

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Men get their Active Swimming caps on

Active Launceston's Active Swim program is aimed to support those from culturally and linguistically diverse backgrounds to develop basic swimming and water safety skills as well as provide a connection to the community. Over the past five years this program has helped 84 women participate in 440 hours of swimming lessons; however, in 2014 there will be a change in the pool.

Active Launceston have liaised with the Migrant Resource Centre to bring this successful program to the community and this year there was a request for a men's group.

Integration Unit Project Officer Sharon Wright said "The men appreciate that the women have been a part of this program previously and felt it was their turn this year to participate, they see the women go on to teach their families about how to be safe in and around the water in Australia and want to be a part of this also. It is wonderful to see the men step up and get involved."

"The Migrant Resource Centre is pleased to be working alongside Active Launceston to support and introduce those new to the community to water safety, the joy of swimming and also assist them to feel a part of the Australian culture and be safer on our beaches and waterways. Active Launceston do a wonderful job with a wide variety of programs and as more people from other countries settle in Tasmania more programs such as this will be needed," She said.

Active Launceston Coordinator Sharon King said "When putting together a program such as Active Swim it is important to liaise directly with those in the community to understand what they need from us and how we can make this happen for them."

“Things that we often take for granted need to be considered such as what to wear, what is and isn’t appropriate, the need for a change of clothes, towels, the need for segregated gender groups for some cultures as well as a same sex instructor to run the program.”

“Active Launceston have also liaised with the Launceston Aquatic Centre who have been understanding and accommodating to the needs of this program and we hope that this relationship can continue well into the future.” She said

Active Launceston are also pleased to announce that the updated version of their website has just gone live in the past week. The new site is easier to navigate, smart phone compatible and user friendly. Staying up to date with all things ‘Active’ has never been so easy.

Sporting organisations are encouraged to create a group, this is a fantastic way to communicate with others what activities there are available; you can send messages and upload timetables to keep others informed. Individuals who join the website can also track their physical activity progress. No matter how savvy or not your computer skills are you will find everything you need to know about being active in Launceston is at the tip of your fingers.

Other Active Launceston initiatives currently in operation include: Active Dance, Active GOLD, Active & Alive and Active Walk/Run and Active and Inclusive will also be starting on the 21st and 28th May respectively.

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.

For more information please visit the website www.activelaunceston.com.au or phone 6324 4047.

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