

**FREE
ACTIVITIES**

Active Sports 2016

21ST SEPT. – 29TH OCT.

Wednesdays, Thursdays & Saturdays mornings at various times

Active Sports is designed for families and friends to try seven different sporting activities in a fun group environment. In 2016, Active Sports will run for six weeks.



Bookings required,
call Active Launceston today!
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 and follow the links to the Active Launceston Appeal.

| WHEN | WHAT | WHERE |
|------------------------------|----------------|--|
| WEEK 1 | | |
| Wednesday Sep 21st 5.00pm | Weight Lifting | PCYC 146 Abbott St, Newstead |
| Saturday Sep 24th 9.30am | Weight Lifting | PCYC 146 Abbott St, Newstead |
| WEEK 2 | | |
| Wednesday Sep 28th 6.00pm | Tennis | Trevallyn Tennis Club Gorge Road, Trevallyn |
| Saturday Oct 1st 9.30am | Tennis | Trevallyn Tennis Club Gorge Road, Trevallyn |
| WEEK 3 | | |
| Wednesday Oct 5th 6.30pm | Swimming | Launceston Leisure and Aquatic Centre, 18A High St, Launceston (meet at entrance) |
| Saturday Oct 8th 9.30am | Swimming | Launceston Leisure and Aquatic Centre, 18A High St, Launceston (meet at entrance) |
| WEEK 4 | | |
| Thursday Oct 13th 7.15pm | Badminton | Elphin Sports Centre, Racecourse Crescent, Launceston |
| Saturday Oct 15th 9.30am | Dragon Boating | North Esk Rowing Club (opposite the Seaport), Lindsey St, North Launceston |
| WEEK 5 | | |
| Wednesday Oct 19th 6.00pm | Hockey | Launceston City Hockey Club St Leonards Sports Centre, St Leonards |
| Saturday Oct 22nd 9.30am | Hockey | Launceston City Hockey Club St Leonards Sports Centre, St Leonards |
| WEEK 6 | | |
| Wednesday Oct 26th 6.00pm | Bike Riding** | TBUG Heritage Forest , Churchill Park Drive |
| Saturday Oct 29th 9.30am | Bike Riding** | TBUG Heritage Forest , Churchill Park Drive |

** Please bring your own bike and helmet on the day.



Active Launceston supports local sporting clubs by encouraging community members to re-engage with team sports. Active Sports is also the perfect opportunity for families and friends to try a new sport. Each week of the program will feature a different sport where the instructor will demonstrate the basics to get you started!

- ⚠ Please arrive 10 minutes early to each session
- ⚠ Sports sessions are open to any fitness level and anyone over the age of 10 (if under 18 years participants must have a parent or guardian attend for insurance and safety purposes)
- ⚠ Bring the family, a friend, group or the whole workplace
- ⚠ Participants are welcome to attend any or all sessions
- ⚠ This is a FREE program
- ⚠ Wear loose comfortable clothing, appropriate footwear and bring a drink bottle and bath size towel
- ⚠ Bookings are required
- ⚠ For more information or bookings contact Active Launceston on 6324 4027

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