



Issue 12

March 2010

Move More, Live More

www.activelaunceston.com.au



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.

News From Active Launceston

Summer is gone and Autumn is upon us but don't let that stop you from being active. Launceston is a beautiful place in Autumn to get out there and find a new opportunity to improve your health.

Active Launceston is coordinating and supporting a comprehensive suite of activities during the Autumn season for you and your family to get involved in.

Check out the range of Autumn programs below.

Move More, Live More with Active Launceston!

Active Gardens

Active Garden is back on again and will run from the 11 March 2010 until 13th May 2010. The program has been developed to promote gardening as a legitimate and very beneficial form of physical activity.

In partnership with Northern Suburbs Community Centre, participants will be guided by an experienced Team Leader in the Rocherlea's Peace Garden.

The program will provide opportunities for people of varying fitness levels to undertake appropriate and regular physical activity outdoors whilst contributing to the environment .

Leaning Church Vineyard Walks

From vineyard walks to star gazing to cooking classes to all-day dining, Leaning Church Vineyard offers a range of healthy tasting treats. Located only 20 minutes from Launceston at Lalla, Leaning Church has recently opened to offer wine, whisky and food tasting, as well as a range of special events. We invite Mums, Dads, families and friends to bring their children and prams every Thursday to walk around our picturesque vineyard. We depart from cellar door at 11am. There is no cost for the walk. All energetic pram pushers are also invited to join us for a Tasmanian grazing plate for lunch while their children run around the lawn and play in the sand pit. Lots of energetic fun for everyone!

Leaning Church Vineyard Walks is an Active Launceston endorsed initiative.

10am - 12 noon Thursdays
 11th March - 13th May 2010
 Rocherlea Peace Garden
 1 Archer Street Rocherlea

Participants are not required to register, rather just turn up and participate and the program is FREE

For more information contact donna.campbell@utas.edu.au or phone 6324 4027

[View the poster here](#)

Active Bike

Active Bike is back for its autumn program.

Have fun riding with a group, discover Launceston's recreational trail network and learn more about riding safely in traffic.

The 10 week Active Bike program is open to anyone over the age of 15 who owns their own hybrid bike or mountain bike and has an Australian approved bike helmet.

Sessions will be held at Royal Park, Park Street between 10 am - 11 am every Saturday morning from the 13th March till the 15th May 2010. No registration is required and it's FREE.

For more information contact donna.campbell@utas.edu.au or phone 63244027

[View the 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 poster here](#)

GOLD 2010

Growing Older Living Dangerously

The annual seniors program continues 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.

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

[View the guidelines here.](#)

Examiner's IGA Junior Sports Awards

The Examiner's IGA Junior Sports Awards recognise the sporting achievement of our future stars. There are six Award Categories.

The Awards are open to all participants of sport under the age of 18. Photos and stories of the monthly category winners will be featured in the Examiners Excel pages each Tuesday.

Contact the Examiner Newspaper for more information, 63 367111.

Heart Foundation Walking Group

Heart Foundation Walking is a network of free community-based walking groups with volunteer Walk Organisers that lead groups in Launceston.

Heart Foundation Walking Group is an Active Launceston endorsed initiative.

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

[View the guidelines here.](#)

Calendar Of Events

Want to find out more about whats happening in your community in regards to physical activity options?

Bookings are essential by phoning Anita on 0409 806 934.

[View the poster here](#)

Check out the Active Launceston Calendar of events in the Examiner Newspaper on the last Thursday of the month.

Active Parks

The Active Parks programs will finish at the end of the daylight savings period so come and join us for the last few weeks!

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 the poster here](#)

© Active Launceston 2008

www.activelaunceston.com.au

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.

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to lucy.marshall@utas.edu.au by lucy.marshall@utas.edu.au.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Walker Designs Pty Ltd | 462 Wellington Street | Launceston | 7250 | Australia