

	Date	Session Times & Address	Description & How to Book
MONDAY	6 Feb 13 Feb 20 Feb 27 Feb	Gym 4 Growth and Development (g4gd) 9.00am - 9.45am Palmerston Recreation Centre Community Room 2	Gym 4 growth & development is a facilitated fun activity program for infants and children and their parents/carers. It provides developmentally tailored activity and movement opportunities enabling children to explore, develop, establish and refine physical, cognitive, social and emotional skills. Music, singing and dancing are integral to the program. Bookings: Not required - 8986 7142 Suitable for: Infants and children from birth to four years
	6 Mar 13 Mar 20 Mar 27 Mar	Art Jam 5.00pm - 7.00pm Durack Community Arts Centre 33 Packard Ave, Durack Heights, Palmerston	City of Palmerston is offering a shared space at the Durack Community Arts Centre, bring along what you're working on and meet new people. All art mediums are welcome - oils, acrylics, watercolour, collage. Visit the City of Palmerston website for our free monthly workshops. Bookings: Not required Suitable for: Age 15 +
TUESDAY	7 Feb 14 Feb 21 Feb 28 Feb	Pilates with Rena 6.30am - 7.30am Durack Community Arts Centre 33 Packard Ave, Durack Heights, Palmerston	Pilates exercises the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture. Bookings: Not required Suitable for: Adults
	7 Mar 14 Mar 21 Mar 28 Mar	Storytime 10.00am - 11.45am Palmerston Library	Sing, dance and listen to stories from our library staff specifically to enhance your child's early literacy development. Bookings: Not required Suitable for: Children aged 1-5 years
THURSDAY	2 Feb 9 Feb 16 Feb 23 Feb	Mums and Bubs Pilates - Alex Hurt 10.00am - 11.45am 5/56 Georgina Cres, Yarrowonga	Pilates mat work, focusing on pelvic floor and core. Bookings: Required - text 0408 792 349 Suitable for: Adults with babies
	2 Mar 9 Mar 16 Mar 23 Mar 30 Mar	Storytime 10.00am - 10.45am Palmerston Library	Sing, dance and listen to stories from our library staff specifically to enhance your child's early literacy development. Bookings: Not required Suitable for: Children aged 1-5 years
SATURDAY	4 Feb 11 Feb 18 Feb 25 Feb	Burlesque for beginners 10.00am - 11.00am Palmerston Recreation Centre - Community Room 2	Join Darwin Divine Dancers for a beginner's burlesque class, open to all. Come along and learn some classic burlesque moves that of course can be used on the dance floor just about anywhere! Bookings: Not required Suitable for: Adults