

# *activities for* **mum**



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## General recommended physical activity during pregnancy

The general recommendation for physical activity levels during pregnancy (in absence of medical/obstetric complications) is 30 minutes of moderate physical activity on at least five (if not all) days a week.

### **Benefits of physical activity during pregnancy:**

- maintain healthy body weight and avoid excess fat accumulation
- maintain or improve heart fitness, muscular strength and endurance, and flexibility
- decreased minor discomforts of pregnancy
- improved posture and body mechanics
- prevention and treatment of problems associated with pregnancy
- stress reduction, enhanced self image and self esteem
- improved energy level and sleep



## Surfing Mums

Surfing Mums Inc is a supportive group for mums that surf. Friends can be made with like-minded mums and there is the potential to swap childcare on the beach to have time in the surf. It's not about how well you surf, or if you are a long-boarder, short-boarder, knee-boarder, bodyboarder, body surfer or learning to surf. It's about getting wet and having fun! \$30 annual membership fee to cover insurance costs.

When	Where	Contact	Details
<b>Tues</b> <b>9.30am</b>	<b>📍 Currumbin</b> Currumbin Alley Meet along the wall of rocks on the surf side of Currumbin Alley under the pink beach umbrella.	<b>Vanessa</b> 0421 549 631	<b>Free</b>
<b>2nd Sat of the month</b> <b>9am</b>	<b>📍 Coolangatta</b> Snapper Rocks Cnr Marine Parade and Ward Street (meet on the beach in front of playground at Rainbow Bay)	<b>Mel</b> 0401 967 001	<b>Free</b>

## Pre Natal yoga

Join in this relaxing yoga class that will help to gently stretch, tone and strengthen muscles. Relaxation techniques help alleviate fatigue during pregnancy and to bring mother and baby in harmony with each other

When	Where	Contact	Details
<b>Tues</b> <b>6.15pm</b>	<b>📍 Southport</b> Southport Masonic Hall 76 Nerang Street	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>
<b>Sat</b> <b>8.30am</b>	<b>📍 Mermaid Beach</b> Mermaid Beach Community Centre 2439 Gold Coast Highway	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>
<b>Sat</b> <b>10.30am</b>	<b>📍 Studio Village</b> Studio Village Community Centre 87 Village Way	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>

## The Original Stroller Group

Come join other mums with their bubs in fun, outdoor, postnatal exercise. The program will help you regain and improve your health, physique, fitness and well being. Mums with children of all ages are welcome.

When	Where	Contact	Details
<b>Mon</b> 9.15am and 10.30am	<b>📍 Currumbin</b> Wallace Nicoll Park (opposite Currumbin Alley) Pacific Parade (Map 71 C3)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Tues</b> 10.30am	<b>📍 North Burleigh</b> Mick Schamburg Park Meet in Kelly Avenue Car Park (Map 50 C18)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Tues</b> 9am	<b>📍 Labrador</b> Harley Park Marine Parade (Map 19 E20)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Tues</b> 10.30am	<b>📍 Pacific Pines</b> Pacific Pines Central Park Hotham Drive (Map 27 C1)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Thurs</b> 10.30am	<b>📍 North Burleigh</b> Mick Schamburg Park Meet in Kelly Avenue Car Park (Map 50 C18)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Thurs</b> 9am	<b>📍 Varsity Lakes</b> Cnr Lake Street and Varsity Parade (meet at Delfin House)	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>
<b>Thurs</b> 9am	<b>📍 Upper Coomera</b> St Mary's Community Centre 173 Billingham Crescent	<b>Hands On PT</b> Theresa 0432 692 131	<b>\$5</b>

## Mums and Bubs Yoga

A great class to assist you to gently regain physical strength and tone muscles with focus on the pelvic-floor, back and abdomen. Great for 'self-nurturing' and to develop close bonding with your baby. Babies most welcome

When		Where	Contact	Details
Tues	11.30am	<b>📍 Helensvale</b> Helensvale Community Centre 31-35 Discovery Drive	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>
Tues	10am	<b>📍 Molindinar</b> Silver Bridle Community Centre 5 Bloodwood Crescent	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>
Wed	11am	<b>📍 Mermaid Beach</b> Mermaid Beach Community Centre 2439 Gold Coast Highway	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$3</b>

## Couples Pre Natal Yoga Workshops

The presence and support of your partner is extremely important during labour. Partners will be encouraged to understand how to support you with confidence and sensitivity with easy yoga poses and breathing exercises to use during labour. **Workshops run 16 Aug, 13 Sep, 11 Oct, 8 Nov, 6 Dec, 10 Jan, 7 Feb, 7 Mar, 11 Apr, 9 May, 13 Jun.**

When		Where	Contact	Details
Sat	4pm — 5pm	<b>📍 Mermaid Beach</b> Mermaid Beach Community Centre 2439 Gold Coast Highway	<b>Som Yoga</b> Elizabeth elizabeth@somyoga.com.au 0419 027 929	<b>\$10</b>



## Group Personal Training

A fun cardiovascular training session, including boxing, strength and circuit work with bands and medicine balls, catering for all levels of fitness and ability. Improve fitness, lose fat, relieve stress and improve coordination. Children welcome as long as participants remain responsible for them.

When	Where	Contact	Details
<b>Mon and Wed</b> <b>8.45am</b>	<b>📍 Gaven</b> Jubilee Primary School Binstead Way	<b>Mary</b> 0409 057 771	<b>\$5</b> <i>Bookings required</i>

## Mummylicious Fitness classes

Uniquely designed outdoor fitness classes for mums and bubs. The exercise programs target the physiological effects and weaknesses caused by pregnancy and childbirth. Our focus is to help you regain and enhance your pre-pregnancy fitness levels through safe, effective strength and fat-burning exercises. For more information go to [mummyliciousfitness.com.au](http://mummyliciousfitness.com.au)

When	Where	Contact	Details
<b>Mon Wed Fri</b> <b>8.30am</b>	<b>📍 Labrador</b> Harley Park Marine Parade (Map 19 E20) (Meet at Charis Seafood)	<b>Christine</b> 0409 470 484	<b>\$7.50</b> <i>Bookings required</i>

## Super Mums (and Dads) Triathlon Training Squad

Find your self some 'me time' and discover the joy of triathlon with this friendly bunch of like minded parents. Improve your confidence and learn how to swim, bike and run your way to better fitness. Beginners most welcome.

When	Where	Contact	Details
<b>Mon and Thurs</b> <b>9am</b>	<b>📍 Miami</b> Miami Pool 80 Pacific Avenue	<b>Surfers Paradise Triathlon Club</b> Jenny 0409 550 445	<b>\$10</b> <i>Bookings required</i>
<b>Wed</b> <b>9am</b>	<b>📍 Mermaid Waters</b> Lake Hugh Muntz Rio Vista Boulevard	<b>Surfers Paradise Triathlon Club</b> Jenny 0409 550 445	<b>\$10</b> <i>Bookings required</i>

## Walk your way to health stroller group

Enjoy a casual walk to invigorate your mind, body and soul. Experience and enjoy the great outdoors to refresh and re-energise with this friendly group of walkers. Led by a Heart Foundation Walking volunteer.

When	Where	Contact	Details
<b>Thurs</b> <b>9.30am</b>	<b>📍 Studio Village</b> Studio Village Community Centre 87 Village Way	<b>Kasey Ford</b> 0434 640 543	<b>Free</b>

## Pram Push

Come join a bunch of friendly mums with their bubs in this gentle stroll. A great way to meet new mums and get active.

When	Where	Contact	Details
<b>Tues</b> <b>10.30am</b>	<b>📍 Oxenford</b> Oxenford Coomera Youth Centre 25 Oxenford Tamborine Road	<b>Oxenford Coomera Youth Centre</b> 5529 8087	<b>Free</b>

## The “Long and Strong” Swiss Ball Session

Strengthen and tone your entire body gently using various freestyle and Swiss ball exercises. Target your core muscles – and find those lost abdominals! Each muscle set is then stretched to release tension and revitalize you. Unsuitable for anyone who has difficulty getting up and down off the ground. Bring your own Swiss Ball and a towel or a mat.

When	Where	Contact	Details
<b>Wed</b> <b>9.30am</b>	<b>📍 Coombabah</b> Grassy Park Hansford Road (Map 18 L2)	<b>Liz Harper</b> 0419 713 104	<b>\$5</b> <i>Bookings required</i>



## Mumercise

Join this supportive social physical activity group based on building social support networks to allow for continued physical and social outcomes for women during and after pregnancy. Combines education on nutrition and physical activity with strength and pelvic floor exercises. For pregnant women and mums with babies up to crawling age (but not walking).

When		Where	Contact	Details
<b>Fri</b> <b>1 Aug —</b> <b>22 Aug</b>	<b>10am</b>	<b>📍 Mermaid Beach</b> Mermaid Beach Community Centre 2439 Gold Coast Highway	<b>Som Yoga</b> Elizabeth elizabeth@soyoga. com.au 0419 027 929	<b>\$5</b> <i>Bookings required</i>
<b>Fri</b> <b>14 Nov —</b> <b>5 Dec</b>	<b>10am</b>	<b>📍 Chirn Park</b> Catholic Church 19 Kerr Street	<b>Som Yoga</b> Elizabeth elizabeth@soyoga. com.au 0419 027 929	<b>\$5</b> <i>Bookings required</i>
<b>Fri</b> <b>6 Feb —</b> <b>27 Feb</b>	<b>10am</b>	<b>📍 Helensvale</b> Helensvale Community Centre 31-35 Discovery Drive	<b>Som Yoga</b> Elizabeth elizabeth@soyoga. com.au 0419 027 929	<b>\$5</b> <i>Bookings required</i>
<b>Fri</b> <b>24 Apr —</b> <b>15 May</b>	<b>10am</b>	<b>📍 Molendinar</b> Silver Bridle Community Centre 5 Bloodwood Crescent	<b>Som Yoga</b> Elizabeth elizabeth@soyoga. com.au 0419 027 929	<b>\$5</b> <i>Bookings required</i>

## Yummy Mummies boxing for fitness


Punch, duck and weave your way back into your jeans by joining this class especially designed for women who have had babies. Not suitable for women who have a baby less than six weeks old or who have had a caesarean less than three months ago.

When		Where	Contact	Details
<b>Mon and Fri</b>	<b>10am</b>	<b>📍 Coombabah</b> Marj Shipman Community Hall 119 Hansford Road	<b>Liz Harper</b> 0419 713 104	<b>\$5</b>




## Stroller Fit

Fitness program aimed at mums with babies as well as mums who want to exercise while the kids are at school. This circuit-based class involves cardio strength and toning exercises to suit all ability and fitness levels.

When		Where	Contact	Details
<b>Wed</b>	<b>9am</b>	 <b>Reedy Creek</b> The Observatory Park Southern Skies Avenue	<b>Michelle</b> 0410 656 197	<b>\$6</b>


## Mummy and Me

This fun class for mums and kids involves the two to three-year-old age group, allowing children to freely move around the room, playing and experimenting with all the great activities available. Children are involved in activities including balancing, throwing, catching and other gross motor skill development activities. Bookings required.

When		Where	Contact	Details
<b>Mon, Tues Thurs</b>	<b>9.15am</b>	 <b>Currumbin</b> Unit 23 / 2-6 Hawker Street	<b>Leaps &amp; Bounds</b> 5534 4030 childrensfitnesscentre. com.au	<b>\$8</b>

## Move and groove for 2 — 5 years

The Miami State School physical education teachers will teach children to dance and express themselves physically and creatively while having fun, developing fitness and flexibility.

When		Where	Contact	Details
<b>Thurs</b>	<b>9am</b>	 <b>Miami</b> Miami State School Hall 18-38 Oceanic Drive	<b>Miami State School</b> 5595 4888	<b>Free</b>

## Playgroup Queensland

A playgroup is a group of mums, dads, grandparents and caregivers who meet together each week with their babies, toddlers and preschoolers for interaction and fun. Parents and caregivers work together to provide their babies and young children with opportunities to learn through play.

When		Where	Contact	Details
<b>Weekly</b>	<b>9.30am — 11.40am</b>	<b>Various locations across the Gold Coast</b>	<b>Playgroup Queensland</b> 1800 171 882	<b>\$28 yearly</b>

## Child Birth Education Program

An under 25s group for pregnant women and their support person. The aim of the group is to provide a space for young parents to socialise while offering support and pregnancy education. Professionals will provide information on topics such as nutrition, labour, relaxation and babies' emotional needs. Afternoon tea is provided.

When		Where	Contact	Details
<b>Mon</b>	<b>2pm</b>	<b>📍 Southport</b> YHES House 11 Hicks Street	<b>YHES House</b> 5531 1577 Program runs in 10 week blocks. Please call before attending first session.	<b>Free</b>

## Young Parents Program

An under 25s group for parents with babies 0 — 12 months. The aim of the group is to provide a space for young parents to socialise while offering support and education to help increase parenting skills. Professionals will provide information on child rearing topics including sleep and settling, introducing solids and feeding techniques. Morning tea is provided.

When		Where	Contact	Details
<b>Wed</b>	<b>10am</b>	<b>📍 Southport</b> YHES House 11 Hicks Street	<b>YHES House</b> 5531 1577 Program runs in 10 week blocks. Please call before attending first session.	<b>Free</b>

## Fitness Fun for Mums and Kids

Take advantage of your child's innate desire to play actively and be a good role model by introducing them to active lifestyles, right from the beginning. Fitness Fun for Mums and Kids incorporates a small sport session for the little ones, with a circuit based group training program running at the same time for the mums. This program will associate laughter, fun, and socialisation with physical activity and will help you and your child establish lifelong exercise habits.

When		Where	Contact	Details
<b>Thurs</b> <b>Starts 4 Sep</b>	<b>10.30am</b>	<b>📍 Labrador</b> Baden Robin Park 222 Turpin Road <i>(Map 19 M20)</i>	<b>Smallsports</b> 07 3388 0532 or 0421 556 032	<b>Free</b> <i>Bookings required</i>

