

Program entices young to get active in sports

ACTIVE Launceston's Active and Alive program is in its second year, offering young people the chance to move away from mainstream sports and try something new.

The 2010 program runs until October and still has sessions in sailing, rock climbing, aqua fitness and boot camp.

Active and Alive was held last year over an eight-week period and Active Launceston project manager Lucy Marshall said working on feedback from the community had helped to develop the new program, which will run over six months.

"It is targeted at young people that wouldn't ordinarily have the opportunity to be involved in some of the activities."

This month the Van Diemen Rollers supported a roller derby session which was well attended but Ms Marshall said the sessions showed there was room to improve activity levels in that age group.

"We have lots of young people really keen to be involved," Ms Marshall said.

"One of the interesting things from the sessions is that there was a generally low level of fitness and that is what we are targeting."

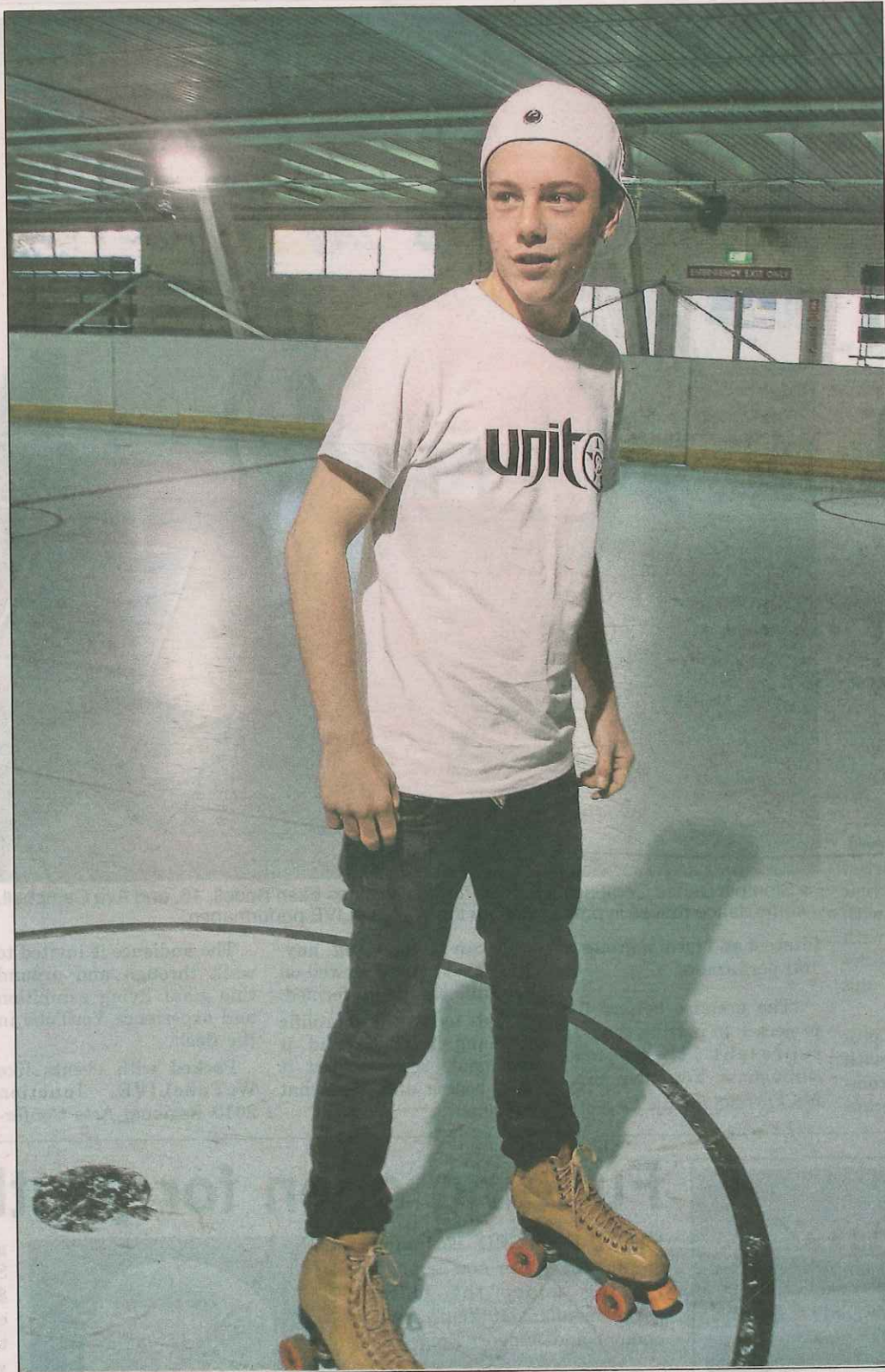
"It is all about beginning and introducing them to activity and as a whole community in Launceston we need to be doing that."

Ms Marshall said the program had successfully managed to involve young people in ongoing physical activity.

"Last year we had people keen to join the mountain bike club and the judo club after trying them through this program," she said.

The activities in the Active and Alive schedule are open to people aged 12 to 25.

● Bookings can be made by contacting Susie Aulich on 6336 2707 or 0447 823 300.



● James Whatley got a taste for roller skating at the Active Launceston Active and Alive roller derby session (below) with Van Diemen Rollers Xavier Tipper, Kylie Simons and the team.

Sessions

July 14: Aqua fitness, at Launceston Aquatic.

August 11: Boot camp - kick boxing, at Launceston City Park.

September 22-23: Rock climbing, at the Cataract Gorge.

October 22: Sailing, at the Seaport.

