

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

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**HEALTHY
TASMANIA**

www.healthytasmania.com.au

Active
LAUNCESTON

City of
LAUNCESTON



CELEBRATE 10 YEARS OF ACTIVE LAUNCESTON!

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

Move More, Live More! www.activelaunceston.com.au

Spring 2018

INITIATIVE	WHO	WHAT	WHEN	DATES	LOCATION
Active Parks	Adults	A variety of activities and challenges to improve fitness, flexibility and muscle strength. Fun and Fitness makes great use of the vibrant and versatile Inveresk precinct and is an easy way to start living a healthier life.	Wednesdays 5.45 - 6.45pm (60 minutes)	17 October - 5 December (8 weeks)	Invermay - Meet outside QVMAG, Inveresk Precinct
Get Your Body Started	Adults	Low impact activities designed for those who are currently doing little or no physical activity. These gentle exercise sessions are particularly designed for beginners and those that want to start living a healthier lifestyle.	Thursdays 10.45 - 11.30am (45 minutes)	18 October - 6 December (8 weeks)	Ravenswood - Starting Point Neighbourhood House

SUMMER 2019

INITIATIVE	WHO	WHAT	WHEN	DATES	LOCATION
Active & Alive	11 - 17 year olds	Hang out with Luke from the YMCA team who will deliver a variety of fun and challenging games and activities to test your confidence and team work. Be challenged by their ninja obstacle courses or perhaps jumping on mini tramps is your thing? Maybe trying to beat them at their own challenging big team games, or maybe your interest lies in their gymnastics program? YMCA have plenty of random different games and activities for you to try out and all of them fun and active. And well seriously, 'Y' wouldn't you?	Tuesdays 4.00 - 5.00pm (60 minutes)	12 February - 2 April (8 weeks)	Ravenswood - Starting Point Neighbourhood House
Active Armchairs	Adults	Low impact activities designed for anyone doing little or no physical activity. Active Armchairs will include a variety of exercise that can be done in your armchair at home.	Wednesdays 11.15 - 12.00pm (45 minutes)	13 February - 3 April (8 weeks)	Newnham - Northern Suburbs Community Centre

