

GOLD

www.activelaunceston.com.au

Expression of Interest

What: GOLD (Growing Older Living Dangerously)

Where: Various Locations

When: 2009

Service Required: 1-3 hour morning physical activity sessions on the first Wednesday of each month. The following activities have been nominated for 2009;

2009 GOLD Schedule	
March 4 th	Bike Riding
April 1 st	Horse Riding
May 6 th	Swimming
June 3 rd	Dancing
July 1 st	Pilates/Yoga
August 5 th	Kick Boxing
September 3 rd	Outdoor Circuit Training
October 1 st	Aqua Fitness

Focus: The GOLD program aims to provide physical activity opportunities for older adults in a safe and social environment.

Audience: Adults 50+

Remuneration: Variable depending on activity

Requirements: Public Liability Insurance and Fitness Instructor qualifications or equivalent.

**If you are interested in taking any of these sessions pls contact
Lucy Marshall, Active Launceston Project Coordinator
Lucy.marshall@utas.gov.au**

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

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.

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

