

# MEDIA RELEASE

DATE: WEDNESDAY 8 OCTOBER 2008  
ATTENTION: Chiefs of Staff, News Directors

---



## Launceston parks to get active.

Launceston City Council's Active City Park is back and with the support of Active Launceston it has expanded to the northern suburbs making this season bigger and better than ever.

The project offers a range of free outdoor activities to residents of all ages and is a great way to not only get active, but meet new people in a relaxed environment and have fun.

This year Active City Park and Active Northern Parks will have packed schedules with six sessions each week running through the whole daylight savings period.

From 13 October enjoy Gentle Exercise Mondays, Fitness & Fun and Pilates/Yoga on Tuesdays, Fitness & Fun and Tai Chi on Wednesdays and Tai Chi on Thursdays.

Professor Gail Hart, UTAS Pro Vice-Chancellor of Teaching and Learning, said everyone was welcome to join in the free program. "There is no commitment required, you can just turn up on the day and participate," she said.

Denise Delphin, Manager of the Northern Suburbs Community Centre in Rocherlea, said the program would add to the opportunities that were available for people to be active. "We have appreciated the support from the Active Launceston team in setting up our new program in the northern suburbs."

Active City Park has involved more than 1500 people in physical activity in the past three years.

"It's exciting that our partnership with the University, through the Active Launceston project, has enabled the expansion of this very successful program into the northern suburbs of Launceston," Launceston Mayor Albert van Zetten said.

Visit [www.activelaunceston.com.au](http://www.activelaunceston.com.au) for full details.

### **Pre Photo Opportunity**

TODAY: October 8, 10.30am, Rocherlea Li-Lea Pad Park, Blackwood Drive (behind Rocherlea shop) Join the Mayor Albert Van Zetten, Megan Richardson program instructor and community members in City Park for a session of Fitness and Fun.

**For more information: Lucy Marshall, University of Tasmania, ph. 6324 4047 or mob. 0409 937421.**

**Details:**

13 October 2008 – 2 April 2009 (Christmas Break 22 Dec- 4 Jan)

**Active City Park**

Pilates/Yoga – Tuesdays 5:45pm  
Fitness and Fun – Wednesdays 6:15am  
Tai Chi – Thursdays 12:30pm

**Active Northern Parks**

Gentle Exercise  
**Mowbray Heights Primary School**  
Mondays 9:30am

Pilates/Yoga  
**Ravenswood Community Park**  
Tuesdays 1pm

Tai Chi  
**Rocherlea Li-Lea Pad Park**  
Wednesdays – 11am

Move more Live More with Active Launceston  
[www.activelauceston.com.au](http://www.activelauceston.com.au)

**Information Released by:**

**The Media Office, University of Tasmania**  
**Phone: 6324 3218 Mobile: 0438 510616**  
**Email: Media.Office@utas.edu.au**