

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: FRIDAY 27 AUGUST 2010

ATTENTION: Chiefs of Staff, News Directors



New free activities with Active Launceston in spring and summer

Three new programs have been added to the Active Launceston project for the coming spring and summer, including free hydrotherapy classes for people with injuries or joint problems.

Active Launceston manager Lucy Byrne said a packed schedule of events and activities for all ages will be offered with the three new offerings - Active Kids, Active Aqua and Active Hydro.

“Active Kids will be held on Thursday mornings in City Park and will include two sessions, one for children under five and one session for primary school-aged children,” she said.

“And the new Active Aqua program will give people of all ages and abilities an opportunity to try some aqua fitness at the Launceston Aquatic centre.”

Physiofit physiotherapist Lisa Banfield said she was looking forward to working with Active Launceston on the Active Hydro program.

“This will provide free hydrotherapy classes for people who are recovering from physical injuries or who suffer from sever joint pain due to arthritis or the like,” she said.

Other annual Active Launceston programs will continue and all new and returning participants are encouraged to get involved.

For more information please call (03) 6324 4027 or visit www.activelaunceston.com.au

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity. The project is managed by the University of Tasmania and its partners; Launceston City Council, Sport and Recreation Tasmania and the Tasmanian Community Fund.

PHOTO and INTERVIEW OPPORTUNITY

EVENT: Media are invited to the Launceston Aquatic Centre for a photo and interview opportunity with Lisa Banfield, physiotherapist and Active Hydro Consultant and Active Launceston Manager, Lucy Byrne.

WHEN: 12noon Monday 30 August 2010

*For more information contact Active Launceston Project Manager Lucy Byrne,
phone. (03) 6324 4047.*

Information Released by:

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Program Summary Spring/Summer 20010/11:

Active Bike – Program for anyone over the age of 15

Saturdays 10am -11am
4 September – 6 November
Royal Park, Park Street

GOLD – Program for older people

September 4 Orienteering
October 6 Aqua Fitness
November 3 Kick boxing
Registrations essential
Anita 0409 806 934

Active and Alive – Program for Young people

September 22 – Rock Climbing
October 13 – Sailing
Registrations essential
Susie 0447 823 300

Active Hydro – Hydrotherapy program

Wednesdays 2pm-3pm
15 September – 5 November
Launceston Aquatic Centre
Registrations essential
Active Launceston (03) 6324 4027

Active Swim – Basic Swimming program for people from culturally and linguistically diverse backgrounds

Tuesdays 11am – 12pm
 14 September – 5 November
 Launceston Aquatic Centre
 Registrations essential
 Active Launceston (03) 6324 4027

Active Aqua - Aqua fitness program

Mondays 10am – 11am
 13 September – 5 November
 Launceston Aquatic Centre
 Registrations essential
 Active Launceston (03) 6324 4027

Active Parks – Program for all ages and abilities in the outdoors

4 October 2010 – 2 April 2011 (2 weeks off for Christmas)

There will be no sessions on public holidays.

All Active Parks sessions are funded by the University of Tasmania and their partners through the Active Launceston project except for sessions in City Park which are funded by Launceston City Council

Day	Time	Venue	Session
Mondays	6pm	City Park	Stretch and Strengthen
Tuesdays	12noon	Ravenswood Community Park	Stretch and Strengthen
Wednesdays	6am	City Park	Fun and Fitness
	6pm	Punchbowl Reserve	Fun and Fitness
Thursdays	12.30pm	City Park	Tai Chi
Fridays	10am	Hoo Hoo Hut Heritage Forest (Conway St)	Gentle Exercise
Saturdays	10am	Punchbowl Reserve	Tai Chi

Active Kids – Active play program for children under 5 and primary aged children

Thursdays 9.30am – 11.15am
 14 October – 16 December
 Registrations essential
 Active Launceston (03) 6324 4027

FREE healthy Breakfast at Pages in the Mall and more for;

Ride to Word Day – 13 October
 Walk to Work Day – 1 October

