

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: WEDNESDAY 10 APRIL 2013

ATTENTION: Chiefs of Staff, News Directors



Free dance lessons suit all styles

Rock 'n' roll, Zumba, line dancing, belly dancing, modern jazz and ballroom dancing lessons will ensure everyone will find the right beat when Active Launceston launches Active Dance tomorrow (**Thursday 11 April**).

Active Dance will teach the basics of these six different dance styles to help motivate and inspire Launcestonians to get moving and have fun.

For the first time Active Dance will be held at Ravenswood Heights Primary School. The free dance workshops will be perfect for beginners and dance partners are not necessary.

"This is an exciting opportunity for our school community and we welcome Active Launceston to our school whole heartedly," school principal Britany Roestenburg said.

Active Launceston project co-ordinator Sharon King emphasised that it doesn't matter what level of ability or experience participants have, because the instructor will be starting with the basics.

"Dancing is such a social and fun form of physical activity I encourage everyone to come and give the dances a go," she said.

"The feedback from our last Active Dance was wonderful, with the dance enthusiasts commenting on how easy it was to get involved, that there is no pressure to get everything right, and that the instructor guided them through everything in a way that made it enjoyable."

"Others said they enjoyed the social aspect and being part of a lovely group, while some were more interested in being able to do something physical that wasn't too hard."

The classes will be held at Ravenswood Heights Primary School gym every Thursday from 10-11am from 11th April (except for Anzac Day) until June 20.

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 is managed by the University of Tasmania in partnership with Launceston City Council and Tasmanian Government.

For more information, please visit the website
www.active.launceston.tas.gov.au or phone 6324 4047.

Information Released by:

UTAS Communications and Media Office

Phone: Lana Best (03) 6324 5019; Mob. 0417 978 025

Email: Lana.Best@utas.edu.au