



Issue 11

22 December 2009

Move More, Live More

www.activelaunceston.com.au



Merry Christmas from Active Launceston

It has been a busy finish to the year and we are looking forward to all the exciting programs we have got coming up in the first six months of 2010.

I am pleased to report Active Launceston will have a Project Officer starting with us on the 13th of January. Mrs Donna Campbell will bring with her a high level of ability and energy and we are all looking forward to having a new team member.

From everyone at Active Launceston we hope you have a safe and 'active' Christmas holiday and we look forward to seeing you all in 2010.

Move More, Live More with Active Launceston!

Active Launceston Expo 2010 - Supported by the Tassie Hawks

4.00pm - 7.30pm Wednesday 3rd of February 2010
Aurora Stadium Launceston.

The Expression of Interest process has now closed and we have over 40 stall holders! These include Heart Foundation Tasmania, Womens Football, Jumping Castles, Sumo Suits, Health and Fitness World, Fit n Kicking, Kidney Health Australia. tap dancing, pole dancing for exercise, belly dancing, orienteering, Special Olympics, soccer, football, netball, martial arts, seniors activities and so much more!

There will be heaps of physical activities to come and try, along



Active Launceston is a community driven project aimed to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

KELLY SPORTS

Since 1994, Kelly Sports have been providing sports clinics and in-school programs to children throughout Australia.

The Kelly Sports message of Skill - Safe - Smile has now extended to school holiday programs servicing the needs of schools and parents alike.

Lisa Gibson is the Tasmanian Manager please contact her for more information 0409 931 521.

Kelly Sports is an Active Launceston endorsed initiative.

Would you like to have your event/program/club or group endorsed?

[View the guidelines here.](#)

with demonstrations, displays, health information, giveaways, freebies, Tassie Hawks footy players, fitness centres, sports clubs, community groups, activities for the whole family and it is all FREE.

For more information contact lucy.marshall@utas.edu.au or phone 6324 4047

[View the Expo poster here](#)

GOLD 2010

Growing Older Living Dangerously

The annual seniors program is back with FREE sessions for those over 50.

In 2010 GOLD will include; aqua fitness, croquet, dancing, orienteering, kick boxing, rock climbing, bike riding, sailing and a strength and balance class.

Bookings are essential by phoning Anita on 0409 806 934.

[View the GOLD poster here](#)

Active and Alive

Based on a successful pilot in 2009, Active and Alive is a program designed for young people. Coordinated in partnership with the Tasmanian Polytechnic Active and Alive will include the following FREE sessions in 2010; mountain biking, caving, judo, roller derby, aqua fitness, boot camp, rock climbing and sailing.

Bookings are essential by contacting Susie on 04478233000.

[View the Active and Alive poster here](#)

Active Parks

Dont forget the Active Parks programs will have a break over Christmas and will be back as of the 4th of January 2010!

Active Northern Parks

Pilates, Tuesdays, 1.00pm - 2.00pm

Ravenswood Community Park

Tai Chi, Fridays, 11.00am - 12.00pm

Caledonian Square, Invermay

Active Southern Parks

Gentle Exercise, Mondays, 10.00am - 11.00am

Nunamina Ave Reserve, Kings Meadows

Fun and Fitness, Wednesdays, 5.45pm - 6.45pm

Nunamina Ave Reserve, Kings Meadows

Active City Park (funded by Launceston City Council)

Stretch & Strengthen, Mondays 5:45pm

Fitness & Fun Wednesdays, 6:15am

Tai Chi Thursdays, 12:30pm

[View Active Parks Flyer](#)

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Active Launceston is funded by the University of Tasmania, Launceston City Council, Sport and Recreation Tasmania and the Tasmanian Community Fund. The Examiner Newspaper and Southern Cross Television are the project's promotional partners.

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