

## Join Active Launceston and try new things with Active T.N.T!

Active Launceston's FREE new program 'Active and Trying New Things' is for children aged 8 to 12 and will encourage them to improve their participation in physical activities.



## Active T.N.T

Active T.N.T is aimed at children aged 8-12 years who experience difficulties in physical activity and therefore tend to avoid it. Active T.N.T is a small supported group with individual goal setting. Parents will be encouraged to learn strategies to support their children's ongoing participation in physical activities throughout the program. The program is split into two blocks for which you may choose to register your child for one or both the blocks. A parent or guardian must be present at each session.

### Block 1 - Active Pool

Swimming Skills  
Duration: 6 weeks  
Location: Launceston Aquatic Centre  
Day: Thursdays  
Time: 3.30pm - 5.00pm  
Date: 10 Nov 2011 - 15 Dec 2011

### Block 2 - Active Trampolining

Trampoline Skills  
Duration: 4 weeks  
Location: PCYC Newstead  
Day: Tuesdays  
Time: 5.00pm - 6.30pm  
Date: 17 Jan 2012 - 7 Feb 2012

**Move More, Live More with Active Launceston**

Bookings essential as places limited to 8 children per block.

Registration will involve a short consultation with a paediatric allied health professional to establish personal goals, prior to commencing the program.

Registrations close on Wednesday 2nd of November.

To find out more information about this program please call 6324 4047.

For more information on the Active Launceston project visit the website

[www.activelaunceston.com.au](http://www.activelaunceston.com.au)