



Find out more

This program contains information on Chill Out activities. For what's on in Brisbane visit www.ourbrisbane.com or phone Council on (07) 3403 8888.

Transport information

Why not walk or cycle to your park if you live locally? Or for public transport information visit www.translink.com.au or call 13 12 30.

Important legal notices

Voluntary assumption of risk: You undertake an activity at your sole risk and acknowledge and voluntarily accept the level of risk consequent with the activities.


Warning: If you have any concerns regarding your level of fitness, ability or skill to undertake an activity, it is recommended that you seek the appropriate independent advice (including medical). Please note: Brisbane City Council staff are not authorised to give any advice to you in this regard.

Disclaimer: Brisbane City Council takes no responsibility or liability for any damage, loss, costs, expenses, liability, claim, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful, negligent or otherwise) of Council (including any officer or employee) or participant (including yourself) or any third party provider. Participation in any activity is at the sole discretion of the third party provider.

Information contained in this program is correct at the time of printing and is subject to change.

Brisbane City Council Information
GPO Box 1434
Brisbane Qld 4001

Printed on recycled paper



J2010-03043
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For more information visit www.ourbrisbane.com or call (07) 3403 8888.

Fun is on the menu these holidays with Council's Chill Out program.


WANT TO ADD A LITTLE SIZZLE TO YOUR SCHOOL HOLIDAYS? TRY SOMETHING NEW WITH OUR CHILL OUT PROGRAM.

Chill Out is a Brisbane City Council Active and Healthy Lifestyle program that offers free and low-cost activities for young people aged 10 to 17 years. Chill Out activities include everything from kitesurfing to cooking and hip hop. Whatever your interest, there's something for everyone.

Council values the wellbeing of our city's youth, so we deliver fun and interesting programs like Chill Out to encourage our young people to stay active and healthy, and connect with other people their own age.

We recognise parents and carers also need to feel comfortable about enrolling their children in these activities, so we conduct activities in a safe environment that is tailored to be of interest to young people.

Chill Out, an Active and Healthy Lifestyle program, is another way Council is achieving our vision for the city's future.

 Wheelchair accessible venue



WHAT TO BRING

Brisbane is beautiful one day, perfect the next so remember to:

- slip on comfortable protective clothing suitable for your activity
- slop on sunscreen
- slap on a hat
- wrap on sunglasses to protect your eyes
- bring a water bottle
- wear suitable footwear
- bring any equipment listed for your activity.

REMEMBER

slip slop slap wrap



Take a relaxing ride in the outdoors with RAW



Get on your bike with Active Parks



Gonewalking has a regular walk near you

SOMETHING FOR EVERYONE!

As well as Chill Out, Council offers a range of other activities for you to enjoy an active and healthy lifestyle – no matter what your age, interest or fitness level.








These programs include:

- **Active Parks** – activities for all ages in a local park near you
- **Black Diamonds** – sporting, creative and adventure programs for Indigenous people
- **Get Wild** – nature-based activities at various bushland and wetland locations
- **Gonewalking** – regular group walks for all fitness levels
- **GOLD (Growing Older and Living Dangerously)** – activities for people aged 50+ including Gold'n'Kids for kids and their grandparents
- **RAW (Real Adventure Women)** – adventurous activities for women aged 16+

For more information on any of these programs, visit www.ourbrisbane.com or contact Council on (07) 3403 8888.

CHILLOUT WHAT'S ON

To book phone Council on (07) 3403 8470.

ACTIVITY	VENUE	DATE	TIME	BOOKINGS OPEN	COST	ACTIVITY INSTRUCTOR
Abseiling Take the leap off the cliff. Qualified instructors will provide you with safety equipment and instruction on how to abseil off Kangaroo Point Cliffs.	Kangaroo Point	Mon 27 or Tue 28 Sep	3-4.30pm	Riverlife 3891 5766	\$5.50	Riverlife Adventure Centre
 Active theatre Improve your drama skills in a safe and creative theatrical environment. Learn acting techniques and how voice and movement can be incorporated in characterisation.	Woollooin	Wed 29 Sep	12-2pm	31 Aug 2.45pm	\$2.00	The Community Place
African drumming Interactive and fun session of drumming, dance, singing and story telling.	Mt Coot-tha Seventeen Mile Rocks	Mon 27 Sep Tue 28 Sep	10.30am-12pm 10-11.30am	31 Aug 10.15am	Free	African Drummer Visible Ink
 Airbrushing workshop Learn techniques and create your own masterpiece.	Zillmere	Wed 22 Sep	12-2pm	31 Aug 3.30pm		
 Animal playtime Explore the wildlife and learn about the animals that live at the community farm. Learn to move and make noises like the animals and discover how they live.	Windsor	Mon 27 Sep	9.30-10.30am	31 Aug 1pm	\$2.00	Northey Street City Farm
Aussie, Aussie, Aussie Create your favourite Aussie icon in clay. Use colourful under glazes to decorate your creation in week two.	Chermside	Tue 21 and 28 Sep	10-11.30am	31 Aug 11.30am	\$5.00	Clay Creations
Basketball Learn tricks and techniques from NBL All Star basketball legend Andre Moore. Please wear comfortable footwear, bring a towel, drinking water and a basketball (optional).	Milton Park Milton Road Milton UBD Map 21 Ref H3	Sat 25 Sep or Sun 3 Oct	3.30-5.30pm	NBR	Free	Big Feat Basketball Experience
 Be naturally beautiful Learn how to make your own natural, healthy hair and body products from nature's bounty.	Windsor	Wed 22 Sep	1-4pm	31 Aug 1.15pm		Northey Street City Farm
Beach volleyball and other sports Have fun learning how to play beach volleyball, netball, soccer, touch footy and dodgeball in the sand. Join in on one or all days.	Nathan	Tue 21 to Thu 23 Sep Tue 28 to Thu 30 Sep	9.30-10.30am 4-5pm	31 Aug 1.45pm	\$5.00	Sandstorm Sports P/L
 Bejeweled face and body art Use traditional style of painting and contemporary techniques of jewel application to decorate your face and body.	Holland Park West	Sun 19 Sep	10.30-12pm	31 Aug 11am	Free	Bazil Grumble
Belly dancing for children Fun and fitness to lively music.	Sherwood	Wed 29 Sep	10am-12pm	31 Aug 2.15pm	\$6.00	Sherwood Neighbourhood Centre
Boot camp team challenge Enjoy some fun rivalry with boys vs girls team activities. Test your wit, skill and strength in a team environment while enjoying games like world surfing, big foot relay, human calculator and dodge ball.	Carindale	Sat 25 Sep	11am-1pm	31 Aug 12.30pm	Free	Life Be In It Funworks
 Boxing and kickboxing Enjoy the workout that will build muscle and increase fitness while learning self defence skills through boxing.	Fortitude Valley	Thu 23 Sep	1-3pm	31 Aug 3.45pm		Visible Ink
 Build a worm house Learn how to build a functional, individual and cool worm farm made from recycled materials.	Windsor	Thu 30 Sep	9.30-12.30pm	31 Aug 1.30pm	\$5.00	Northey Street City Farm
Canoe explore Spot types of wildlife that live along the creek banks while paddling in a canoe.	Lota	Mon 27 Sep	9am-12pm	Queensland Canoeing 3349 1933	\$10.00	Queensland Canoeing

ACTIVITY	VENUE	DATE	TIME	BOOKINGS OPEN	COST	ACTIVITY INSTRUCTOR
 Cartooning Create drawings and transfer them into cartoon form.	Mt Gravatt	Tue 21 or 28 Sep	1-3pm	31 Aug 12.30pm	\$5.00	Mt Gravatt PCYC
Clay bookends Be innovative when creating a pair of bookends from clay for your reading material. Use colourful under glazes to decorate your creation in week two.	The Grange	Mon 20 and 27 Sep	1.30-3pm	31 Aug 11.30am		Clay Creations
 Cob oven cooking Have fun preparing and eating the food cooked in the cob oven. Enjoy a tour of the farm while your food is cooking.	Morningside	Tue 21 Sep	9.30-11.30am	31 Aug 11am	\$2.00	Beelarong Community Farm
 Comic Art Start with the fundamentals on how to progress your style. Design comic characters. Then learn how to lay them out on a page and stitch it together to follow your script.	Wooloowin	Thu 23 Sep	12-2pm	31 Aug 3pm		The Community Place
Cool camping Experience all the adventure of camping in your local park. Learn how to set up a tent, orienteering, first aid, treasure hunt and how to cook a damper.	Carole Park	Fri 01 Oct	10am-12pm	31 Aug 12pm	Free	Coolsports
 Create a masterpiece Get inspired by the beautiful surrounds of the community farm to create your art masterpiece.	Morningside	Fri 24 Sep	9.30-11.30am	31 Aug 11am	\$5.00	Beelarong Community Farm
Dance mix-it-up A mix of funk, jazz and hip hop. Learn an entire routine in just one session.	Spring Hill	Sat 02 Oct	10-11.30am	31 Aug 2.15pm	Free	S.H.A.K.E
 Drumming intro Learn a variety of drumming techniques to get you started.	Mt Gravatt	Tue 21 or 28 Sep	9-10.30am	31 Aug 12.45pm	\$5.00	Mt Gravatt PCYC
 Earth arts Learn how to make your own no cost, non toxic face paints and paper/clay sculptures.	Windsor	Tue 28 Sep	9.30am-12.30pm	31 Aug 1pm	Free	Northey Street City Farm
 Eat out without filling out Learn to make healthy choices at restaurants and fast food places. Bring takeaway menus from your favourite places to eat and the dietitian will help you identify the best choices.	Bulimba	Tue 21 Sep	10-11am	31 Aug 11.45am		Complete Performance Solutions
 Fencing for beginners Learn the art of fencing in a fun and safe environment.	Fortitude Valley	Tue 21 Sep	1-3pm			Visible Ink
Flying origami Learn innovative folding techniques to make your origami plane and then send it soaring through the park.	Tingalpa	Sat 18 Sep	1-2.30pm	31 Aug 10.45am		Bazil Grumble
Fruit and spice in all things nice Discover and prepare new and exciting recipes to tempt the taste buds. Enjoy eating this for lunch before you go home.	Bowen Hills	Tue 28 Sep	10am-12pm	31 Aug 1.30pm		Nutrition Australia
Funky dance Learn to dance like they do on MTV. Bring your friends and learn a routine for yourselves.	Spring Hill	Sat 02 Oct	11.30-1pm	31 Aug 2.15pm		S.H.A.K.E
Game play Egg and spoon relays, frisbee games, magic ball tosses, boxing, pole and hurdle running is all great exercise.	Ashgrove	Mon 20 or 27 Sep	10-11am	31 Aug 11.45am	\$5.00	Community QLD
Golf driving range Beginners golf session where you will be taught how to drive a golf ball at the driving range.	Herston	Tue 21 Sep	2-3pm	31 Aug 4pm	\$2.00	Victoria Park Golf Complex
 Guitar for beginners Learn the basics of playing a guitar.	Mt Gravatt	Tue 21 or 28 Sep	11-12.30pm	31 Aug 12.45pm	\$5.00	Mt Gravatt PCYC
High ropes and climbing Use the rock climbing wall and the high ropes in games that will challenge your strength, fitness and agility.	Colmslie Beach Reserve	Fri 24 Sep	9.30am-12pm	31 Aug 3.30pm	Free	Vertec Adventure
Hip hop Learn the latest urban street dance-form based on free, expressive and highly energetic moves mixed in a cutting edge dance workshop.	Fortitude Valley	Tue 28 Sep	1-3pm	31 Aug 3.45pm		Visible Ink
Introduction to Footbrawl A new martial ball team sport where teams of five compete in an extreme MMA contest.	Kuraby	Thu 23 or 30 Sep	9-10am	31 Aug 12pm	\$10.00	David King's Taekwondo Academy
Introduction to Hapkido This is a great way to learn self defence moves, break falls, rolls and throws.	Bracken Ridge	Tue 21 or 28 Sep			\$5.00	
 Juggle-a-rama Make your own set of juggling balls and then learn the basics of juggling and slapstick comedy.	Carole Park	Mon 20 Sep	1-2.30pm	31 Aug 10.45am	Free	Bazil Grumble
Kayak fishing Enjoy the serenity of fishing at a place that can only be reached in a kayak. Legal sized fish can be taken home to cook.	Lota	Mon 27 Sep	10am-1pm	31 Aug 3.30pm		Vertec Adventure
Kayak games Grab a friend and come along to play fun and exciting games in a kayak.	Nudgee Beach	Thu 23 Sep	9am-12pm	Queensland Canoeing 3349 1933	\$10.00	Queensland Canoeing
Kayaking Come and try. Discover the Boondall Wetlands by kayak. Choose a single or double kayak.	Shorncliffe	Wed 22 Sep				
Kayaking Paddle along the Brisbane River with qualified instructors and see the city from a different perspective.	Kangaroo Point	Mon 27 or Tue 28 Sep	1-2.30pm	Riverlife 3891 5766	\$5.50	Riverlife Adventure Centre
Kids bending rods Learn to catch your bait, tie knots, bait hooks, cast a rod and hopefully hook a fish.	Nudgee Beach Shorncliffe Morningside Brighton	Mon 27 Sep Tue 28 Sep Wed 29 Sep Thu 30 Sep	8.30-11.30am 9am-12pm 10am-1pm 11am-2pm	31 Aug 10am	Free	2 Bent Rods
Kitesurfing MUST BE OVER 12 YEARS OLD. The latest extreme sports fad to be had in the great outdoors. Feel the adrenalin rush when learning this exhilarating sport.	Sandgate	Sat 18 Sep	12-2pm	31 Aug 2.30pm	\$10.00	Surf Connect Wind & Kitesurfing school
 Kumihimo Japanese braiding Learn two types of braid structures and how to use them for jewellery or hair braids.	Coopers Plains Carseldine	Fri 24 Sep Sat 02 Oct	10am-12pm 1-3pm	31 Aug 3.15pm	\$5.00	Trishalan Designs
Laser skirmish Get your friends together for a fun, exciting, interactive game to out smart, out shoot and out play your opponents.	Fortitude Valley	Thu 30 Sep	1-3pm	31 Aug 3.45pm	Free	Visible Ink
Laserforce Indoor laser tag game played in a two level arena with other players. Zap opponents and targets amongst loud music and a lighting show. Watch the laser beams spear through loads of haze while you play. Find the anomatronics serpent in the area and zap her eggs for bonus points.	Woolloongabba	Wed 22 Sep Fri 1 Oct	1.30-2.30pm 9.30-10.30am	31 Aug 12.15pm	\$8.00	Laserforce
 Leather feather earrings Tool, texture and colour the leather to make delicate leather feathers. Use the feathers to make sets of earrings that you can wear home.	Sherwood	Mon 27 Sep	10am-1pm	31 Aug 2.30pm	\$6.00	Sherwood Neighbourhood Centre
 Leather marbling Create brilliant patterns combined with pretty colours onto kangaroo leather. Take your creations home with you.		Mon 20 Sep				
Life games Lots of fun for everyone, giant balls, toss mats, tug of war, fun parachute games and lots more.	Chermside	Thu 23 Sep	11am-1pm	31 Aug 12.15pm	Free	Life Be In It Funworks
Lunch pack The dietitian will provide you with a stack of healthy lunch ideas that will keep you going all day long.	Toowong	Wed 22 Sep	10-11am	31 Aug 11.45am		Complete Performance Solutions
Multicultural madness Different, exciting and loads of fun. Experience activities from around the world like Egyptian sticks, Poi, Kubba, stilt walking, and more.	Yeronga	Tue 21 Sep	11am-1pm	31 Aug 12.30pm		Life Be In It Funworks
Party time Create healthy and delicious party food that you can re-create at your next party. Enjoy eating this for lunch before you go home.	Bowen Hills	Thu 30 Sep	10am-12pm	31 Aug 1.45pm		Nutrition Australia
Perfect pasta Learn simple and tasty ways to prepare an old favourite. Enjoy eating this for lunch before you go home.		Wed 29 Sep		31 Aug 1.30pm		
 Photo editing Learn how to use the computer to turn good images into great photos. Also learn how to print and e-mail your images.	Wooloowin	Fri 01 Oct	9-11am	31 Aug 3pm	\$2.00	The Community Place
Photos in the park Take a walk through the park and find interesting and artistic ways of taking photos.		Fri 24 Sep				
Pirate theme Aaarrghh Come all ye pirates. Learn hand building techniques in clay to create your pirate theme piece. Decorate your creation in week two.	Shorncliffe	Sat 18 and 25 Sep	10-11.30am	31 Aug 11.30am	\$5.00	Clay Creations
 Pottery Learn how to make instant, no cost pottery from found clay. Fire your pottery in a Chinese cooker then decorate with ochres.	Windsor	Fri 01 Oct	9.30am-12.30pm	31 Aug 1.15pm	Free	Northey Street City Farm
Putt putt golf Play a round of putt putt at the challenging, exciting and state of the art course.	Herston	Mon 20 Sep	10-11.30am	31 Aug 4pm	\$2.00	Victoria Park Golf Complex
 Reiki for children Learn how to help yourself and others feel calmer.	Morningside	Fri 01 Oct	9.30-11.30am	31 Aug 11.15am		Beelarong Community Farm
River paddle Have plenty of fun paddling along the Brisbane River in a kayak.		Mon 20 Sep	9am-12pm	Queensland Canoeing 3349 1933	\$10.00	Queensland Canoeing
Rock climbing Experience the thrill of climbing up the 20m high cliffs.	Kangaroo Point	Wed 29 Sep	3-4.30pm	Riverlife 3891 5766	\$5.50	Riverlife Adventure Centre
Sailing and kayaking Enjoy a combination of catamaran sailing and sit-on-top kayaking within the confines of the Breakwater and Wynnum jetty. Basic instruction and safety equipment provided by qualified lifeguards. Children between 10-13 years of age must have a parent/ carer remain on site.	Wynnum	Sat 25 Sep	9am-12pm	31 Aug 1.45pm	\$5.00	SAILS at Bayside
Sculpting and glazing unique figurines Make and sculpt figurines, cartoon characters or anything you can imagine then use glazes to finish off.	Toowong Mt Coot-tha Kangaroo Point	Sun 19 Sep Tue 21 Sep Wed 22 Sep	10am-12pm 10.30am-12.30pm 10am-12pm	31 Aug 2pm	\$2.00	Sculpting Ceramics 3D Design
 Seed saving Learn how to save the seeds from old plants and use them to grow new ones.	Morningside	Tue 28 Sep	9.30-11.30am	31 Aug 11.15am		Beelarong Community Farm
 Solar cooking Learn to cook using the sun's power and build a solar cooker that really works.	Windsor	Wed 22 Sep	9.30-12.30pm	31 Aug 1.15pm	Free	Northey Street City Farm
 Song writing and recording Learn to organise your music ideas and lyrics into a song. Then we will record it with you using guitar, drums, piano and vocals to take home on a CD.	Mt Gravatt	Tue 21 Sep	1-5pm	31 Aug 1pm	\$10.00	Mt Gravatt PCYC
Speed karts YOU MUST BE 13-17 YEARS OF AGE to participate. Imagine the adrenalin rush of racing your friends in Brisbane's fastest hire karts on one of Australia's hottest new tracks.	Archerfield	Thu 23 Sep	10.30-11.30am	31 Aug 10.45am		Archerfield Speed Karts
Survivor challenge Fun team challenges with clues to lead teams through the survivor activities. Are you up for the challenge?	Seventeen Mile Rocks	Sat 18 Sep	11am-1pm	31 Aug 12.15pm	Free	Life Be In It Funworks
Synchronized swimming Learn how to swim, tumble and dance to music in the water.	Chandler	Tue 28 Sep	9-10.30am	31 Aug 10.30am	\$5.00	Aqualina Synchronized swimming club
Ten Pin Bowling Enjoy a game of Ten Pin Bowling in air conditioned comfort. Shoe hire included.	Tingalpa Richlands	Mon 20 Sep Fri 01 Oct	2-4pm		\$5.50	AMF Bowling Centres Australia
Tennis hot shots Come and try Tennis Australia's official starter program that makes learning fun and exciting. Use modified courts, racquets and balls so that you can play from the first time you pick up a racquet.	Ferny Hills	Tue 28, Wed 29 and Thu 30 Sep	9.30-10.30am	31 Aug 2.45pm	\$5.00	TennisTime
 Tie Dye Experiment using different techniques on fabrics/papers and then choose which one to use on your own shirt. Please bring a cotton shirt.	Wooloowin	Wed 22 Sep	12-3pm	31 Aug 3.15pm	\$4.00	The Community Place
Windsurfing This is a mixture between surfing and sailing where you skim across the glittering ocean on a sailboard. Enjoy learning the basic skills of this exhilarating sport.	Sandgate	Sat 02 Oct	2-4pm	31 Aug 2.45pm	\$10.00	Surf Connect Wind & Kitesurfing school
 Worm farm Discover everything you need to know about worms and how they can help grow food in your garden.	Morningside	Mon 20 Sep	9.30-11.30am	31 Aug 11.15am	\$2.00	Beelarong Community Farm