person \$10 per person	Any	Kilcoy Memorial Hall, Kennedy Street, Kilcoy	Secretary P: 0438 927 964 E: info@kilcoysocialdancegroup.com.au W: www.kilcoysocialdancegroup.com.au

## Get Active & Healthy Somerset Directory

### KILCOY

ACTIVITY	DAY / DATES	TIME
<b>FITNESS CLASSES</b>		
<p><b>Somerset Health, Fitness and Weight Loss Centre</b> provides a range of fitness classes for all ages. All classes are for beginners to advanced</p> <ul style="list-style-type: none"> <li>• Fat burner circuit</li> <li>• Personal training</li> <li>• Over 50's and very beginners – seated in chair option available</li> <li>• Bar pump class</li> <li>• Step aerobics occasionally</li> <li>• Pilates</li> <li>• Weight loss challenges</li> <li>• Yoga and yoga therapy</li> </ul>	Various	Early to mid morning and evening
<p><b>Everybody Moves</b> - PT sessions, adult classes and childrens fitness classes.</p>	Monday-Saturday	5am-9pm Hours are varied
<b>GOLF</b>		
<p><b>Kilcoy Golf Club</b> Open for social golf during the day. Golf equipment and motorised carts are available for hire.</p>	Monday-Sunday	Daytime
Mens and ladies 18 hole competition	Wednesday	8am
Mens and ladies 18 hole competition	Sunday	12pm
<b>GYMNASTICS</b>		
<p><b>Gymnastics/Gym Fun/Kindergym</b> A community club provides fun and fitness programs to boost body awareness, coordination skills, strength, confidence and social skills based on gymnastics movements. Our staff are qualified to teach industry standard gymnastics levels.</p>	Monday	3.30-6.30pm
	Wednesday (during school terms)	3.30-5pm
<b>HORSE SPORTS</b>		
<p><b>Kilcoy Pony Club</b> Learn to ride and care for horses.</p>	Various	Various
<p><b>Kilcoy Campdraft Committee</b></p>	Second Monday every month	7.30pm
<b>LIBRARY ACTIVITIES</b>		
<p><b>Storytime</b> – A fun session of storytelling and craft for preschoolers that fosters an early love of reading and develops skills in literacy and social interaction.</p>	Contact library for further information	Contact library for further information
<p><b>Broadband for Seniors</b> - Is funded by the Australian Government to provide senior Australians, aged 50 years and over, with free access to computers, internet and basic training to help build their confidence in using new technology.</p>	As above	As above

COST	AGE	LOCATION	CONTACT DETAILS
<p>Various membership options available</p> <p>Casual or memberships blocks available – no contract</p>	14+	Kilcoy Indoor Sport Centre Seib/Hope Street Kilcoy	<p>Kilcoy Indoor Sport P: 5497 2444 Or Manager Jayne McKenzie P: 0420 974 683</p>
Classes from \$6 PT rates from \$25 - 30 mins	2+	Kilcoy, Toogoolawah Please Contact for locations	<p>Liz P: 0425 629 923 E: everybody.moves.fitness@gmail.com</p>
<p>Midweek – unlimited golf \$15 per day.</p> <p>Weekends – unlimited golf \$20 per day</p>	Any	Carseldine Street, Kilcoy	<p>Kilcoy Golf Club P: 5497 1087 W: www.kilcoygolf.com.au</p>
\$10 per hour + \$65 membership fee per year	2yrs to school age	Kilcoy Gymnastics Club, Kilcoy Sports Centre, Hope St, Kilcoy	<p>Alana (Gymnastics enquiries) P: 0419 776 831 Mary-Jane (Kindergym enquires) P: 0427 946 771</p>
Contact club for more information	Any	Kilcoy Showgrounds, Showground Road, Woolmar	<p>Peter Cruice P: 5497 1320 Dianne Youles P: 5497 1178</p>
\$5 Membership	Any	Masonic Centre, Mary Street, Kilcoy	<p>Pat Bleakley P: 0408 758 595</p>
Free	Up-5yrs	Kilcoy Library, Kennedy Street, Kilcoy	<p>Kilcoy Library P: 5422 4950</p>
Free	50+	As above	As above

## Get Active & Healthy Somerset Directory

### KILCOY

ACTIVITY	DAY / DATES	TIME
<b>eReaders and Tablets</b> – If you are thinking about buying an eReader or tablet or have bought one and feel a bit lost, these fortnightly sessions are for you.	As above	As above
<b>Chatterbooks</b> - Join us for an afternoon of book fun. We will explore your favourite books, authors, genres and so much more (during school term).	As above	As above
<b>Baby Bounce</b> is a lapsit program designed to introduce your child to language through songs, rhymes and stories to encourage interaction.	Tuesday	9.15am
<b>Somerset Conversations</b> is an informal coffee and conversation morning held once a month with a guest speaker or demonstration. All welcome and no bookings are necessary.	Last Friday of the month	TBA
<b>MOTOCROSS</b>		
<b>Kilcoy Motorcycling Club</b> Providing a quality Motocross riding facility for members, competitors and visitors. The club also provides supervision by experienced and licensed officials under the guidelines of Motorcycling Queensland and Motorcycling Australia	Weekends – check the website for dates.	Various
<b>RUGBY LEAGUE</b>		
<b>Kilcoy District Football Club</b> Senior football training	Tuesdays and Thursdays	6-8pm
Games are played on weekends.	Weekends	Various
<b>SWIMMING POOL</b>		
<b>Kilcoy Aquatic Centre</b> Aqua Aerobics	Monday- Friday Morning	8am
	Monday and Wednesday Night	6pm
Learn to Swim Program	Six days a week	am and pm
Squad Training Program	Monday to Thursday	3.30pm Juniors 4.15pm Seniors
<b>SWIMMING CLUB</b>		
<b>Kilcoy Swimming Club</b> Club night – where swimmers can race against other swimmers to improve their times.	Thursdays throughout the school term September to April	6pm

COST	AGE	LOCATION	CONTACT DETAILS
Free	Any	As above	As above
Free	7-12	As above	As above
Free	0-2 years	As above	As above
Free	Any	As above	As above
Various family membership available	4+	Kilcoy Motorcycling Club, corner of Neurum Road and Runges Road, Glenfern	Brett Todd (President) P: 0423 587 562 Nicole Weaver (Secretary) P: 0417 207 871 E: secretary@kilcoymx.org W: www.kilcoymx.org
\$120 players membership \$20 non player membership	18+	Hopetoun Sports Fields, Kilcoy	Pat Bleakley P: 0408 758 595
\$70 for 10 visit \$180 for 30 visit  \$15 per lesson  \$12 per session \$65.00 for 10 visits \$150 for 30 visits	Any	Kilcoy Aquatic Centre Cnr Hope & Mary Streets, Kilcoy	Kilcoy Aquatic Centre P: 5497 1453 E: kilcoyaquaticcentre@bigpond.com W: www.kilcoyaquaticcentre.com
2017 season From \$125	Any	Kilcoy Aquatic Centre	Tina Weir P: 0451 057 857 Dennye Mosley P: 0451 308 545

## Get Active & Healthy Somerset Directory

### LOWOOD

#### ATHLETICS

##### Mt Tarampa Little Athletics Centre

Children of all abilities can participate in a healthy and positive lifestyle through athletics activities. The club's emphasis is on personal bests rather than winning.

Every Friday

4.30-7pm

#### BOWLS - LAWN

##### Lowood Bowls Club

Ladies day  
Barefoot bowls family nights  
Championships  
Social bowls  
Plus sponsored days and lots of other bowls days.

Wednesday  
Friday night  
Saturday  
Sunday

Various

#### DARTS

##### Brisbane Valley Darts Association

A family oriented social and competitive darts club. We are affiliated with South Queensland Darts and have weekly fixtures and competitive play on some weekends.

Social competitions against other associations in Roma, Warwick and Bundaberg.

Tuesday – Triple Play  
Averages  
Thursday

7pm

7.30pm

#### DANCE

##### Just Dance

Dance classes for girls and boys: hip hop/jazz, junior ballet, contemporary.

Tuesday  
Wednesday  
Thursday

Various

#### FITNESS CLASSES

##### Xlr8 Fun and Fitness

Step	Monday	8.30-9.30am
Abs, butts and thighs	Wednesday	8.30-9.30am
Aqua aerobics	Monday and Friday (summer months)	7.30-8.15am

#### FOLK ART

##### Folk Art Cooperative Society Ltd

Folk Art Cooperative Society Ltd is a not-for-profit community outlet that provides members with a chance to sell local craft as well as home grown plants and produce to the wider community from their premises in Railway Street Lowood. Folk Art is celebrating its 40th year of operation in 2017.

Monday to Thursday  
Friday  
Saturday

9am-4.30pm  
9am-5pm  
9am-1pm

\$80/yr	5-16yrs	Oval on Profkes Road, Mt Tarampa	Verna Smith P: 5462 1498 Bruce O'Connor P: 0419 795 946
Please phone for pricing Barefoot bowls – everyone welcome 6pm Friday night \$10pp – please phone for dates	Any	Lowood Bowls Club, 157 Main Street, Lowood	Lowood Bowls Club P: 5426 1155 E: lowoodbowls@gmail.com  Please leave a message if unavailable.
Tuesday night - \$3 with no registration  Thursday Night Fixtures \$20 seniors \$10 Juniors \$5 Social QDA Reg fee	8+	Lowood Showgrounds	Tami Leck P: 5427 9283 or 0423 833 954
Contact group for more information	3-15	Church of Christ Hall, 21 Walters Street, Lowood	Amanda Moore P: 0419 095 733 E: amanda.moore@iinet.net.au
\$10	Any	CWA Hall, Main Street, Lowood	Amanda Atherton P: 0433 267 084 E: xlr8funandfitness@bigpond.com
\$10	Any	CWA Hall, Main Street, Lowood	
\$10	Any	Lowood Swimming Pool, Main Street, Lowood	
Share \$20 Annual membership fee \$11	16+	8 Railway Street, Lowood	Evelyn Ketterer (Secretary) P: 5465 7327 E: evelynketterer@westnet.com.au  Jean Bray P: 0409 004 832 E: jbrayway@bigpond.com.au

## Get Active & Healthy Somerset Directory

### LOWOOD

ACTIVITY	DAY / DATES	TIME
<b>GOLF</b>		
<b>Lowood Golf Club</b> Vets Competition Ladies Competition	Second and fourth Tuesdays	8.30am 8.30am
Beginners classes in March (Male and female coaches available)	Wednesdays	9.30am
Open competition	Wednesday	8am
Junior coaching clinics (clubs available)	Thursday and Friday afternoon	3.30-5.30pm
Club competition	Saturdays	6am-12pm
Par 3 Family day competition Except during competition times	First and third Sundays  Social games	2pm  By Appointment
<b>GYMNASTICS</b>		
<b>Lowood Gymnastics Inc.</b> Offers Kindergym, Beginners, Intermediate and Level classes, for boys and girls. Affiliated with Queensland Gymnastics. Qualified instructors will deliver a physical activity program to develop fitness, strength and flexibility, and challenge children physically, mentally and socially, to build confidence, respect and friendship.	<b>Tuesday</b> Beginners Level 1, 2 Level 3, 4, 5, 6  <b>Wednesday</b> Kindergym Beginners Level 1, 2 Level 3, 4, 5, 6  <b>Thursday (Gatton)</b> Beginners Level 1, 2 Level 3, 4, 5, 6  <b>Friday (Gatton)</b> Kindergym Beginners Level 1, 2 Level 3, 4, 5, 6	3.30pm 4.30pm 5.30pm  9.30am 3.30pm 4.30pm 5.30pm  3.30pm 4.30pm 5.30pm  9.30am 3.30pm 4.30pm 5.30pm
<b>LIBRARY ACTIVITIES</b>		
<b>Storytime</b> – A fun session of storytelling and craft for preschoolers that fosters an early love of reading and develops skills in literacy and social interaction.	Contact library for more information	Contact library for more information
<b>Broadband for Seniors</b> is funded by the Australian Government to provide senior Australians, aged 50 years and over, with free access to computers, internet and basic training to help build their confidence in using new technology.	As above	As above



COST	AGE	LOCATION	CONTACT DETAILS
\$15	Any	1 Main Street, Lowood	P: 5426 1365 W: www.lowoodgolfclub.com.au
Free			
\$15			
\$50 per semester			
\$15			
\$10	8-16 yrs		
\$20 Adult \$10 Junior	Any		
Please contact Lowood Gymnastics for 2017 fees and membership price.	From 14 months	Lockyer Sport and Aquatic Centre, Gatton	Tina Williams (President) P: 0488 031 509 E: tinawilliams2@bigpond.com  Wouterina Proos (Secretary) P: 0466 341 889 E: lowoodgattongymnastics@gmail.com  F: Lowood and Gatton Gymnastics
Free	Up to 5	Lowood Library, Corner Main and Michel Street, Lowood	Lowood Library P: 5425 9104
Free	50+		

## Get Active & Healthy Somerset Directory

### LOWOOD

ACTIVITY	DAY / DATES	TIME
<b>eReaders and Tablets</b> – If you are thinking about buying an eReader or tablet or have bought one and feel a bit lost, these fortnightly sessions are for you.	As above	As above
<b>Chatterbooks</b> - Join us for an afternoon of book fun. We will explore your favourite books, authors, genres and much more (during the school term).	As above	As above
<b>Baby Bounce</b> is a lapsit program designed to introduce your child to language through songs, rhymes and stories to encourage interaction.	As above	As above
<b>MARTIAL ARTS</b>		
<b>Taekwon-Do</b> Fun, fitness, family, discipline, self-defence and more.	Monday and Thursday	6.30-8pm
<b>MEN'S SHED</b>		
<b>Somerset Community Men's Shed</b> A place where blokes can learn, laugh and let the world go by for a while whilst working on meaningful projects at their own pace. Play trains (large train set).	Monday-Wednesday-Saturday	10am-5pm
Play trains.	Friday	10am-2pm
Ladies shed day. Arts, craft and workshop	Monday	10am-5pm
<b>RUGBY LEAGUE</b>		
<b>Lowood Tarampa Rugby League</b> Junior competition. Junior game days – Friday night and Saturday. Girls up to 12 years old encouraged to participate.	Tuesday and Thursday – Junior training	Contact club  Contact club
<b>SCOUTS</b>		
<b>Lowood Scout Group</b> Cub Scouts – Cub Scouts learn new skills, go camping and learn bushcraft. They earn badges for skills and achievements.	Tuesday (school term only)	4.30pm
Joey Scouts – Joeys introduces boys and girls to friendship, problem-solving and adventure through stories, games and craft.	Wednesday (school term only)	4.30pm
Scouts – Scouts helps boys and girls to develop their confidence, learn to work as part of a team, outdoor safety skills, physical and mental activities.	Thursday (school term only)	6.30pm
Venturers – learning independence with guidance from Scout Leaders.	Wednesday (school term only)	6.30pm

COST	AGE	LOCATION	CONTACT DETAILS
Free	Any		
Free	7-12		
Free	0-2		
\$65 per month plus sign up fee	6+	Lowood Showgrounds Hall, Station Street, Lowood.	Jess Cowan P: 0402 327 483 Jill Unsworth P: 0403 607 241
\$30 per year	16+	Walters Street, Lowood	Rob Scully P: 0429 984 061  F: Somerset Community Mens Shed
Cost varies for different age groups	5-17	Lowood Recreation Grounds, Lindemanns Road, Lowood	Kristie Bauer (Treasurer) P: 0427 627 010 E: stagssms@live.com.au
\$10 + yearly membership  Discounts apply for two or more children.	8-11  6-8  11-15  15-18	Lowood Scout Den, Haslingden Park Drive, Lowood	Ann-Marie Frohloff P: 0409 575 403 E: lowoodscouts@gmail.com

## Get Active & Healthy Somerset Directory

### LOWOOD

ACTIVITY	DAY / DATES	TIME
<b>SOCCER</b>		
<b>Brisbane Valley Soccer Club</b> Players from five years to those bigger kids that want to get fit or just have some fun with your mates. Training is on Wednesdays, games on Saturdays, except for over 30/40 Men who play Friday night.	Wednesday  Saturday	4-9pm  8am-7pm
<b>SOFTBALL</b>		
<b>Lowood Softball Club Inc</b> Team training  Club fixtures	Thursday  Saturday (October to March)	4pm  From 8am
<b>SWIMMING</b>		
<b>Lowood &amp; District Swimming Club</b> Promotes all levels of swimming for social and competitive swimmers.	Wednesday - weekly meeting (October to April)	5.30pm for a 6pm start
<b>Lowood Swimming Pool</b> is open to the public Monday to Sunday including public holidays except Christmas Day. Pool programs include aqua aerobics, Learn to Swim and squads. The pool is open free to seniors from 6am to 10am on Wednesdays.	Start of the September school holidays to the end of the Easter school holidays	Various
<b>WALKING GROUPS</b>		
<b>Lowood Walking Group</b>	Various	
<b>WEIGHT-LOSS SUPPORT GROUPS</b>		
<b>Lowood Slimmers Inc.</b> A self help weight loss group who provides weight loss plans, weight loss information, guest speakers and exercise groups.	Tuesday  Once a month	6-7pm Weigh-in  7-8pm Guest Speaker

### MOORE AND LINVILLE

<b>TENNIS</b>		
<b>Moore Tennis Club</b> Play on various nights including interclub competition with other local clubs.	Monday and Wednesday  (Subject to attendance)	Summer - 7.30pm  Winter – 7.00pm

COST	AGE	LOCATION	CONTACT DETAILS
\$65-\$150	5+	Lowood Recreation Complex Lindemans Road Lowood	Karen Miller P: 0448 271 905 Angella Winter P: 0488 118 885
Season fees apply	4+	Lowood Primary School, Peace Street, Lowood  Chubb Street, One Mile, Ipswich	David P: 0432 684 257  E: lowoodsoftball@gmail.com
Yearly fee starting at \$105 for 1st and 2nd swimmer. Discounts apply.	6yrs to senior; siblings welcome	Lowood Swimming Pool, Main Street, Lowood	Joan Mullins P: 0407 970 751 Megan McCabe P: 0401 331 029
Various	Any	Lowood Swimming Pool, 159 Main Street, Lowood	Lowood Swimming Pool P: 5426 1545
Free	Any	Please call to confirm location	Beverly Lynch P: 0419 148 872
\$20 Joining Fee and \$4 per night	Any  Any	Lowood Show Hall at the Showgrounds, Station Street, Lowood	Beverly Lynch P: 0419 148 872
Contact club for more information	Any	Moore Tennis Courts, Main Street, Moore	Les Davis (President) P: 5424 7236 Cecily Else (Secretary) P: 5423 5169 May Evans P: 54248119

## Get Active & Healthy Somerset Directory

### TOOGOOLAWAH

ACTIVITY	DAY / DATES	TIME
<b>FITNESS CLASSES</b>		
<p><b>Somerset Health</b>, Fitness and Weight Loss Centre provides a range of fitness classes for all ages.</p> <ul style="list-style-type: none"> <li>• Circuit weight training</li> <li>• Over 50's and lite pace for chair bound or medically challenged</li> <li>• Pilates</li> <li>• Kids yoga</li> <li>• Yoga</li> <li>• Weight loss challenges</li> </ul> <p>All classes are for beginners to advanced and private health cover rebate available</p>	Various	Early to mid morning and evening
<p><b>Everybody Moves</b> - PT sessions, adult classes and children's fitness classes.</p>	Monday - Saturday	5am-9pm (Various)
<b>BOWLS - LAWN</b>		
<b>Toogoolawah Bowls Club</b>		
Pub day	Tuesday – once a month	11am
Mixed social bowls competition. - All ages and abilities catered for and bowls are available if you don't have any.	Thursday	Summer – 5pm Winter – 12pm
Mixed social bowls competition. - All ages and abilities catered for and bowls are available if you don't have any.	Sunday	12.30pm
<b>CINEMA</b>		
<p><b>Toogoolawah Pictures</b> Social/Entertainment Country town picture theatre generally screening weekly. Digital projection, canvas seating, food available</p>	Saturday	7pm
<b>GOLF</b>		
<p><b>Toogoolawah Golf Club</b> is open during the day for social golf (honour box). Ladies competition</p>	Wednesday	Summer – 8.30am Winter – 8.30am
Chook run social competition (non members welcome)	Wednesday	3pm
Members' competition.	Saturday	Winter - 12.00pm 1pm – Summer

COST	AGE	LOCATION	CONTACT DETAILS
Various	10+	Toogoolawah Activity Hall at Toogoolawah Primary School, Gardner Street, Toogoolawah	Jayne Curtis P: 0420 974 683 Wendy Smith P: 5498 1118 Thomas Bowman P: 0412 288 708
Classes from \$6. PT rates from \$25 for 30 mins	2+	Kilcoy and Toogoolawah - please contact for locations	Liz P: 0425 629 923 E: everybody.moves.fitness@gmail.com
\$12.50  \$8  \$8	Any	Toogoolawah Bowls Club, Dingyarra Street, Toogoolawah	Toogoolawah Bowls Club P: 5423 1165  Len Mymph P: 5423 2680  Wayne Thompson P: 5423 0017
Child to High School Student - \$6 Adult - \$8 Family - \$25	Various - Please check movie rating	Alexandra Hall, 111 Cressbrook Street, Toogoolawah	Toogoolawah and District Progress Assoc Inc Helen Brieschke P: 0438 149 954 Tony Coates P: 0427 586 232 Pauline Bulow P: 5423 1396
18 holes - \$15 9 holes - \$10 (social golf)  \$10 for 18 holes  \$5 for 9 holes (Wednesday morning and chook run) \$10 for 18 holes	Any	Annette Street, Toogoolawah	Michael O'Connor P: 0428 739 352  E: michealwilliamoconnor@outlook.com  W: www.toogoolawahgolf.com.au  F: Toogoolawah Golf Club

## Get Active & Healthy Somerset Directory

### TOOGOOLAWAH

ACTIVITY	DAY / DATES	TIME
<b>HORSE SPORTS</b>		
<b>Brisbane Valley Pony and Hack Club</b> Equestrian activities. Need own horse and transport.	First Saturday of each month (March to November) plus other events as planned	10am-4pm
<b>LIBRARY ACTIVITIES</b>		
<b>Storytime</b> - A fun session of storytelling and craft for preschoolers that fosters an early love of reading and develops skills in literacy and social interaction.	Contact library for further information	Contact library for further information
<b>Chatterbooks</b> - Join us for an afternoon of book fun. We will explore your favourite books, authors, genres and much more (during school term).	As above	As above
<b>MARTIAL ARTS</b>		
<b>Toogoolawah Taekwondo</b> Includes sparring, self defence patterns, competitions and grading.	Tuesday - 1st class 2nd Class	4.30pm-5.30pm 5.30pm-6.30pm
<b>MEN'S SHED</b>		
<b>Toogoolawah and District Men's Shed</b> The Drop-In Centre is a place provided for men to come and have casual social interaction with other men. The workshop is where small projects such as woodwork etc are executed.	Tuesday and Friday	9am-3pm
<b>SKYDIVING</b>		
<b>Skydive Ramblers Toogoolawah</b> Skydiving and parachuting activities including tandem jumps, student training and competitions.	Open seven days a week	8am-5pm
<b>SWIMMING POOL</b>		
<b>Toogoolawah Swimming Pool</b> Aqua Aerobics	Tuesday and Thursday	8am and 6pm
Learn to Swim Program	Two days a week	am and pm
Squad Training Program	Monday, Wednesday, Friday	3.30pm



COST	AGE	LOCATION	CONTACT DETAILS
Approximately \$85 riding and \$35 social membership each year	Any	Pony Club Grounds, Huntley Road, Ottaba	Ingrid Harris (Club Secretary) E: t2harris@yahoo.com P: 5423 1321
Free	Up to 5yrs 7 to 12yrs	Toogoolawah Library, Gunyah Street, Toogoolawah	Toogoolawah Library P: 5423 1551
\$11 per class; \$50 membership; family discount available	4+	Alexandra Hall, 111 Cressbrook St, Toogoolawah	Jodie Cannell P: 0439 583 260
Membership \$30 + \$2 each attendance Casual drop in free	18+	Drop-In Centre 33 Fulham Street, Toogoolawah Workshop 96 Bellambi Street, Toogoolawah	Nick Sharon P: 5423 2778 or 0404 468 748 E: Pnickers6@bigpond.com
Tandem jumps \$299; other activities various costs	12yrs +	Ramblers Drop Zone, 7353 Brisbane Valley Highway, Toogoolawah	P: 5423 1159 E: skydive@ramblers.com.au
\$8 \$70 for 10 visit \$180 for 30 visit  \$15 per lesson  \$12 per session \$65 for 10 visits \$150 for 30 visits	Any	Toogoolawah Swimming Pool Factory Road, Toogoolawah	Toogoolawah Swimming Pool P: 5423 1187 E: kilcoyaquaticcentre@bigpond.com

## Get Active & Healthy Somerset Directory

### TOOGOLAWAH

ACTIVITY	DAY / DATES	TIME
<b>TENNIS</b>		
<b>Toogoolawah Tennis Club</b>		
Summer – A-grade competition	Tuesday (October - May)	7.30pm
Winter - Mixed grade winter competition	Tuesday (from June)	7pm
Summer - Pennants competition	Thursday (October - May)	7.30pm
Winter – Men’s competition	Thursday (from June)	7pm
Ladies Social	Wednesday (Summer)	8am
Ladies Social	Wednesday (Winter)	9am
<b>WALKING</b>		
<b>Somerset Social Dog Walking Group</b>		
This is a great casual walk around Toogoolawah. This walk coincides with the local Toogoolawah Markets; be sure to bring some spare change.	Second Saturday of the month	6.30am in Summer; 7.30am in Winter
<b>ZUMBA®</b>		
<b>Zumba® Fitness</b>	Wednesday	6.30-7.30pm

COST	AGE	LOCATION	CONTACT DETAILS
<p>\$25 – Annual membership or \$5 casual + \$8 ball fee</p> <p>Casual hire: Non members \$3/hr during day or \$6/hr at night</p>	<p>Any</p>	<p>Toogoolawah Tennis Courts, Cressbrook Street, Toogoolawah</p>	<p>Maureen Herman P: 5423 1668</p> <p>Mark Bulow at Toogoolawah Newsagency for keys to courts – casual hire</p> <p>May Evans P: 5423 1396</p>
<p>Free</p>	<p>All</p>	<p>Pool Crandall Park, Toogoolawah (free camping area before the Toogoolawah Pedestrian Bridge)</p>	<p>Wendy Gabell P: 0438 566 169 Join our group on Facebook.</p>
<p>\$10</p>	<p>12+</p>	<p>Alexandra Hall, Cressbrook Street, Toogoolawah</p>	<p>Zumba® with Maree Maree Dobson P: 0431 087 318 E: maree.zumba@live.com</p>



Somerset  
REGIONAL COUNCIL



**Disclaimer:** Somerset Regional Council has made every effort to ensure all activities available in the Somerset region were listed in the Get Active and Healthy in Somerset directory for 2017 - 2018, however it is possible that additional activity options may exist that are not included. The information included in this guide was correct at the time of printing. Individual organisations reserve the right to cancel, postpone or modify the activity without prior notification.

All health information included in this directory has been sourced from appropriate agencies. Somerset Regional Council recommends you visit your GP for more information.

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For more information visit [www.somerset.qld.gov.au](http://www.somerset.qld.gov.au) or phone (07) 5424 4000