

COMMITTEE OF THE WHOLE – JUNE 5, 2012

PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

Recommendation

The Commissioner of Community Services, in consultation with the Director of Recreation and Culture, recommend:

- 1) That Council proclaim the month of June as “Recreation and Parks Month”, and
- 2) That the Schedule of Activities for Recreation and Parks Month – June 2012 (Attachment 1), outlining the activities and events scheduled to be held throughout the City of Vaughan in June, be received.

Contribution to Sustainability

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, Objective 4.1:

- 4.1 To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
 - 4.1.1 Develop an implementation plan for the initiatives described in the City’s Active Together Master Plan through a phased and budgeted program.

Economic Impact

Funding for the activities and events indicated in this report has been incorporated into the 2012 Recreation and Culture base operating budget.

Communications Plan

The proclamation of June as Recreation and Parks Month, including the “Recreation and Parks Month” activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. It will also be distributed to elementary and secondary schools in Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media, poster distribution and a news release.

Purpose

The purpose of this report is to request that Council proclaim the month of June as “Recreation and Parks Month” and to present an overview of the activities and events (Attachment 1) to be held in June across the City of Vaughan that will provide citizens with opportunities to be physically active.

Background - Analysis and Options

The City of Vaughan in its strategic plan, Vaughan Vision 2020, is committed to Service Excellence through enhancing and ensuring community safety, health and wellness. The Active Together initiatives, such as June as Recreation and Parks Month, will help achieve the objective of community health and wellness.

The City of Vaughan believes the development of a more physically active community enhances the quality of life of its residents, that physical activity levels are a critical economic, environmental, health and social issue for the community and that participation in physical activity

is a key requirement for individual physical and mental health and well-being. Research shows that strategies involving physical activity and recreation appear particularly promising in minimizing or removing risk factors faced by many children and youth. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other lifestyle behaviours.

June as Recreation and Parks Month (JRPM) was first proclaimed in 2005 by Parks and Recreation Ontario (PRO), the Ontario Parks Association, and the Ontario Recreation Facilities Association. JRPM was created to draw attention to the value of recreation and to encourage people to get out there and *live it everyday!* In 2006, the Province of Ontario first declared "June as Recreation and Parks Month"; Vaughan first proclaimed it in 2009.

Recreation and parks opportunities are essential for strengthening and maintaining a healthy community. Positive impacts are evident throughout the community. Recreation brings neighbours together, encourages safer, cleaner neighbourhoods and creates a livelier community atmosphere.

In 2012, the Recreation and Culture Department will celebrate June as Recreation and Parks Month from June 1 – June 30, 2012. Many activities are scheduled throughout the community, including:

- Pedometer Rental Program at Vaughan Public Libraries
- Family Day at the Maple Nature Reserve
- Photo Contest
- Power Walk
- Family Zumba
- Family Boot Camp
- Youth Ball Hockey
- Serve for Kids Beach Volleyball Tournament
- Boot Camp Aquafit
- Water games in the Pool
- Tennis Clinic
- Fitness Member Appreciation Days

The complete listing of the activities and events can be found on Attachment 1.

Relationship to Vaughan Vision 2020/Strategic Plan

In consideration of the strategic priorities related to Vaughan Vision 2020, the report will provide:

- STRATEGIC GOAL:
Pursue Excellence in Service Delivery; and Enhance and Ensure Community Safety, Health and Wellness – To deliver high quality services and promote health and wellness through program development and increased awareness.

This report is consistent with the priorities previously set by Council and the necessary resources have been allocated and approved.

Regional Implications

There are no regional implications.

Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by proclaiming June as Recreation and Parks Month and by providing a month of physical activity opportunities throughout Vaughan. As an initiative of the Physical Activity Strategy of the “Active Together” Master Plan for Parks, Recreation, Culture and Libraries, Recreation and Parks Month will help achieve the objective of improving community health and wellness.

Attachments

1. Schedule of Activities for Recreation and Parks Month – June 2012

Report Prepared By

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Respectfully submitted,

Marlon Kallideen
Commissioner of Community Services

All outdoor activities run weather permitting.

2-BALL CONTEST 13-17 years
Players compete to get as many basketballs in the net from different distances.

3 ON 3 BASKETBALL TOURNAMENT 13-17 years
Drive the lane for a slam dunk in this mini 3-on-3 basketball tourney. Teams will be made on site.

AQUAFIT 14 years+
Using water resistance in exercise is like exercising with weights or machines on land, only safer!
Prerequisite: Red Cross Swim Level 5 or Adult B

BRICK CHALLENGE 14 years+
We need your help to move a 9kg (20lb) brick back and forth across the pool. You can walk with it, swim with it, just help us move it!
Don't think you could swim with a weight in your hands? We have a small weight for you.
Note: Available during recreational and length swim times only.

BADMINTON 60 years+
Come and enjoy this popular backyard sport in a fun, non-competitive environment.

CARRVILLE MILL PARK OFFICIAL OPENING all ages
The event will feature a ribbon cutting ceremony, entertainment and light refreshments.
501 Marc Santi Boulevard, Maple (east of Dufferin Street, north of Rutherford Road)

CONCERT IN THE PARK all ages
King of Pop: The Michael Jackson Experience
Join Bishop Soul as he performs some of Michael's greatest hits including Billy Jean, Thriller, Smooth Criminal, Beat It, Bad, Black and White and many more.
100 Sunset Ridge, Woodbridge

DEEP WATER AQUAFIT 14 years+
A challenging, non-impact program done in deep water.
Prerequisite: Swimmer 5, Adult 2, or Fitness Swimmer

DROP-IN FUTSAL FUN GAME 8 years+
This game is run just like soccer but is played with a weighted ball.

FAMILY DAY AT THE MAPLE NATURE RESERVE all ages
Hike the trails, compete in a scavenger hunt, learn about tree species and bugs and enjoy a family BBQ. Event runs rain or shine.

FAMILY ZUMBA 10 years+
Practice Latin inspired dance moves such as the Cha-Cha, Mambo and Calypso, plus belly dancing.

FITNESS 60+ 60 years+
Cardiovascular exercises including low impact aerobics and muscle conditioning using resistance bands, relaxation and flexibility.

FITNESS CENTRE MEMBER APPRECIATION DAY 14 years+
Enjoy a full day at the fitness centre with specialty classes, raffles, snacks and fitness testing tips.

FITNESS GUEST DAY 14 years+
Fitness members are invited to bring a guest to try the centre's facilities for free.

H₂O BOOTCAMP
A combination of resistance training and traditional water aerobics, using equipment such as fins, boxers, kickers and high intensity noodle. Participants must be comfortable in deep water.

PEDOMETER LAUNCH all ages
Join us for a walk with a personal trainer as we launch the pedometer lending program at Vaughan Public Libraries.

POWER WALK 14 years+
A fitness instructor leads participants in a brisk 5 km walk through Vaughan.

PARENT & CHILD BADMINTON all ages
Learn the basic concepts of badminton, then enjoy some friendly competition with your neighbours during organized badminton games. Badminton equipment will be provided.

PARENT & CHILD SOCCER 7-11 years
Learn soccer basics, then enjoy some friendly competition with your neighbours during organized soccer games.
Note: Parent/guardian must participate.

PARENT & CHILD OPEN GYM 7-11 years
Engage in a selection of sport activities such as basketball, soccer, badminton and much more.

PARTNER YOGA 18 years+
Deep breathing exercises and body positions improve flexibility and strength. Bring your partner to this class.

PRESCHOOL FUN 3-6 years
Camp songs, wacky crafts, water play, story time and active games led by friendly camp staff make up this action-packed experience.

PROGRESSIVE TENNIS CLINIC 5-7 years; 7-9 years
Using modified tennis balls, nets and courts, beginner tennis players are properly equipped to enjoy rallies.
Note: Participants are responsible for bringing their own racquets.

QIGONG 18 years+
Learn to perform slow moving exercises that will challenge the human body to adapt to certain postures and movements.

SALSA AQUAFIT 14 years+
This challenging low impact cardio workout is like exercising with weights or machines on land, only safer!
Note: This class is limited to 30 participants.

Please wear comfortable clothing and proper footwear.

SERVE FOR KIDS BEACH VOLLEYBALL TOURNAMENT 18 years+
Get your team together for recreational 6's for a day of fun in the sun playing beach volleyball. Registration forms are available at any City of Vaughan community centre. Fee: \$125/team. All proceeds will go to towards RecAssist, the City's fee assistance program. Contact Ajay Sharma at ajay.sharma@vaughan.ca or call 905.832.2281 ext.7504.

SPRING BAZAAR all ages
Join us for the sale of crafts, jewelry, and gently used items. All proceeds will go towards RecAssist, the City's fee assistance program.

SPORTSARAMA 3-6 years
Games to get both parents and kids moving while enjoying a variety of sports. Parents participate.

SWIM EXPLOSION all ages
Cool off during a recreational swim packed with fun water games including basketball, dodge ball, relay races, and handstand competitions.

TAEKWONDO CLASS & DEMO 3-5 years
Children learn fundamental taekwondo techniques, including basic patterns and forms, breaking, blocking, kicking, striking, and punching.

TAI CHI 60 years+
Participants are led in Tai Chi Chuan, the discipline of highly specialized, gentle stretching and slow body movements.

YOUTH BALL HOCKEY 13-17 years
Enjoy a friendly game of ball hockey on the arena floor. Bring your stick, hockey gloves, and get ready to play the good ol' game!

YOUTH BASKETBALL 14-17 years
Youth basketball players maximize their potential, while learning the importance of basketball as a vehicle to build character, discipline, self-esteem, and sportsmanship.

YOUTH ROLLER BLADE 13-17 years
Strap on those roller blades, wear something comfortable, and get ready for a whole lot of fun! Each participant must bring their own roller blades and CSA approved helmet. Other safety equipment is highly recommended.

YOUTH YOGA 11-17 years
An introduction to basic yoga poses to relax the body and mind.

ZUMBATOMIC 9-12 years
A mix of Latin rhythms with aerobic exercises that improve rhythm and strengthen muscles.

ZUMBA GOLD 60 years+
This hot new aerobic craze combines dance with fitness for a total body toning workout that improves rhythm, burns calories and strengthens muscles.

VAUGHAN COMMUNITY CENTRES (CC) & SATELLITE LOCATIONS

AL PALLADINI CC
9201 Islington Avenue
Woodbridge.....t: 905.832.8564

CHANCELLOR CC
350 Ansley Grove Road
Woodbridget: 905.832.8620

DUFFERIN CLARK CC
1441 Clark Avenue West
Concord.....t: 905.832.8554

FATHER E. BULFON CC
8141 Martin Grove Road
Woodbridge.....t: 905.879.8732

GARNET A. WILLIAMS CC
501 Clark Avenue West
Thornhill.....t: 905.832.8552

MAPLE CC
10190 Keele Street
Maple.....t: 905.832.2377

MAPLE NATURE RESERVE
10401 Dufferin Street, Maple

NORTH THORNHILL CC
300 Pleasant Ridge Avenue
Thornhill.....t: 905.832.8540

ROSEMOUNT CC
1000 New Westminster Drive
Thornhill.....t: 905.709.4597

SPORTS VILLAGE
2600 Rutherford Road
Maple.....t: 905.738.7574

THORNHILL OUTDOOR POOL (June 25 - September 5)
28 Centre Street
Thornhill.....t: 905.881.2969

VELLORE VILLAGE CC
1 Villa Royale Avenue
Woodbridge.....t: 905.832.8544

WOODBIDGE MEMORIAL POOL & ARENA
5020 Highway 7
Woodbridge.....t: 905.832.8576

JUNE 2012 is... Recreation and Parks Month



FREE ACTIVITIES!

vaughan.ca | 905.832.8500



JUNE 2012...is Recreation and Parks Month!

FREE*
Family Fun!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Register NOW...
Don't miss out on
your favourite camp!

Sessions begin July 3, 2012.
Register online at: RecEnroll.Vaughan.ca

CAMPS FOR AGES 3-16
preschool • sports
creative & performing arts
recreational • leadership
science & technology • outdoor
adventures • special needs
water adventures



1 PEDOMETER LAUNCH
Bathurst Clark
Resource Library.....1:30pm
BRICK CHALLENGE
All Pools
FITNESS CENTRE FREE GUEST DAY
Maple CC all day

2 TAE KWON DO CLASS & DEMONSTRATION
Vellore Village CC 10-11:30am
SWIM EXPLOSION
Chancellor CC1-3pm

3 PROGRESSIVE TENNIS - CHILDREN
North Thornhill CC
7-9 years..... 10am-12pm
5-7 years..... 11am-12pm
TAE KWON DO CLASS & DEMONSTRATION
Rosemount CC 10-11am

4 PARENT & CHILD BADMINTON
Dufferin Clark CC6-7pm
QIGONG FOR ADULTS
Chancellor CC 10-11am

5 TAI CHI IN THE PARK
Garnet A. Williams CC1-2pm
PARENT & CHILD SOCCER
Vellore Village CC6:30-8pm
DROP-IN FUTSAL FUN GAME
Al Palladini CC5:30-6:30pm

6 YOUTH BASKETBALL
Rosemount CC4-6pm
FITNESS CENTRE MEMBER APPRECIATION DAY
Garnet A. Williams CC all day

7 FITNESS 60+
Father E. Bulfon CC ..9:30-10:30am
PARENT & CHILD SOCCER
Dufferin Clark CC6-7pm
TAI CHI
Chancellor CC 10-11am

8 AQUAFIT
Chancellor CC9:15am-10am
SWIM EXPLOSION
Dufferin Clark CC1-3pm
Maple CC7:45-9:15pm

9 'SERVE FOR KIDS' BEACH VOLLEYBALL TOURNAMENT
Sports Village
..... 11am



10 FAMILY ZUMBA
Al Palladini CC9-10am
SPRING BAZAAR
Chancellor CC 10am-2pm

11 AQUAFIT
Father E. Bulfon CC ..9:30-10:15am
BADMINTON (60+ YRS)
North Thornhill CC..... 1-2pm

12 FITNESS CENTRE FREE GUEST DAY
Garnet A. Williams CC all day
CARRVILLE MILL PARK OPENING
.....6pm

13 SPORTSARAMA
Vellore Village CC9:30-10:30am
YOUTH YOGA
Dufferin Clark CC4:30-5:30pm

14 3-ON-3 TOURNAY YOUTH BASKETBALL
Father E. Bulfon CC4-6pm
SALSA AQUAFITNESS
Al Palladini CC8-8:45pm

15 FITNESS CENTRE FREE GUEST DAY
Father E. Bulfon CC all day
AQUAFIT
Vellore Village CC8-8:45pm

16 SWIM EXPLOSION
North Thornhill CC
..... 2:15-4pm



17 FITNESS CENTRE FREE GUEST DAY
North Thornhill CC
.....all day



18 PARENT & CHILD OPEN GYM
Dufferin Clark CC6-8pm
2-BALL CHALLENGE YOUTH
North Thornhill CC.....4-6pm
FITNESS CENTRE MEMBER APPRECIATION DAY
North Thornhill CC..... all day

19 ZUMBA GOLD
Maple CC9-9:45am
CONCERT IN THE PARK KING OF POP: THE MICHAEL JACKSON EXPERIENCE
Sonoma Heights
Community Park7:30pm

20 DEEP WATER AQUAFIT
Vellore Village CC8-8:45pm
YOUTH ROLLER BLADE
Rosemount CC4-5:30pm

21 ZUMBATOMIC
Maple CC6-6:45pm
OUTDOOR POWER WALK
Father E. Bulfon CC ..9:30-10:30am
H:O BOOT CAMP
Al Palladini CC6:55-7:55pm

22 YOUTH BALL HOCKEY
Rosemount CC
..... 4-5pm



23 FAMILY DAY
Maple Nature Reserve
..... 10am-2pm



24 SWIM EXPLOSION
Thornhill
Outdoor Pool
..... 12-5pm



25 OUTDOOR POWER WALK
Maple CC
..... 10:30-11:30am



26 FITNESS CENTRE FREE GUEST DAY
Al Palladini CC all day
FAMILY ZUMBA
Garnet A. Williams CC... 6:10-6:55pm

27 PRESCHOOL FUN
Garnet A. Williams CC 10-11am
PARTNER YOGA
Father E. Bulfon CC7-8:15pm

28 FAMILY ZUMBA
Maple CC
..... 7:15-8:15pm



29 ZUMBA
Al Palladini CC9:15-10:15am

30 PHOTO CONTEST DEADLINE
DESTINATION LANE SWIM CHALLENGE BEGINS!

*UNLESS OTHERWISE NOTED

Recreation & Parks Month Hotline: 905.832.8500