

# Active Parks 2014

FREE physical activities in Launceston's beautiful community parks

8 WEEK PROGRAM: **BLOCK 1: 3RD FEBRUARY – 28TH MARCH**  
**BLOCK 2: 13TH OCTOBER – 5TH DECEMBER**

## Want to start getting active?

HAS YOUR DOCTOR TOLD YOU TO DO MORE PHYSICAL ACTIVITY?



Active Parks is designed for people who would like to start getting active in a fun group environment

- ⚽ Caters for all fitness levels - especially those who haven't exercised in a while
- ⚽ Beginners encouraged
- ⚽ No commitment required – join us when you can!

For bookings please contact  
Active Launceston on 6324 4027

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website [www.utas.edu.au/foundation/donate](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.



- ⚠ Please arrive 10 minutes early to each session
- ⚠ Bring a friend, a group or the whole workplace
- ⚠ This is a FREE program
- ⚠ Wear loose comfortable clothing, appropriate footwear and bring a drink bottle
- ⚠ Please bring a Yoga mat or a towel to each session
- ⚠ Please note in 2014 sessions will be held on ALL public holidays
- ⚠ All sessions are funded by the University of Tasmania and their partners through Active Launceston except for sessions in City Park which are funded by Launceston City Council
- ⚠ While children are welcome at Active Parks we recommend 14 years as the minimum age (except for the Yoga for Kids session which is specifically designed for children and adults), due to the physical and mental requirements of some of the sessions
- ⚠ For more information please call 6324 4027 or visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Day	Start	Venue	Session	Description
Mondays	9.30am	* Ravenswood Child and Family Centre first 4 weeks & Mayfield Primary last 4 weeks of each block	<b>Yoga for Kids</b> Session for kids and parents	Creative yoga teaching children & adults how to stretch their bodies and imagination through storytelling and relaxation exercises, games & activities. Children must be accompanied by a parent/guardian at all times.
Mondays	6.00pm	City Park	<b>Stretch &amp; Strengthen</b>	A mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.
Tuesdays	6.00pm	Punchbowl Reserve	<b>Fun &amp; Fitness</b>	Cross training activities to improve cardio fitness, muscle strength, tone and endurance.
Wednesdays	12.00pm	City Park	<b>Tai Chi</b>	Gentle flowing movements which help to improve balance and strengthen body and mind.
Thursdays	6.00am	City Park	<b>Fun &amp; Fitness</b>	Cross training activities to improve cardio fitness, muscle strength, tone and endurance.
Thursdays	6.00pm	Coronation Park, South Launceston, near playground	<b>Pilates/Yoga</b>	Mindful movement designed to improve strength, flexibility, posture & balance.
Fridays	10.00am	Royal Park/Park St	<b>Gentle Exercise</b>	Low impact activities designed for those who are currently doing little or no physical activity.

\*Yoga for kids: Please note the two locations for the session for kids. Due to school closure on the 10th March (public holiday) there will be an extra Yoga Kids session on the 31st March.

The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

**Move More, Live More with Active Launceston**