



CALENDAR OF EVENTS www.activelaunceston.com.au Move More, Live More with Active Launceston

SEPTEMBER 2010

<p>WEDNESDAY 1 SEPTEMBER GOLD – Orienteering 10.00am Trevallyn Reserve Bookings Essential: 0409806934</p>	<p>MONDAY 6 SEPTEMBER Kings Meadows CHAT – Pram Walking 10am Mondays McHugh Street Information : 63444340</p>	<p>SUNDAY 12 SEPTEMBER Cycling History Tour - TBUG 10am Hoblers Bridge Rd Information: 63314890 contact@tbug.org.au</p>	<p>THURSDAY 16 SEPTEMBER Zumba – Health and Fitness World \$ 5.50pm Thursdays 69 William Street Information: 63 313133</p>	<p>WEDNESDAY 22 SEPTEMBER Active Hydro – Hydrotherapy program 2pm Wednesdays Launceston Aquatic Centre Registrations essential: 63 244027</p>
<p>Community Street Soccer 2 .00pm Wednesdays Park Street, Royal Park Information: 0400890947 launcestonsocket@bigissue.com.au</p>	<p>TUESDAY 7 SEPTEMBER Heals and Souls Ballroom and Latin Dancing \$ 7.00 pm Tuesdays Lawrence Vale Uniting Church Hall Bookings Essential: 0408343202</p>	<p>MONDAY 13 SEPTEMBER Active Aqua - Aqua fitness program 10am Mondays Launceston Aquatic Centre Registrations essential: 63 244027</p>	<p>FRIDAY 17 SEPTEMBER PCYC Kids Dance Class \$ Kinder to Grade 1 3.30pm Fridays Cnr Abbott and Wentworth Sts Information: 63 442411</p>	<p>THURSDAY 23 SEPTEMBER Zumba – Unigym \$ 1.10pm Thursdays UNIGYM Newnham Bookings Essential : 63 243092</p>
<p>THURSDAY 2 SEPTEMBER Inveresk Park and Walk Park and walk to work! FREE Car Park open each weekday Churchill Park Drive, Invermay</p>	<p>WEDNESDAY 8 SEPTEMBER Swing Dancing – Swing Patrol \$ 7.30 pm Wednesdays St Ailbe’s Hall, 46 Margaret Street Information: 0409578107</p>	<p>TUESDAY 14 SEPTEMBER Active Swim – Basic swimming for people from culturally and linguistically diverse backgrounds 11am Tuesdays Launceston Aquatic Centre Registrations essential: 63 244027</p>	<p>SATURDAY 18 SEPTEMBER Active Bike 10.00am Saturdays Royal Park, Park Street</p>	<p>SATURDAY 25 SEPTEMBER Active Bike 10.00am Saturdays Royal Park, Park Street</p>
<p>SATURDAY 4 SEPTEMBER Active Bike 10.00am Saturdays Royal Park, Park Street</p>	<p>THURSDAY 9 SEPTEMBER Sports Ability Hub Various times available via booking UNIGYM, Newnham Information: 63 243092</p>	<p>WEDNESDAY 15 SEPTEMBER Active Hydro – Hydrotherapy program 2pm Wednesdays Launceston Aquatic Centre Registrations essential: 63 244027</p>	<p>Rock and Roll -Tassie Rockers \$ 8pm Ravenswood over 50's club Information: 63 263883 www.tassierockers.com</p>	<p>MONDAY 27 SEPTEMBER Roller Derby – Fresh meat intake! \$ 6pm Mondays Mowbray Indoor Sport and Skate Information: vdrollers@gmail.com 0458019080</p>
<p>SUNDAY 5 SEPTEMBER Run 4 Your Heart – Events South \$ 5km Run/Walk 10.00am start Inveresk Park www.eventssouth.org.au</p>	<p>SATURDAY 11 SEPTEMBER Active Bike 10.00am Saturdays Royal Park, Park Street</p>		<p>MONDAY 20 SEPTEMBER Active Aqua - Aqua fitness program 10am Mondays Launceston Aquatic Centre Registrations essential: 63 244027</p>	<p>OTHER: Boot Camps – Fit ‘n’ Kicking \$ Various levels, times and venues Bookings Essential: 041587717</p>

The activities included in this calendar are a combination of Active Launceston funded initiatives and community initiatives that we support through our endorsement process.

Not all activities are listed due to space restrictions. For more information please visit the Active Launceston website www.activelaunceston.com.au or phone 63 244027.

Do you want to have your activity included in this calendar? Is your activity endorsed by Active Launceston? It's easy, check out the website for more information.

\$ = Cost associated with activity