

# Active and Alive 2010

Join Active Launceston and swim, ride, climb, kick, blade, cave and sail and be Active and Alive!  
 For more information on Active and Alive or to make a booking contact, Susie Aulich on 6336 2707 or 0447 823 300. For more information on the Active Launceston project visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au) This program is designed for young people between the ages of 12 and 25.



**Active & ALIVE**



When	What	Who	Where	What do I wear?
<b>17th March</b> 10.00am – 12.00 noon	Mountain Biking	Mountain Bike Tasmania	Trevallyn Reserve (meet at the rangers hut)	Comfortable clothing and sneakers
<b>14th April</b> 9.00am – 3.00pm	Caving	PCYC	Mole Creek (meet at City PT Campus)	Wet weather clothes – no jeans
<b>12th May</b> 10.00am – 11.00am	Judo	Launceston Judo Club	UNIGYM Dojo Room	Loose fitting clothing – trackies etc no jewellery – clean clothes
<b>16th June</b> Session 1: 10.00am – 12.00pm Session 2: 1.00pm – 2.00pm	Roller Derby	Van Diemen Rollers	Mowbray Indoor Sport and Skate	Comfortable clothing
<b>14th July</b> Session 1: 10.30am – 11.15am Session 2: 11.30am – 12.15pm	Aqua Fitness	Launceston Aquatic	Launceston Aquatic	Bathers/towel
<b>11th August</b> Session 1: 10.00am – 11.00am Session 2: 11.00am – 12.00pm	Boot Camp/ Kick Boxing	Fit n Kicking	City Park (meet at the rotunda)	Comfortable clothing and sneakers
<b>22nd September</b> Session 1: 9.00am – 12.00pm <b>23rd September</b> Session 2: 9.00am – 12.00pm	Rock Climbing	Tas Expeditions	Launceston Cataract Gorge (meet Penny Royal carpark)	Comfortable clothing and sneakers
<b>22nd October</b> Session 1: 10.30am – 12.00pm Session 2: 12.00pm – 1.30pm	Sailing	Sailability	Tamar River (meet at Seaport)	Comfortable warm clothing

Move More, Live More with Active Launceston