

Rotary Club of  Central Launceston

*Sally's Ride*  
Tamar Valley Cycle Challenge

Active &  
Alive  
2014

This program is proudly sponsored  
by the Rotary Club of Central  
Launceston and Sally's Ride.

Join Active Launceston and  
bowl, climb, kick, shoot or seek  
and be Active and Alive!

- This program is designed for young people between the ages of 12 and 25
- Try new activities in a fun and safe environment
- Have lots of fun and build confidence
- Join us on a Wednesday once a month

More information over page or 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.

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# Active & Alive 2014



- ⚠ A teacher or guardian must be present at all times
- ⚠ Bookings are essential as spaces are limited to 20 per each activity
- ⚠ Please wear comfortable clothing (trackpants, sneakers etc) and don't forget a water bottle and a hat
- ⚠ For more information on Active and Alive or to make a booking please contact Active Launceston on 6324 4027 or email [active.launceston@utas.edu.au](mailto:active.launceston@utas.edu.au)

## Sally's Ride Active & Alive Program 2014

What	When	Who	Where
Abseiling	Wednesday 12th March 1.30-2.30pm	The Gorge: Ian Ferrier	Meet at Penny Royal (The Gorge) Car Park at 1.15pm
Mini Golf	Wednesday 9th April 1.30-2.30pm	Tassie Tiger Mini Golf	Racecourse Cr Launceston
Archery	Wednesday 14th May 1.30-2.30pm	Paringa Archery Club	Trevallyn Reserve
Laser Tag	Wednesday 11th June 1.30-2.30pm	Zone 3 laser Games	9 Swanston Park Drive, Waverley
Ten Pin Bowling	Wednesday 30th July 1.30-2.30pm	AMF Launceston	20 Innocent St, Kings Meadows
Kickboxing/ Gym Taster	Wednesday 20th August 1.30-2.30pm	Health & Fitness World	69 William St, Launceston
Rock-Climbing Wall	Wednesday 17th September 1.30-2.30pm	PCYC	148 Abbott St, Newstead
Mountain Biking	Wednesday 22nd October 1.30-2.30pm	Kate Reed Nature Recreation Area: Ian Ferrier	Silverdome; head around the complex towards the top overflow car park.

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**