



Free Sessions 2021/2022 Schedule



Move More, Live More!

Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity.



ACTIVE LAUNCESTON IS MANAGED BY HEALTHY TASMANIA® PTY LTD AND FUNDED BY THE CITY OF LAUNCESTON

www.activelaunceston.com.au

@activelaunceston

WHAT		TIME	WHEN	WHERE
<p><i>Active Parks - Yoga</i></p> <p>Mindful movement designed to improve strength, flexibility, posture & balance. Please bring along a towel or a mat. <i>No session Launceston Cup Day</i></p>	ADULTS	Wednesdays 6:00 pm - 7:00 pm	<p><u>BLOCK 1</u> 13 Oct - 1 Dec</p> <p><u>BLOCK 2</u> 9 Feb - 6 Apr</p>	City Park (between duck pond and rotunda)
<p><i>Active Armchairs</i></p> <p>Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises so easy they can be done in your armchair at home.</p>	ADULTS	Thursdays 11:00 am - 11:45 am	14 Oct - 2 Dec (8 weeks)	Starting Point Neighbourhood House Ravenswood
<p><i>Active Online - Tai Chi</i></p> <p>Gentle flowing movements which help to improve balance and strengthen body and mind. These sessions will be recorded on Facebook Live. To access, visit our Facebook page and watch in the comfort of your own home on your phone, tablet and computer.</p>	ALL AGES	Saturdays 12.30 pm - 1.15 pm	16 Oct - 4 Dec (8 weeks)	Join in on-line at https://www.facebook.com/Active-Launceston/
<p><i>Active Parks - Tai Chi</i></p> <p>Gentle flowing movements which help to improve balance and strengthen body and mind.</p>	ALL AGES	Saturdays 12.30 pm - 1.15 pm	5 Feb - 26 Mar (8 weeks)	City Park (between duck pond and rotunda)
<p><i>Gentle Exercise</i></p> <p>A gentle exercise circuit type session which may use the equipment at The Shed. This program is designed for those who are currently doing little or no physical activity.</p>	ADULTS	Thursdays 11:00 am - 11:45 am	10 Feb - 31 Mar (8 weeks)	The Shed, 12 King Billy Crescent, Rocherlea

Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need. For more information on any of the initiatives listed in our program please visit www.activelaunceston.com.au

Coronavirus information

To ensure the safety of yourself and others, please do not attend this program if you: have Covid -19, have been instructed to quarantine and your 14 days are not yet finished, are unwell including fever (or night sweats/chills) or respiratory symptoms e.g. shortness of breath, cough, sore throat.



Four ways you can sign up for Active Launceston

- 1** FIRST TIMER?
Download the 'I'm In' App by Healthy Tasmania® (available on iOS or Android) and register. Choose your session(s) in the App then simply bring your phone along to each session. We'll show you the rest! Or..
- 2** Register on-line at healthytasmania.com.au/registration
- 3** Complete a paper based form at the session.
- 4** RETURNING TO ACTIVE LAUNCESTON?
Log into 'I'm In' to choose your session(s) then bring your phone along to each one.

Contact Information
0438 386 025 - Hayden Fox

General Information
Wear comfortable clothing

Arrive 15 minutes early
Bring a drink bottle