

TasRec Calendar

Term 2: April – June 2021



How the Program Works

Week one from the 12th – 16th April is our taster week. Come along to all sessions and try them out! Then we have a 10 week term, commencing 19th April to the 25th June, where participants book into the 10 sessions for the activities they wish to attend.

Workshop Overview

| TasTracks | Sports Activities | Just Move | Cooking |
|---|---|--|---|
| Walks in and around Ulverstone with transport from Ulverstone or meeting at the walk location. A list of location starting points will be provided once participants have booked in. Venue: TBC | In conjunction with Reclink – frisbee, soccer, touch football, ball games and other skill based activities. Venue: Bicentennial Park | Circuit based exercise in a private gym facility. Venue: Athlete 42 2 Flora Street | Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes. Venue: Ulverstone Neighbourhood House |

Timetable

| DAY | WORKSHOP | LOCATION | WITH | TIME |
|-----------|-------------------|-------------------|---------------|-------------------|
| Monday | - | - | - | - |
| Tuesday | Just Move | Athlete 42 | Chloe | 1:00pm – 2:00pm |
| Wednesday | Sports Activities | Bicentennial Park | Chloe | 2:00pm – 4:00pm |
| Thursday | TasTracks | TBC | Chloe & Emily | 10:00am – 12:00pm |
| Friday | Cooking | Ulverstone | Emily | 10:00am – 12:00pm |

Bookings

Phone: 1800TASREC (1800827732)
 Email: referrals@richmond futures.com.au
 Online: rftas.org.au/tasrec-online-booking

Enquiries

Leader: Nadia Cole
 Phone: 0439 952 252
 Email: nadiac@rftas.org.au

Venue: Ulverstone Neighbourhood House
 7 – 9 Lugana Cres, West Ulverstone
 (Except TasTracks, Just Move & Sports Activities)

