

# Active Defence

FREE

2017

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Active Defence is designed for young people in the community to help provide the basic skills they need to keep themselves safe.

The program will include an introduction to self-defence and various martial arts over the eight-week period.

Active Defence aims to improve self-confidence, control emotions, and to help young people to remove themselves from risky situations - all while getting active and having fun!

For more information call us on 0438 386 025  
or visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Project management by

**WHO:**

- 🕒 11-17 yr old males and females
- 🕒 Please note Active Defence is NOT a babysitting service. Parental/guardian supervision is required and we also encourage their participation.

**WHAT YOU NEED:**

- 🕒 A drink
- 🕒 Wear comfortable clothing and appropriate footwear
- 🕒 Arrive 10 mins early

These sessions are supported by the Tasmania Police, who will attend sessions from time to time with some practical advice on safety in the community.

Dates	When	Time	What	Location
14 March	Tuesday	4.30 – 5.30pm (60 min)	Self Defence	Ravenswood Neighbourhood House, Prossers Forest Road.
15 March	Wednesday	3.15 – 4.15pm (60 min)	Self Defence	Launceston North Uniting Church 128-132 George Town Road, Newnham
21 March	Tuesday	4.30 – 5.30pm (60 min)	Self Defence	Ravenswood Neighbourhood House, Prossers Forest Road.
22 March	Wednesday	3.15 – 4.15pm (60 min)	Self Defence	Launceston North Uniting Church 128-132 George Town Road, Newnham
28 March	Tuesday	4.30 – 5.30pm (60 min)	Krav Maga	Ravenswood Neighbourhood House, Prossers Forest Road.
29 March	Wednesday	3.15 – 4.15pm (60 min)	Bang-fa	Launceston North Uniting Church 128-132 George Town Road, Newnham
4 April	Tuesday	4.30 – 5.30pm (60 min)	Krav Maga	Ravenswood Neighbourhood House, Prossers Forest Road.
5 April	Wednesday	3.15 – 4.15pm (60 min)	Kali/Arnis	Launceston North Uniting Church 128-132 George Town Road, Newnham
11 April	Tuesday	4.30 – 5.30pm (60 min)	Krav Maga	Ravenswood Neighbourhood House, Prossers Forest Road.
12 April	Wednesday	3.15 – 4.15pm (60 min)	Kali/Arnis	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea
<b>School Holidays/ Easter Break</b>				
2 May	Tuesday	4.30 – 5.30pm (60 min)	Krav Maga	Ravenswood Neighbourhood House, Prossers Forest Road.
3 May	Wednesday	3.15 – 4.15pm (60 min)	Shaolin Qinnashou	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea
9 May	Tuesday	4.30 – 5.30pm (60 min)	Boxing	Ravenswood Neighbourhood House, Prossers Forest Road.
10 May	Wednesday	3.15 – 4.15pm (60 min)	Boxing	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea
16 May	Tuesday	4.30 – 5.30pm (60 min)	Boxing	Ravenswood Neighbourhood House, Prossers Forest Road.
17 May	Wednesday	3.15 – 4.15pm (60 min)	Boxing	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea

**HOW TO REGISTER:**

Sign up now for Active Launceston with the I'm In by Healthy Tasmania phone app available on iOS and Android. Fill in your details then register at each session by scanning your phone

(QR Code) with the session coordinators phone. If this doesn't work for you, just bring your phone to the session and we'll sort it, or you can use our phone to register. Step by step process available at [www.activelaunceston.com.au](http://www.activelaunceston.com.au)