

Active Launceston makes a splash with their FREE suite of aquatic programs in 2010




Active
AQUATIC

8 week programs from 13th September - 3rd November 2010

Program	Description	When
Active Aqua	General aqua fitness session for anyone who is wishing to increase their physical activity levels. Bookings required for each session.	Mondays 10am - 11am
Active Swim	Basic swimming and water safety program for persons from culturally and linguistically diverse backgrounds. Bookings required and participants must commit to full 8 week program.	Tuesdays 11am - 12pm
Active Hydro	Hydrotherapy sessions for persons who are recovering from a physical injury or who need support with managing painful joints due to severe arthritis or the like. Participants must have sought advice from their doctor, physiotherapist or exercise physiologist and have already participated in some type of hydrotherapy sessions before registering for this program. Bookings required for each session.	Wednesdays 2pm - 3pm

- Bookings essential as limited to 20 places per session 6324 4027
- For more information on the Active Launceston project please visit the website www.activelaunceston.com.au



Move More, Live More with Active Launceston