







## Active CTPCITE

4<sup>TH</sup> – 28<sup>TH</sup> NOVEMBER Wednesdays 6pm-7pm & Saturdays 9.30am-10.30am



For more information or bookings contact Active Launceston: 6324 4027

Move More, Live More!









## www.activelaunceston.com.au

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.

## Active Launceston supports local sporting clubs by encouraging Active Launceston supports local sporting clubs by encouraging sports. Active Sports is

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!

| WHAT'S       | WHERE                                   | SESSION 1 –   | SESSION 2 –   |
|--------------|---|---------------|---------------|
| ON           |   | WEDNESDAYS    | SATURDAYS     |
| Recreational | TBUG                                    | 4th November  | 7th November  |
| Bike Riding* | Heritage Forest ,Churchill Park Drive   | 6:00pm        | 9:30am        |
| Softball     | Northern Tasmanian Softball Association | 11th November | 14th November |
|              | Churchill Park Drive, Invermay          | 6:00pm        | 9:30am        |
| Netball      | Northern Hawks Netball Club             | 18th November | 21st November |
|              | Unigym, Brooks Road, Newnham            | 6:00pm        | 9:30am        |
| Croquet      | The Northern Tasmanian Croquet Centre   | 25th November | 28th November |
|              | St. Leonards Sports Centre, St Leonards | 6:00pm        | 9:30am        |

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

- 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
  - This is a FREE program
  - Wear loose comfortable clothing, appropriate footwear and bring a drink bottle and bath size towel
  - Bookings are recommended
  - 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.

LAUNCESTON