

Active Parks 2017

**FREE
ACTIVITIES**



Get active
Have fun
Sign up now



FREE group activity sessions in
Rocherlea and Ravenswood

**4 WEEK PROGRAM:
6TH MARCH - 30TH MARCH**

For more information call us on 0438 386 025
or visit www.activelaunceston.com.au

Project management by



WHO:

- 📍 All fitness levels
- 📍 Beginners encouraged
- 📍 No commitment required
- 📍 Bring a friend, a group or the whole workplace
- 📍 The involvement of children in Active Parks is at parent's discretion. We recommend 12 years as a minimum. Please consider your child's ability to engage socially and physically with the group

WHAT YOU NEED:

- 📍 A yoga mat or towel
- 📍 A drink
- 📍 Wear comfortable clothing and appropriate footwear
- 📍 Arrive 10 mins early

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 park and we'll sort it, or you can use our phone to register. Step by step process available at www.activelaunceston.com.au

When	Time	Session	What	Location
Mondays	10.00 – 10.45am (45 minutes)	Gentle Exercise	Low impact activities designed for those who are currently doing little or no physical activity.	Rocherlea - Northern Suburbs Community Center 11 Blackwood Drive
Tuesdays	5.30 – 6.15pm (45 minutes)	Get up and get active	A fun, low intensity full body session with a variety of activities to get your body moving again.	Ravenswood (park behind Ravenswood Neighbourhood House and Child Care, Prossers Forest Road)
Wednesdays	5.30 – 6.15pm (45 minutes)	Get up and get active	A fun, low intensity full body session with a variety of activities to get your body moving again.	Rocherlea - Northern Suburbs Community Center 11 Blackwood Drive
Thursdays	10.45 – 11.30am (45 minutes)	Gentle Exercise	Low impact activities designed for those who are currently doing little or no physical activity.	Ravenswood (park behind Ravenswood Neighbourhood House and Child Care, Prossers Forest Road)