



Womensport & recreation Tasmania Inc.

The Get Active Program (GAP) is a statewide initiative that promotes involvement in physical activity and supports participants to improve their health and wellbeing.

GAP is proudly owned by Womensport and Recreation Tasmania Inc. and is delivered with support from the Department of Health Tasmania, and in partnership with many organisations across the state.



SMITHTON WELLBEING INDOOR RECREATION LEISURE



CIRCULAR HEAD  
COUNCIL



ACCESS 2  
Health  
Services

Tasmanian Government  
The Access to Health Services  
Project received funding from  
the Australian Government

# BE HEALTHY & GET ACTIVE PROGRAM

Join us at SWIRL to experience the different physical activities on offer and learn health tips along the 10- week journey

## Program Highlights

Personal goal setting

Nutrition

Body positivity

Fun physical activities

Register Now



27 Jan - 31 Mar 2026 at 5.20pm



SWIRL- 114 Nelson Street,  
SMITHTON



FREE PROGRAM

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