



2024/2025
Schedule

FREE SESSIONS



Move More, Live More!

Active Launceston is a community driven partnership with the vision of improving health and wellbeing in the Launceston community through physical activity.



www.activelaunceston.com.au



@activelaunceston

WHAT	TIME	WHEN	WHERE
<p>Active Armchairs</p> <p>Low impact activities designed for those who are currently doing little or no physical activity. Active armchairs is based around exercises that are so easy they can be done in your armchair at home.</p>	11.00 am- 11.45 am	THURSDAYS 2024 24 October - 12th December	Starting Point Neighbourhood House Ravenswood, 6 Prossers Forest Road, Ravenswood
	11.00 am- 11.45 am	THURSDAYS 2025 6 February - 27 March	Northern Suburbs Community Centre, 49 George Town Road, Newnham
<p>Active Parks: Yoga</p> <p>Mindful movement designed to improve strength, flexibility, posture and balance. Please bring your own mat or towel.</p>	6.00 pm- 7.00 pm	TUESDAYS 2024 15 October - 10 December	City Park (between duck pond and rotunda)
		TUESDAYS 2025 11 February - 1 April	
<p>Active Parks: Tai Chi</p> <p>Gentle flowing movements which help to improve balance and strengthen body and mind.</p>	3.30 pm- 4.15 pm	SUNDAYS 2024 13 October - 8 December *no session 3 November	City Park (between duck pond and rotunda)
		SUNDAYS 2025 9 February - 30 March *no session 9 March	

Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers, and targeting those with the highest need. For more information on any of the initiatives listed in this program visit activelaunceston.com.au



Four simple ways you can sign up for Active Launceston

1 First Timer?

Download the 'I'm In' App by **Healthy Tasmania®** (available on iOS or Android) and register. Choose your session(s) in the App then simply bring your phone along to each session. We'll show you the rest! Or..

2

Register on-line at <https://iminconnect.com/> registration

3

Complete a paper based form at the session.

4

Returning to Active Launceston?

Log into 'I'm In' to choose your session(s) then bring your phone along to each one.

scan me



Wear comfortable clothes - arrive 15 minutes early - bring your drink bottle - no experience required

Contact : 0424 955 447 - Samara McIlroy