



INITIATIVE	WHO	WHAT	WHEN
Active Hydro	Those recovering from illness, injury and suffering from pain	Hydrotherapy sessions for those recovering from a physical injury or illness or those who need support managing painful joints due to severe arthritis or the like. Participants must be referred by Allied Health professionals or General Practitioners.	1 program per year, 1 session per week from Jul – Sep. *Limited spaces, bookings required.
Active Kids	Children under the age of 5 and primary aged children Parents, teachers and guardians	Active play sessions that utilise everyday equipment that would be found in most homes and day care centres. Active Kids provides teachers, carers and parents with lots of ideas of how to keep their children active every day. Sessions are self-paced, fun and cater for a range of ages and abilities.	1 program per year, 1 session per week from Oct – Dec.
State and National Events	General community	Ride 2 Work Day & Walk to Work Day	15th Oct & 7th Nov.
Inveresk Park and Walk	General community	Free car parking spaces provided at the round house car park at Inveresk. Open to the public each working day between 7am and 7pm.	Open every weekday excluding public holidays
Point of Decision Marketing	General community	Signage that can be installed in public buildings encouraging people to use the stairs instead of the lift.	Available from Active Launceston
Active Launceston Information Hub	General community	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.	41 Frankland Street, Launceston. Ground floor of the Northern Integrated Care Service building.
Foundations for Active Living: Unit Code: CXA003	General community	Want to learn about why physical activity is important to you and your community? Well why not study at UTAS? This unit will provide students with an entry point to UTAS within the Faculty of Health Science. Foundation for Active Living will be based around the Active Launceston health promotion initiative and provide participants with further education about the importance of participation in physical activity to their health and wellbeing. http://tiny.cc/swiu7w	Feb 2014.
Active Launceston Appeal	General community	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.	

Move More, Live More!

Please note the dates given are approximates only and may change, so please visit our website for up to date information – www.activelaunceston.com.au. Bookings not required unless specified



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'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 below please visit www.activelaunceston.com.au

Move More, Live More!



INITIATIVE	WHO	WHAT	WHEN
Active Parks	General community Sedentary adults Families	7 sessions each week such as Tai Chi, Gentle Exercise, Yoga and Fun and Fitness held in parks across the municipality. This program breaks down social and geographic barriers and encourages the multiple uses of parks & outdoor spaces.	2 programs per year, Block 1: Feb – Mar Block 2: Oct – Dec.
Country Club Active GOLD (Growing Older Living Dangerously)	Older adults (over 50)	GOLD is a program designed to engage older adults in physical activity in a fun and social environment (Abseiling, Golf Skills, Laser Tag and Aqua Zumba). The program helps build participants confidence and allows them to try activities that they may not have participated in on their own.	One session per month from Feb – Dec. *Limited spaces, bookings required.
Colour Me Active	General community	Active Launceston has partnered with Events South to bring you an exciting whole of community fun run/walk. 'Colour Me Active' turns runners into rainbows, where the only rules that apply is start pristine white and end up a canvas of colour.	22nd Feb.
Active Bike	General community Sedentary adults	Sessions designed to increase confidence and knowledge about riding safely on the road and to discover the recreational trail network of Launceston. Bikes and helmets available for use free of charge.	1 program per year, Mar – May.
Sally's Ride Active and Alive	Disengaged young people aged 12 to 25	One positive risk taking activity per month including sessions such as Rock Climbing, Abseiling, Ten Pin Bowling and Laser Tag.	One session per month from Mar – Oct. *Limited spaces, bookings required.
Active and Healthy Living: Hawks Game Day	General community	Active Launceston has partnered with the Tassie Hawks to make AFL Football at Aurora Stadium a family fun day! Bring the whole family along to an Active Launceston activity zone and try the different physical activities on offer - you may even get a health check!	22nd Mar; 7th Jun; 28th Jun and 3rd Aug.
Active Dance	General community Sedentary adults	Active Dance motivates and inspires participants to get moving through the use of a variety of dancing disciplines. The sessions are designed to support people to develop positive social interactions and improve participant's health and wellbeing in a fun and social environment. This program also breaks down social and geographic barriers.	1 program per year, 1 session per week from May – Jun.
Active Swim	Those from culturally and linguistically diverse backgrounds	The Active Swim program aims to support participants to develop basic swimming skills, water safety knowledge and provides them with a connection to the community.	1 program per year, 1 session per week from May – Jun. *Limited spaces, bookings required.

INITIATIVE	WHO	WHAT	WHEN
Activate Your Life	Sedentary adults Those at risk of suffering from a chronic condition or suffering from a chronic condition	Activate Your Life uses a modified Womens Sport and Recreation Get Active Program to engage this target group in making lifestyle changes and overcoming barriers to participation in physical activity. Participants must be referred by Allied Health professionals or General Practitioners.	3 programs a year; Block 1: Feb – Apr; Block 2: Jun – Jul; Block 3: Aug – Oct. *Limited spaces, bookings required.
Active Walk Run	General community Sedentary adults	Walking, jogging and running program designed to keep community members active over the cold Tassie winter months. This program provides a safe group environment to exercise after dark and also provides training for upcoming community fun runs.	1 program per year, 1 session per week from May – Jul.
Active and Inclusive	People with a disability General community	Active and Inclusive encourages children and adults with disabilities to get involved and participate in physical activity that is enjoyable. Developing skill levels will improve stamina and strength and will add to quality of life. The program is supported by adapted equipment, staff training and resources.	2 blocks: Term 2: May – Jun Term 3: Aug – Sep. *Limited spaces, bookings required.
Active Blokes	Men	The program will include various activities to get the blokes physically active over the eight weeks.	1 x session a week from Jun – Aug.
Active Gyms	General community	ACTIVE Gyms is designed to introduce adults to the opportunities available at various gym and fitness organisations within the Launceston community. The program enables participants who do not regularly attend a fitness centre; a taste of what is available, the opportunity to try new activities, opportunity to meet new people and improve their overall health and wellbeing.	2 x sessions a week from Jul – Aug. *Bookings required.
Active NICS	General community Sedentary adults Those suffering from a chronic condition	A program located in the Northern Integrated Care Service building targeted at patients and clients of the service and of the Launceston General Hospital along with staff and general community. The program will provide gentle exercise sessions catering for those less active in the community.	1 program per year, 2 sessions per week from Aug – Oct.
Active Sports	General community, families	Active Sports is a new program which has been developed to support local sporting clubs by encouraging community members to reengage with traditional team sports. This program is a good opportunity for families or friends to get together and return to a sport they used to play or even try something new.	2 x sessions a week Oct – Nov.