

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: FRIDAY 27 MARCH 2009

ATTENTION: Chiefs of Staff, News Directors



Olympian Shane Gould leads new arrivals' swim program

Australian Olympic Swimming Legend Shane Gould will lead a new Active Launceston initiative supporting women from culturally and linguistically diverse backgrounds to improve their swimming skills and water safety knowledge.

Active Swim will be run in partnership with Women's Health North and Launceston Church Grammar School swimming pool to address an identified need in the community.

Gould is excited about the opportunity to share her experiences with the women and help them learn the culture of swimming in Australia.

"I want to help them develop skills which will encourage them, their families and friends to feel more confident in the water," she said.

Active Launceston Manager, Lucy Marshall said Active Swim aimed to increase the participants' knowledge of physical activity options in the community, strengthen their connection to the community and help to increase self confidence and motivation.

Sessions will be held at the Launceston Church Grammar School swimming pool 9:00 – 10:00am on Mondays and Fridays between 20 April and 11 May. Please call Jo ph. 6336 2401 for more information and to register.

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

PHOTO and INTERVIEW OPPORTUNITY

EVENT: Active Swim media launch

WHO: Active Swim participants, program coordinators, Shane Gould, Lucy Marshall
Active Launceston Manager

WHEN: 10.00am Monday 30 March 2009

WHERE: Launceston Church Grammar School swimming pool, Button St. Mowbray Heights.

For more information:

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