

How to sign up for Active Launceston



You can register for Active Launceston in three ways:

- 1 Complete a paper based form at the session **or**
- 2 Register online at <http://www.healthytasmania.com.au/Registration> **or**
- 3 Fill in your details just ONCE by downloading the "I'm In" by Healthy Tasmania phone app available on iOS and Android. Then simply bring your phone along to a session and scan the QR code on your phone with the session coordinator's phone (NOTE: If you already have the app, please check you have the most recent update). Also be sure to check your junk mail for email verification.

Contact information

0438 386 025

General information

- Wear comfortable clothing
- Arrive 15 minutes early
- Bring a drink bottle

Project management by



**HEALTHY
TASMANIA**

www.healthytasmania.com.au



Move More, Live More!

www.activelaunceston.com.au

Active
LAUNCESTON

City of
LAUNCESTON

2019-2020 Schedule



Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. 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 below please visit www.activelaunceston.com.au

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www.healthytasmania.com.au

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Active Launceston

Spring 2019

INITIATIVE	WHO	WHAT	WHEN	DATES	LOCATION
Active and Alive	10 - 17 year olds	Hang out with Luke and PJ from the YMCA team and try out all sorts of fun games and activities. Be challenged by their ninja obstacle course, get some air on the mini tramps, be strategic in their big team games or try their gymnastics program. There is some serious fun to be had.	Tuesdays 4.00 - 5.00pm (60 minutes)	15 October - 3 December (8 weeks)	Ti-Tree Reserve, Ti-Tree Crescent, Rocherlea
Active Armchairs	Adults	Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises so easy they can be done in your armchair at home.	Thursdays 10.45 - 11.30am (45 minutes)	17 October - 5 December (8 weeks)	Starting Point Neighbourhood House, Prossers Forest Road, Ravenswood

What else

*Due to Launceston Cup Day there will be no Active Armchairs session on 26 February 2020

** At Active and Alive you need to have a parent/ guardian complete a registration form on your behalf.

You can access a form at www.activelaunceston.com.au or get one from the local Neighbourhood House to sign before the first session.

SUMMER 2020

INITIATIVE	WHO	WHAT	WHEN	DATES	LOCATION
Active & Alive	10 - 17 year olds	Hang out with Luke and PJ from the YMCA team and try out all sorts of fun games and activities. Be challenged by their ninja obstacle course, get some air on the mini tramps, be strategic in their big team games or try their gymnastics program. There is some serious fun to be had.	Tuesdays 4.00 - 5.00pm (60 minutes)	11 February - 31 March (8 weeks)	Starting Point Neighbourhood House, Prossers Forest Road, Ravenswood
Active Armchairs	Adults	Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises so easy they can be done in your armchair at home.	Wednesdays 11.15am - 12.00pm (45 minutes)	12 February - 8 April (8 weeks)	Northern Suburbs Community Centre 49 George Town Road, Newnham

