



Active Together Initiatives & Events

HALF PRICE RECREATIONAL SWIMS

September 7, 2010-June 18, 2011

Children and youth can make a splash throughout the fall, winter and spring during \$1 recreational swims at select pools.



HOLIDAY BREAK December 20 - 30, 2010

Families can enjoy time on the ice with free holiday recreational skating, courtesy of Tim Hortons, at select arenas. Free, supervised skating is also available on outdoor rinks.

FAMILY DAY February 21, 2011

Families can get active together participating in community centre drop-in leisure activities on this statutory holiday. Special fitness, sports, creative and visual arts programs are free of charge, and recreational skating, swimming and aquafitness are available for a nominal fee.

MARCH BREAK March 14 - 18, 2011

All ages can enjoy a week of drop-in leisure activities such as aquafitness, recreational swimming, skating, shinny hockey, bocce, basketball, volleyball, open gym, youth room drop-in, badminton, soccer, bowling, and table tennis, for a nominal fee.

PAUSE TO PLAY WEEK April 17 - 23, 2011

Families can enjoy a week of fun physical activities, which encourages individuals to put their sedentary activities on pause and play. Passports to track your activities will be available at schools, community centres and libraries. Passports may be redeemed for entry into a prize draw.



YOUTH WEEK May 1 - 8, 2011

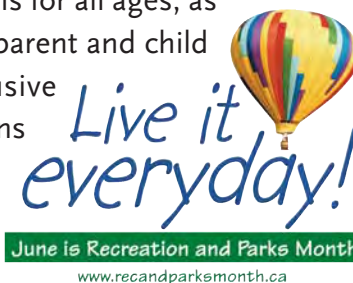
Youth ages 10-17 can participate in a week of upbeat activities during this annual initiative, which celebrates and advocates youth empowerment, achievement and involvement.



RECREATION & PARKS MONTH

June 1 - 30, 2011

Celebrate the value and benefit of recreation and parks with free drop-in leisure activities throughout June. Community centres offer a diverse line-up of indoor and outdoor sports and fitness programs for all ages, as well as a variety of parent and child options and inclusive programs for persons with disabilities.



Inside:

GREAT IDEAS TO GET YOUR SCHOOL ACTIVE!



Vaughan HEALTHY SCHOOLS

2010/2011

GET YOUR SCHOOL MOVING!

As a Healthy Schools Community Partner, the Recreation & Culture Department is committed to working with schools to ensure students are provided equal access to physical activity opportunities. By creating a healthy environment through physical activities, students will have:

- increased confidence and self-esteem
- improved concentration
- better academic performance

The City of Vaughan provides recreational opportunities to all students, including specialized programs that our recreation staff can help incorporate into your school's everyday curriculum, and city-wide annual events which schools are invited to take part in. We encourage you to speak to your school administration about participation in the active programs and events featured in this newsletter.



www.vaughan.ca

For information on Active Together initiatives or events, contact Heather Kaufmann, Active Living Coordinator at 905-832-2377 ext. 7438 or heather.kaufmann@vaughan.ca.

'ACTIVE TOGETHER' ONLINE | www.vaughan.ca

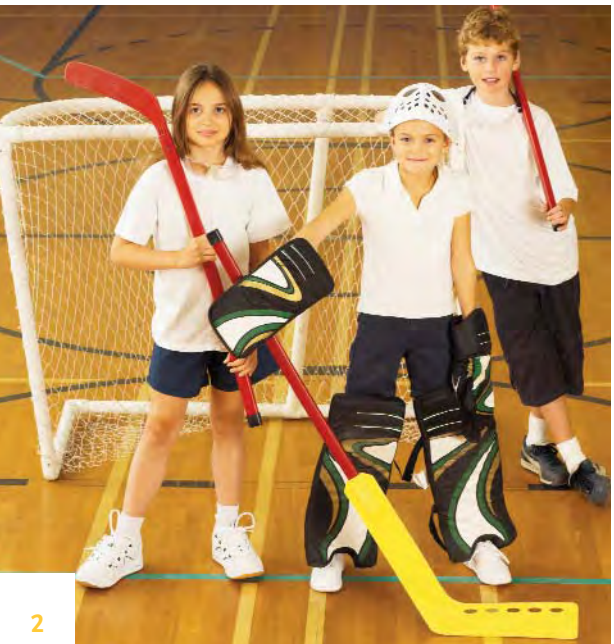
Our new Active Together webpage features fun, age-appropriate toolkits that provide inspirational tips on incorporating regular physical activity into daily life, and up-to-date listings of recreational programs and events across Vaughan.

Applicable fees based on program structure.
Programs are based on scheduling and availability.

Have a special request or unique idea for a recreation program?

Contact Heather Kaufmann, Active Living Coordinator, at 905-832-2377 ext. 7438 or heather.kaufmann@vaughan.ca.

For more information on Vaughan Healthy School programs, visit the *Active Together* website at www.vaughan.ca.



GRADE	ACTIVITY	DESCRIPTION
ELEMENTARY	Grades 1 - 12	INTRAMURALS Staff, in partnership with your healthy school leaders, will guide you in the development of fun and friendly rules and tips for organizing intramural teams, scheduling playing times, and coordinating student volunteers.
	Grade 3	SWIM TO SURVIVE <i>Swim to Survive</i> is a survival training program that provides children the minimum skills needed to survive an unexpected fall into deep water. It is instructed by qualified City of Vaughan aquatic staff.
	Grades 3 - 8	LUNCH LEAGUES Run a 6 - 8 week lunch-hour house league program featuring one sport, or a rotating schedule of several sports, such as soccer, basketball, volleyball, ball hockey and badminton. Staff will provide the support needed to get the program up and running.
	Grades 5 - 8	RECESS RUNNERS: One hour workshop Staff will assist "km leaders" with mapping an all-season running route on the school grounds, establishing running groups of varying distances/levels of intensity, and developing a system to track and award progress to keep students motivated. An <i>Active Kids Runners Guide</i> will provide leaders with tips for route safety.
	Grades 5 - 8	RECESS READY: One hour workshop An interactive workshop on cooperative games for your recess leaders. An <i>Active Kids Recess Guide</i> will be provided.
SECONDARY	Grade 9 - 12	FIT BREAK: 45 minute class Help students work off their lunch with cardiovascular and muscle conditioning exercises that burn fat, develop core strength, and improve balance, coordination and endurance. Classes conducted by qualified City of Vaughan Fitness staff. Maximum number of participants determined by gym size.
	Grade 9 - 12	AQUATICS FOR YOUTH: One hour A supervised length swim that provides students with a low-impact, total body workout that will build a strong swimming foundation while increasing their endurance, speed and distance. The pool is divided into slow, medium and fast lanes to accommodate different swimming levels. Equipment, including flutter boards, lifejackets, and pull buoys is available. Please note: Schools must arrange for transportation to/from pool; busing is not provided.
	Grade 9 - 12	SPORTS SWIM: One hour Staff will lead students in a sampling of specialty aquatic programs including water polo, volleyball and basketball. Swimmers will increase endurance, develop teamwork and communication skills, and gain confidence in the water. Please note: Schools must arrange for transportation to/from pool; busing is not provided.
ELEMENTARY and SECONDARY	Kindergarten - Grade 12	ACTIVE LIVING PLAY DAY: Half day or full day An all-day circuit of physical activity, cooperative games and fun competition will shake up the daily academic routine and introduce students to the joy of physical activity. Staff will assist school leaders in organizing students into groups and create a rotating schedule of activities.
	Kindergarten - Grade 12	SWIM @ SCHOOL Weekly swimming lessons will provide students with the opportunity to learn correct and efficient stroke techniques and develop endurance in the water. A multi-level teaching concept allows instructors to teach students at various skill levels within the same group. Please note: Schools must arrange for transportation to/from pool; busing is not provided.
	Grades 1 - 12	INTRAMURALS Staff, in partnership with your healthy school leaders, will guide you in the development of fun and friendly rules and tips for organizing intramural teams, scheduling playing times, and coordinating student volunteers.
	Grades 5 - 12	DAILY PHYSICAL ACTIVITY LEADERSHIP PROGRAM: One hour workshop Staff will mentor senior students to become "Daily Physical Activity Leaders" (DPA) within their school. A workshop will teach leaders to plan and deliver 20 minutes of daily physical activity to their students through short exercises and activities. A <i>Resource Activity Guide</i> to DPA will be provided.
	Grades 5 - 12	AFTER SCHOOL DROP-IN: Two hour program; weekly After school sessions are conveniently located on school grounds and feature a new physical activity each week. Staff will develop a year-round indoor and outdoor games and sports schedule.



What is MOGA?

An opportunity to involve your entire school in the craziest physical activity you can imagine.

The school with the most creative and unique event will win the title of Vaughan's MOGA School!

The only rule of MOGA is that there are no rules! No activity is restricted and anything goes, as long as:

- it's an original and inclusive physical activity taking place during the school day
- participation is FREE
- a large group of students complete the activity at the same time
- it's youth led, promoted and coordinated (under the supervision of school administration and with the approval of the school principal).

Need Some MOGA inspiration?

Some MOGA events organized by other student bodies include:

- Outdoor volleyball on mud courts wearing swim suits
- Funk & Dunk Contest: Break dance while shooting hoops
- Conga line around the school to DJ music
- Hula-hoop competition on the football field
- Tug-of-War using a GIANT rope

Your school office has registration forms and details. Contact Heather Kaufmann at 905-832-2377 ext.7438, fax 905-832-8550, or via email at heather.kaufmann@vaughan.ca for more information.

Enter to win cool prizes for your school! It's easy AND fun!