



Active DANCE 2017

**FREE
ACTIVITIES**

Get active
Have fun
Sign up now



Join Active Launceston
& start dancing
to improve your health!

- 🎵 FREE dance workshops
- 🎵 Beginners welcome – designed for people with all experience levels or for those who just want to have fun!
- 🎵 No booking required

Project management by



**HEALTHY
TASMANIA**

www.healthytasmania.com.au



Neighbourhood Houses
The heart of our community
**STARTING POINT
NEIGHBOURHOOD
HOUSE**

Northern Suburbs

Community Centre Inc.



@ALaunceston









@activelaunceston



Active Launceston



WHAT YOU NEED TO KNOW:

-  Please arrive around 15 minutes early to each session
-  No commitment required, join us when you can
-  Dance partners not necessary
-  Wear loose comfortable clothing, appropriate footwear and bring a drink bottle
-  The involvement of children in Active Dance is at parent's discretion. We recommend 12 as the minimum age. Please consider your child's ability to engage socially and physically with the group.
-  Bring a drink

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

Dates	When	Time	Location
1 May	Monday	4.30 – 5.30pm (60min)	Invermay Primary School 35-43 Mayne St Invermay 7248
4 May	Thursday	4.30 – 5.30pm (60min)	Waverley Primary School 6 Naroo St Waverley 7250
8 May	Monday	4.30 – 5.30pm (60min)	Invermay Primary School 35-43 Mayne St Invermay 7248
11 May	Thursday	4.30 – 5.30pm (60min)	Waverley Primary School 6 Naroo St Waverley 7250
15 May	Monday	4.30 – 5.30pm (60min)	Invermay Primary School 35-43 Mayne St Invermay 7248
18 May	Thursday	4.30 – 5.30pm (60min)	Waverley Primary School 6 Naroo St Waverley 7250
22 May	Monday	4.30 – 5.30pm (60min)	Invermay Primary School 35-43 Mayne St Invermay 7248
25 May	Thursday	4.30 – 5.30pm (60min)	Waverley Primary School 6 Naroo St Waverley 7250