



5 March 2009

Move More, Live More

www.activelaunceston.com.au

Issue: 5



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.

Active Launceston Update

The Active Launceston project is here to stay for a least another 3 years!

Key stakeholders; The University of Tasmania, Launceston City Council and Sport and Recreation Tasmania will provide core funding for Active Launceston to ensure the sustainability of the health and wellbeing project over the next three years.

This is fantastic news for the project, the people of Launceston and demonstrates the importance of partnerships within our community.

Move More, Live More with Active Launceston!

Active Bike

Following the success of the Active Parks programs, this new initiative from Active Launceston will help you *get on your bike!*

Royal Park, Park Street, 10am - 11am.
Saturday mornings 14 March - 16 May.

Have fun riding with a group, discover Launceston's recreational trail network and learn more about riding safely in traffic. This 10 week program is open to anyone over the age of 15 who owns their own hybrid or mountain bike and has an Australian approved helmet.

No registrations required and it's FREE!

For more information 63 24 4047 or
www.activelaunceston.com.au

[View Active Bike Flyer](#)

New Horizons Great Western Tiers Cycle Challenge

3 Mayors riding for New Horizons!

Three Northern Tasmanian Mayors will don their helmets and jump on a bike to raise money for the New Horizons Club. Mayor Albert van Zetten (Launceston City Council) Mayor Doug Burt (George Town Council) and Mayor Mark Shelton (Meander Valley Council) will join in the Great Western Tiers Cycle Challenge on March 29.

The challenge is a social but challenging ride through the northern country side of Tasmania to raise money for the New Horizons Club Inc, which provides sporting and recreational opportunities for people with disabilities. The other beneficiary is the Rotary organisation with funds going to the Asthma Foundation and the purchase of Rotary shelter boxes.

There are 5 different rides

Active Swim

ACTIVE SWIM is a new Active Launceston initiative aimed to support women from culturally and linguistically diverse background to improve their swimming skills and water safety knowledge.

ACTIVE SWIM will be run in partnership with Women's Health North, Launceston Church Grammar School Pool and Australian Olympic Swimming Legend, Shane Gould.

The program will also aim to increase knowledge of physical activity options within the community, strengthen community connectedness and increase self confidence and motivation.

Active Swim will be held between 9:00am - 10:00am every Monday and Friday starting on 20 April and finishing on 11 May.

Please call Jo (6336 2401) for more information and to register.

[View Active Swim Flyer](#)

Active Launceston - How Do YOU Do It?

Calling all fitness instructors, gyms, dance teachers, sports clubs, walking groups, yoga instructors..... if you provide physical activity opportunities in our community we want you!

Active Launceston - How Do YOU do it?
Inaugural community event - showcasing all things active in Launceston

Wednesday May 27
11am - 2pm
Launceston City Park

To register your interest please complete the [Expression of Interest form.](#)

Croquet - Come and Try!

Tasmanian Croquet Association (TCA) is organising a 'Come and Try Day' on Sunday March 15th.

Croquet provides a great opportunity to increase your physical activity. The game involves walking and using the upper body muscles (shoulders, arms, wrists and hands) and having to use the brain! And of course tactics become more important as one's knowledge of the game improves!

Royal Park Croquet Club, Park Street
10.00 am to 3.00 pm
East Launceston Croquet Club
1.00 pm to 3.00 pm.

For More Information please contact Ian Scott, 6395 1048, or 0437742136.

including 160km, 100km, 76km, 52km, and a 24km ride.

Registrations are now open on www.tas.cyclechallenge.org.au

Great Western Tiers Cycle Challenge is an Active Launceston endorsed event. Would you like to have your event/program/club or group endorsed? [View the guidelines here.](#)

Roller Deby

Flat track roller derby is an all-female roller skating contact sport that was revived and modernised in the US in 2001. It's success and popularity has meant leagues can now be found across the UK, Europe and mainland Australia.

A group of passionate women recently established Tasmania's first Roller Derby League, the Van Diemen Rollers!

Whilst flat track roller derby has a strong focus on athleticism, it also creates an opportunity for self expression - women can dress up and adopt a new name and alias.

Roller Derby combines sport with spectacle on eight wheels and makes for a lot of fun

Members of the public are invited to come along and find out more about this great new sport in Launceston. For more information on session details please contact Land Cruiser on 0409 319 405 or 6391 9277.

Roller Derby is an Active Launceston endorsed initiative. Would you like

Croquet is an Active Launceston endorsed sport. Would you like to have your event/program/club or group endorsed? [View the guidelines here.](#)

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