

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Autumn activities get everyone moving

Dad can try the educational and gentle bike ride on a Sunday, mum can take part in some stretching and strengthening exercises in a beautiful park during the week and grandma can get into laser skirmish or sailing if she's free on a Thursday – all through the free activities starting this month with Active Launceston.

One of the most popular activities is Active Bike, which will coincide with State Bike Week (March 10-18) and sessions will be held at Royal Park, Park St, Launceston between 10am-11am on Sunday mornings.

“This is a great program to help people discover the recreational trails of Launceston and a fantastic way to celebrate State Bike Week,” Active Bike co-ordinator Andrew Boote said.

“Participants can expect to learn new skills while in a fun and safe environment, and it's perfect for anyone who has just bought a bike or there are a limited number of bikes available for free use.”

Also welcome will be the program for disengaged young people called Active and Alive, which encourages individuals to try new activities such as rock climbing, mountain bike riding and caving.

Youth Learning Officer Shaun Smith said that members of Radar, a State Government education program for children who struggle to attend regular school, are given the opportunity to participate in a range of activities that they normally wouldn't, either through cost, access or it may be an activity they have never heard of before or thought about doing.

“Our participation in the program links our young people with activities that are available in their local area, exposes them to new experiences and contributes to them building capacity to try new things and face new challenges,” he said.

Active Launceston project coordinator Victoria Bick said “we have so many free programs for all ages and abilities that there are no excuses for not getting active this autumn. With such variety there is certainly something for everyone!”

Active Launceston is a community driven project aimed to improve the health and wellbeing of the Launceston community through increased participation in physical activity. Please visit the website on www.activelaunceston.com.au or contact them on (03) 6324 4027.

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Active Launceston Program

Active Bike	Give participants a better understanding of how to ride safely on the road and help them to discover the recreation trail network of Launceston.	Sunday Mornings 10am – 11am 11th March – 13th May	Royal Park Park Street
Active Swim	Basic swimming and water safety program for migrants and refugees.	Wednesday Afternoons 2pm – 3pm 8 week program from 28th March to 30th May 2012 (No sessions on the 18th & 25th of April)	Launceston Aquatic High Street
Active and Alive	Program for disengaged young people encouraging them to try new activities e.g rock climbing, mountain bike riding, caving	First Wednesday of the month March - October.	Various locations
Active GOLD	Program for older adults to experience the numerous physical activity opportunities that are available in our community. E.g trampolining, laser	Second Thursday of the month March – October	Various locations

	skirmish & sailing		
Active Parks	Program for the general community. Seven sessions per week in Launceston's beautiful community parks. e.g Tai Chi, Stretch and Strengthen	Monday to Saturday until the end of March	Various Locations