

Active and Alive 2012

Join Active Launceston and ride, climb, skate, kick, shoot, cave and jump and be Active and Alive!
 For more information on Active and Alive please contact Active Launceston on 6324 4027.
 This program is designed for young people between the ages of 12 and 25 and bookings are essential.
 To book for Session 1 please contact Shaun on 0447 534 467.
 To book for Session 2 please contact Alistair on 0400 719 838.
 Please wear comfortable clean clothing (trackpants, sneakers etc) and don't forget a water bottle and a hat!




When (Wednesdays)			What	Who	Where
14th March	Session 1	9.00am	Rock Climbing & Abseiling	Bob McMahon	The Gorge
	Session 2	12.00pm			
4th April	Session 1	11.00am	Archery	Paringa Archery	Trevallyn Reserve
	Session 2	1.00pm			
2nd May	Session 1	11.00am	Bootcamp and Kickboxing	Fit 'n' Kicking	Elphin Sports Centre
	Session 2	1.00pm			
30th May	Session 1	11.00am	Mountain Bike Riding	Mountain Bike Tasmania	Kate Reid Reserve
	Session 2	1.00pm			
4th July	Session 1	11.00am	Wing Chun Kung Fu	World Wing Chun Kung Fu Association Tasmania	Unigym
	Session 2	1.00pm			
1st August	Session 1	11.00am	Laser Skirmish	Zone 3 Laser Games	Waverley
	Session 2	1.00pm			
5th September	Session 1	11.00am	Roller Blading & Roller Hockey	Mowbray Indoor Sport 'n' Skate	George Town Rd, Newnham
	Session 2	1.00pm			
3rd October	Session 1	11.00am	Mini Golf	Tassie Tiger Mini Golf	Launceston Indoor Sports Arena
	Session 2	9.00am	Caving	Vicki & Nate	Mole Creek

Move More, Live More with Active Launceston

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