



**CALENDAR OF EVENTS** [www.activelaunceston.com.au](http://www.activelaunceston.com.au) **Move More, Live More with Active Launceston**

**JULY 2010**

<p><b>TUESDAY 6 JULY</b>  <b>Kings Meadows CHAT - Pram Walking</b> \$                  10.00 am Tuesdays                  Community Health, McHugh Street                  Information : 63444340</p> <p><b>Move it or lose it – PCYC</b> \$                  10.30 am Tues &amp; Thurs                  Cnr Abbott &amp; Wentworth St</p> <p><b>Winter Yoga – Tasdance</b> \$                  6.30 am Tuesdays                  197 Wellington Street                  Bookings Essential: 0403069377</p>	<p><b>Active Walk Run</b>                  5.45 pm Wednesdays                  Royal Park, Park Street</p> <p><b>Swing Dancing – Swing Patrol</b> \$                  7.30 pm Wednesdays                  St Ailbe's Hall, 46 Margaret Street                  Information: 0409578107</p> <p><b>Early Morning Total Mind &amp; Body</b> \$                  7.10 am Wednesdays                  UNIGYM Newnham                  Information: 63243092</p>	<p><b>WEDNESDAY 14 JULY</b>  <b>Active and Alive – Aqua Fitness</b>                  Launceston Aquatic                  10.00 am                  Bookings Essential: 63362707</p> <p><b>Active Walk Run</b>                  5.45 pm Wednesdays                  Royal Park, Park Street</p> <p><b>Heals and Souls – Dancing</b> \$                  5.30 pm Mon – Fri                  Lawrence Vale Uniting Church Hall                  Bookings Essential: 0408343202</p>	<p><b>Salsa Dance</b> \$                  7.30 pm Thursdays                  St Ailbe's Hall, 46 Margaret Street                  Information: 0409578107</p> <p><b>TUESDAY 20 JULY</b>  <b>Move it or lose it – PCYC</b> \$                  10.30 am Tues &amp; Thurs                  Cnr Abbott &amp; Wentworth St</p> <p><b>Zumba – Health &amp; Fitness World</b> \$                  9.20 am Tuesdays &amp; 5.50pm Thurs                  69 William Street Launceston</p>	<p><b>Inveresk Park and Walk</b>  <b>Park and walk to work!</b>                  FREE Car Park open each weekday                  Churchill Park Drive, Invermay</p> <p><b>OTHER:</b>  <b>Heart Foundation Walking</b>                  Fun, free walking groups                  Information: 1300 36 27 87</p> <p><b>B&amp;E Launceston Ten fun run/walk</b>                  Sunday 18<sup>th</sup> July 10 am                  Enter at <a href="http://www.launcestonten.com.au">www.launcestonten.com.au</a></p>
<p><b>Running Group</b> \$                  6.00 pm Tuesdays &amp; Sundays                  Venue varies week to week                  Bookings Essential: 0419587717  <a href="mailto:fitandkicking@westnet.com.au">fitandkicking@westnet.com.au</a></p> <p><b>WEDNESDAY 7 JULY</b>  <b>GOLD - Croquet</b>                  Royal Park Croquet Club                  Park Street                  10.00 am                  Bookings essential: 0409806934</p>	<p><b>Gorge CHAT – Pram Walking</b> \$                  3.30 pm Wednesdays                  Royal Park Car Park                  Information : 63341337</p> <p><b>Community Street Soccer</b>                  2.00pm Wednesdays 16 +                  Park Street Royal Park                  Information: 0407561548  <a href="mailto:tassoccer@bigissue.com.au">tassoccer@bigissue.com.au</a></p>	<p><b>THURSDAY 15 JULY</b>  <b>Walk for Wine</b>  <b>Leaning Church Vineyard</b>                  11.00 am Thursdays                  76 Brooks Road, Lalla                  Information: 63954447</p> <p><b>Sports Ability Hub</b> \$  <b>Activities for people with a disability</b>                  Various times available                  UNIGYM, Newnham                  Bookings Essential: 63 243092</p>	<p><b>WEDNESDAY 21 JULY</b>  <b>Active Walk Run</b>                  5.45 pm Wednesdays                  Royal Park, Park Street</p> <p><b>No Excuses Walking Group – ABC</b>                  8.00am Wednesdays                  ABC Studios, Anne Street</p> <p><b>Zumba – Dance Fit</b> \$                  9.30 am Wed &amp; Sat                  Windmill Hill Hall</p>	<p><b>Tamar Bicycle Users Group</b>                  Woolmer's Estate Ride                  Saturday 4<sup>th</sup> July 9.30 am                  Casino Car Park Prospect                  Information: 63 943516  <a href="mailto:evonpeter@yahoo.com">evonpeter@yahoo.com</a></p> <p><b>Roller Derby</b>                  CAN YOU SKATE?                  Interested in participation in a full                  contact sport for women?                  Contact Van Diemen Rollers  <a href="mailto:vdrollers@gmail.com">vdrollers@gmail.com</a> 0407851936</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](http://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