

MEDIA RELEASE

DATE: FRIDAY 2 OCTOBER 2009
ATTENTION: Chiefs of Staff, News Directors



Launceston parks to get active

The Active Parks programs are back with the addition of a new program - Active Southern Parks.

Sessions will run during the daylight savings period, Monday 5 October 2009 – 2 April 2010.

Community members will be able to enjoy Gentle Exercise or Stretch and Strengthen Mondays, Pilates Tuesdays, Fitness & Fun morning and night on Wednesdays and Tai Chi on Thursdays or Fridays.

Lucy Marshall, Active Launceston Manager, said this year's Active Parks programs would have packed schedules across the municipality with seven sessions each week running through the whole daylight savings period.

"It is really exciting that we have been able to work with the industry to continually develop and expand these programs each year to provide more opportunities for more people more often," Ms Marshall said.

Launceston Mayor Albert van Zetten said the initiatives offer a range of free outdoor activities to residents of all ages.

"What makes it so successful is there is no commitment required, people can just turn up on the day and participate," he said.

Visit www.activelaunceston.com.au for full details.

Photo opportunity

EVENT: Media are invited to attend the launch of the Active Parks programs. The launch will be held at the first Gentle Exercise session of the Active Southern Parks program.

WHO: Mayor Albert Van Zetten, Gentle Exercise participants Active Southern Parks Consultant, Megan Richardson and Active Launceston manager Lucy Marshall.

WHEN: 9.45am Monday 5 October 2009.

WHERE: Nunamina Ave Reserve, Kings Meadows.

For more information: Lucy Marshall, University of Tasmania, ph. 6324 4047

Program Details:

All sessions last for approximately 1 hour

Please note there will be no activities during the two week Christmas break (21 December- 3 January) or Active City Park sessions during Festivale (9- 15 February 2010)

Active Northern Parks

Pilates, Tuesdays, 1.pm
Ravenswood Community Park
Tai Chi, Fridays, 11am
Caledonian Square, Invermay

Active Southern Parks

Gentle Exercise, Mondays, 10am
Nunamina Ave Reserve, Kings Meadows
Fun and Fitness, Wednesdays, 5.45pm
Nunamina Ave Reserve, Kings Meadows

Active City Park (funded by Launceston City Council)

Stretch & Strengthen, Mondays 5:45pm
Fitness & Fun Wednesdays, 6:15am
Tai Chi Thursdays, 12:30pm

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