

# MEDIA RELEASE

DATE: FRIDAY OCTOBER 2<sup>ND</sup> 2009  
ATTENTION: Chiefs of Staff, News Directors

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## Launceston parks to get active.

The Active Parks programs are back with the addition of a new program - Active Southern Parks.

Sessions will run during the daylight savings period, 5th October 2009 - 2nd April 2010.

Lucy Marshall the Active Launceston Manager said “From the 5th of October community members will be able to enjoy Gentle Exercise or Stretch and Strengthen Monday’s, Pilates Tuesdays, Fitness & Fun morning and night on Wednesday’s and Tai Chi on Thursdays or Fridays”

“This year’s Active Parks programs will have packed schedules across the municipality with seven sessions each week running through the whole daylight savings period.

It is really exciting that we have been able to work with the industry to continually develop and expand these programs each year to provide more opportunities for more people more often” Ms Marshall said.

Launceston Mayor Albert van Zetten said “These initiatives offer a range of free outdoor activities to residents of all ages and what makes it so successful is there is no commitment required, people can just turn up on the day and participate!”

Visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au) for full details.

### PHOTO and INTERVIEW OPPORTUNITY

**EVENT:** Media are invited to attend the launch of the Active Parks programs for 2009. The launch will be held at the first Gentle Exercise session of the Active Southern Parks program.

**WHO:** Mayor Albert Van Zetten, Gentle Exercise Participants, Megan Richardson Active Southern Parks Consultant and Lucy Marshall Active Launceston Manager.

**WHEN:** 9.45am Monday 5<sup>th</sup> October 2009.

**WHERE:** Nunamina Ave Reserve, Kings Meadows.

**For more information:** Lucy Marshall, University of Tasmania, ph. 6324 4047 or mob. 0409 937421.

**Program Details:**

Sessions will run during the daylight savings period, 5th October 2009 - 2nd April 2010.

All sessions last for approximately 1 hour

Please note there will be no activities during the two week Christmas break (21 December- 3 January) or Active City Park sessions during Festivale (9- 15 February 2010)

**Active Northern Parks**

Pilates, Tuesdays, 1.00pm  
Ravenswood Community Park  
Tai Chi, Fridays, 11.00am  
Caledonian Square, Invermay

**Active Southern Parks**

Gentle Exercise, Mondays, 10.00am  
Nunamina Ave Reserve, Kings Meadows  
Fun and Fitness, Wednesdays, 5.45pm  
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

Move more Live More with Active Launceston

[www.activelaunceston.com.au](http://www.activelaunceston.com.au)

**Information Released by:**

**The Media Office, University of Tasmania**

**Phone: 6324 3218 Mobile: 0438 510616**

**Email: Media.Office@utas.edu.au**