

Expression of Interest

Program: Active Parks 2011/2012

Project Introduction

The following four Active Parks sessions are funded by Active Launceston.

The programs offer **free** physical activities led by qualified instructors. Participants of all ages are invited to turn up on the day and participate. Each activity will last for approximately 1 hour. The program is designed to provide an opportunity for people to try a range of physical activities outdoors. The program encourages the multiple uses of parks, build networks for isolated community members, promote healthy and vibrant communities and promote the existing fitness industry. The program provides a link to other activities within the community and helps participants to establish networks. Active Parks is a great use of the natural environment, provides an opportunity for families to exercise together and provide an opportunity for social interaction creating social connectedness/cohesion. Active Parks will also help to demonstrate to the community an appropriate use of public open space, provide natural surveillance of the areas utilised and finally enhance and promote the cultural mix of our community.

Purpose of Consultancy

- Coordinate Active Parks sessions on behalf of Active Launceston (Please Note: Active Launceston will be responsible for all program promotion and advertising.)

Timing

Daylight savings period, 4 October 2011 – 31 March 2012 (24 weeks with 2 weeks off for Christmas)
There will be no sessions on public holidays.

Tuesday	10.00am – 11.00am	Northern Suburbs	Pilates and/or Yoga
Wednesday	6.00pm – 7.00pm	Punchbowl Reserve	Fun and Fitness
Friday	10.00am – 11.00pm	Hoo Hoo Hut, Heritage Forest	Gentle Exercise
Saturday	10.00am – 11.00am	Punchbowl Reserve	Tai Chi

****Please note; sessions in City Park will also continue in 2011/12 however session will be funded by Launceston City Council – contact Bonnie McGee 63 233613****

Fee Proposal

- Payment is \$100 per session inclusive of GST.
- ABN, Relevant Qualifications and Public Liability Insurance required.

If you are interested in providing consultancy services for this program please contact Active Launceston 63 244027 to receive a consultants brief.

Quotations close 19th August 2011.

This Expression of Interest is an initiative of Active Launceston.
Connecting the Fitness Industry to their community.

For more information on Active Launceston visit the website www.activelaunceston.com.au

Move More, Live More with Active Launceston