

## **COMMITTEE OF THE WHOLE - MAY 12, 2009**

### **PROCLAMATION REQUEST - JUNE AS RECREATION AND PARKS MONTH**

#### **Recommendation**

The Commissioner of Community Services, in consultation with the Director of Recreation and Culture and the Area Recreation Managers, recommends:

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 2009 (*Attachment 1*), outlining the activities and events scheduled to be held throughout the City of Vaughan in June, be received.

#### **Economic Impact**

There is no economic impact related to this report. Funding for the activities and events indicated in this report has been incorporated into the 2009 Recreation and Culture base operating budget.

#### **Communications Plan**

The proclamation of June as Recreation and Parks Month, including the "Recreation and Parks Month" activity schedule 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 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 to be held in June across 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 20/20 is committed to Service Excellence through enhancing and ensuring community safety, health and wellness. The Active Together Physical Activity Strategy and initiatives, such as June being declared Recreation and Parks Month, will help promote and achieve the objective of community health and wellness.

The month of June as Recreation and Parks Month (JRPM) was first proclaimed in 2005 by Parks and Recreation Ontario, 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!*

The Ministry of Health Promotion first declared "June as Recreation and Parks Month" for Ontario on June 6, 2006 in the Ontario Legislature.

Research shows that the development of a more physically active community enhances the quality of life of its residents. Physical activity levels are a critical economic, environmental, health and social issue for the community and participation in physical activity is a key requirement for individual physical and mental health and well-being.

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.

In 2009, the Recreation and Culture Department will celebrate June as Recreation and Parks Month from June 1 – June 30, 2009. Many activities are scheduled throughout the community, and provided on the attached Schedule of Activities for Recreation and Parks Month – June 2009. Highlights are as follows:

- 5km Conservation Walk through Boyd Park & Surrounding Area
- Adult Recreational Badminton & Ball Hockey
- Beach Volleyball Tournament
- Cross Canada Swim Challenge
- Family Boot Camp
- Family Tennis
- Fun Run
- Opening Celebration for Thornhill Outdoor Pool
- Power Walk
- Salsa Aquafit
- Senior Fitness Walk & Talk
- Sportykids
- Swim Across Lake Ontario Challenge
- Tai-chi in the Park
- Toddler Run & Fun
- Water Games and Challenges
- Youth Basketball & Youth Room Games

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.

#### **Relationship to Vaughan Vision 2020/Strategic Plan**

- STRATEGIC GOAL  
Service Excellence – 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 design and program.

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 associated with this report.

#### **Conclusion**

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by proclaiming the month of 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 2009

**Report Prepared By**

Mary Reali, Director of Recreation and Culture, ext. 8234  
Paul Compton, Area Recreation Manager - West, ext. 8358

Respectfully submitted,

Marlon Kallideen  
Commissioner of Community Services

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>June is Recreation and Parks Month</b> <a href="http://www.recandparksmoonth.ca">www.recandparksmoonth.ca</a></p>	<p><b>1 SWIM ACROSS LAKE ONTARIO CHALLENGE BEGINS!</b> Dufferin Clark CC Garnet A. Williams CC</p> <p><b>ACTIVE AGING WORKSHOP</b> Chancellor CC..... 11:30am-12:00pm</p> <p><b>LOWER BODY &amp; BALANCE EXERCISES</b> Chancellor CC..... 12:00-12:30pm</p>	<p><b>2 MORNING ENERGIZER</b> Father Ermanno Bulfon CC 9:45-10:45am</p> 	<p><b>3 INCLUSIVE BASKETBALL GAME</b> Vellore Village CC..... 11:06-12:26pm</p> <p><b>BRING-A-BUDDY SWIM</b> Chancellor CC..... 4:00-6:00pm</p> <p><b>LOWER BODY &amp; BALANCE EXERCISES</b> Father Ermanno Bulfon CC..... 8:00-8:30pm</p>	<p><b>4 LOWER BODY &amp; BALANCE EXERCISES</b> Garnet A. Williams CC..... 11:00am-12:00pm</p> <p><b>SENIORS MUSCLE CONDITIONING</b> Garnet A. Williams CC. 11:00am-12:00pm</p> <p><b>FAMILY BOOT CAMP</b> Maple CC..... 7:15-8:15pm</p>	<p><b>5 FITNESS GUEST DAY</b> Maple CC .....ALL DAY</p> <p><b>RECREATION DEPARTMENT vs SCHOOL TEAM SOCCER CHALLENGE</b> St. Joan of Arc Catholic High School..... 3:00pm</p>	<p><b>6 BALL HOCKEY</b> Garnet A. Williams CC..... 11:15am-12:45pm</p> <p><b>SWIM EXPLOSION INTO SUMMER</b> Dufferin Clark CC ..... 2:30-4:30pm Maple CC ..... 3:00-5:00pm</p> 
<p><b>7 ADULT RECREATIONAL BADMINTON</b> Vellore Village CC ..... 1:00-3:00pm</p> <p><b>WATER BASKETBALL GAME</b> Father Ermanno Bulfon CC..... 2:00-3:30pm</p>	<p><b>8 INSTRUCTIONAL PARENT &amp; CHILD BADMINTON</b> Dufferin Clark CC ..... 6:30-7:30pm</p> <p><b>AQUAFIT</b> Vellore Village CC ..... 8:00-9:00pm</p>	<p><b>9 3-ON-3 BASKETBALL TOURNAMENT</b> Father Ermanno Bulfon CC..... 4:00-6:00pm</p> <p><b>PARENT &amp; CHILD INDOOR SPORTS FUN</b> Dufferin Clark CC ..... 6:00-8:00pm</p> <p><b>FAMILY TENNIS</b> Giovanni Caboto Park ..... 6:30-8:30pm</p>	<p><b>10 SPORTYKIDS</b> Maple CC ..... 1:00-2:30pm</p> <p><b>YOUTH ACTIVITIES: Gym</b> Al Palladini CC ..... 2:30-5:00pm</p> <p><b>AQUAFIT</b> Vellore Village CC ..... 8:00-9:00pm</p>	<p><b>11 FITNESS GUEST DAY</b> Garnet A. Williams CC ..... ALL DAY</p> <p><b>BOCCE PLAY &amp; STAY</b> Father Ermanno Bulfon CC..... 12:00-5:00pm</p> <p><b>INSTRUCTIONAL PARENT &amp; CHILD SOCCER</b> Dufferin Clark CC ..... 1:00-2:30pm</p>	<p><b>12 PARENT &amp; CHILD INDOOR SPORTS FUN</b> Dufferin Clark CC ..... 6:00-8:00pm</p> <p><b>LEARN TO RUN</b> Al Palladini CC 7:30-8:30pm</p> 	<p><b>13 SWIM EXPLOSION INTO SUMMER</b> Vellore Village CC .... 1:00--3:00pm</p> <p><b>WATER POLO</b> Dufferin Clark CC ..... 1:45-2:45pm</p> <p><b>GEAR UP FOR SUMMER BICYCLE WORKSHOP</b> Maple CC ..... 1:00-3:00pm</p>
<p><b>14 PHOTO CONTEST LAUNCH: ACTIVE TOGETHER</b> Pick-up your submission package at any City of Vaughan community centre.</p> 	<p><b>15 YOUTH ACTIVITIES:</b> Vellore Village CC Gym ..... 4:00-6:00pm Youth Room ..... 4:00-8:00pm</p> <p><b>TAI CHI IN THE PARK</b> Blue Willow Activity Centre..... 1:00-2:00pm</p>	<p><b>16 POWER WALK</b> Maple CC ..... 9:15-10:15pm</p> <p><b>YOUTH ACTIVITIES</b> Father Ermanno Bulfon CC: Gym ..... 4:00-6:00pm Youth Room ..... 5:00-7:00pm</p>	<p><b>17 OUTDOOR BOOT CAMP</b> Maple CC ..... 9:15-10:15pm</p> <p><b>PING PONG</b> Vellore Village CC ..... 7:00-8:00pm</p> <p><b>MEN'S FITNESS 55+</b> Chancellor CC ..... 10:30-11:30am</p>	<p><b>18 FUN RUN</b> Maple CC ..... 9:15-10:00pm</p> <p><b>TAI CHI IN THE PARK</b> Dufferin Clark CC..... 10:00-11:00am</p> <p><b>SALSA AQUAFIT</b> Al Palladini CC..... 8:00-8:45pm</p>	<p><b>19 PARENT &amp; CHILD INDOOR SPORTS FUN</b> Al Palladini CC: Basketball ..... 2:30-4:00pm Volleyball ..... 4:00-5:00pm</p> <p><b>YOUTH ACTIVITIES</b> Vellore Village CC: Gym ..... 4:00-6:00pm Youth Room ..... 4:00-8:00pm</p>	<p><b>20 FITNESS GUEST DAY</b> Al Palladini CC..... ALL DAY</p> <p><b>FAMILY BOOT CAMP CLASS</b> Al Palladini CC ..... 9:00-10:00am</p> <p><b>PLAYFUN</b> Garnet A. Williams CC... 10:00-11:30am</p>
<p><b>21 FATHER &amp; CHILD SOCCER</b> Chancellor CC .... 10:00am-12:00pm</p> 	<p><b>22 YOUTH ACTIVITIES</b> Rosemount CC: Youth Room..... 11:30am-2:00pm Gym ..... 3:30-6:00pm</p> 	<p><b>23 SENIOR FITNESS WALK &amp; TALK</b> Maplewood Villages Plaza ..... 9:30-10:30am</p> <p><b>PRESCHOOL SURPRISE</b> Garnet A. Williams CC ..... 9:30-11:00am</p>	<p><b>24 TODDLER RUN &amp; FUN</b> Chancellor CC ..... 10:30-11:30am</p> 	<p><b>25 YOUTH ACTIVITIES</b> Rosemount CC: Youth Room..... 11:30am-2:00pm</p>	<p><b>26 YOGA</b> Father Ermanno Bulfon CC..... 9:00-10:15am</p> <p><b>PARENT &amp; CHILD INDOOR SPORTS FUN</b> Al Palladini CC: Basketball ..... 2:30-4:00pm Volleyball ..... 4:00-5:00pm</p>	<p><b>27 5KM CONSERVATION WALK THROUGH BOYD CONSERVATION PARK &amp; SURROUNDING AREA</b> Al Palladini CC ..... 10:00am</p> <p><b>BEACH VOLLEYBALL TOURNAMENT</b> Sports Village (Fee applies) ..... ALL DAY</p> 
<p><b>28 OPENING CELEBRATION</b> Thornhill Outdoor Pool..... 11:00am-7:00pm</p> 	<p><b>29 CITY OF VAUGHAN SUMMER CAMPS BEGIN!</b> Register at: <a href="http://www.RecEnrollVaughan.ca">www.RecEnrollVaughan.ca</a> or 905-653-6488</p>	<p><b>30 BODY BLAST</b> Father Ermanno Bulfon CC 7:00-8:00pm</p>	<p><b>CANADA DAY CELEBRATIONS</b> Wednesday July 1, 2009 from 4:00-8:00pm Mackenzie Glen District Park 220 CRANSTON PARK AVE., MAPLE</p> <p><b>FREE</b> concert featuring Canadian artist and Suzie McNeil; <b>FREE</b> Kidz Zone; and family BBQ.</p> <p><b>EVENTS HOTLINE: 905-832-8585 EXT.8200</b></p>			

# JUNE 2009 ...is Recreation & Parks Month - Activity Descriptions

ALL ACTIVITIES ARE FREE UNLESS OTHERWISE NOTED.

**3-ON-3 BASKETBALL TOURNAMENT** Ages 13-17 years  
Compete in teams of 3 or as a single for the chance to win a faceoff with Vaughan's Dream Staff Basketball Team. Teams will be made on site.

**ACTIVE AGING WORKSHOP** All Ages  
This workshop teaches older adults to improve their quality of life through healthy living. Participants learn to elevate their mood, improve memory, reaction time and problem solving ability, and increase muscle strength, balance and walking ability.

**ADULT RECREATIONAL BADMINTON** 18 years+  
Not just a fun cardio workout, this racquet sport also increases agility, strength, speed, precision and coordination. Please bring your own badminton racquet.

**AQUAFIT** 14 years+  
A challenging, low impact exercise in deep water. It is recommended participants drink water before, during and after their workout.  
**Prerequisite:** Red Cross Swim Level 5 or Adult B.

**BALL HOCKEY** 7-12 years  
Shooting...passing...scoring... join this ball hockey game for nonstop action!

**BEACH VOLLEYBALL TOURNAMENT** 14 years+  
A day of fun-in-the-sun playing beach volleyball in "Oasis", the outdoor beach volleyball courts at the Sports Village, located at 2600 Rutherford Rd. Get your team together for competitive 4's or recreational 6's. Registration forms are available at any City of Vaughan community centre. Prizes will be awarded to the champion and runner-up.  
**Registration fee is \$125/team. All proceeds will create opportunities for kids to register for City of Vaughan Day Camps.**

**BOCCE PLAY & STAY** 55 years+  
Play a game of recreational bocce or just chat with fellow bocce players by the court sidelines. Bocce membership not required.

**BODY BLAST** 14 years+  
An intense head-to-toe toning workout using resistance equipment and your own body weight

**BRING A BUDDY SWIM** All Ages  
Celebrate summer with a splash! Cool off with a friend during a fun-filled swim at your community pool.

**CONSERVATION WALK THROUGH BOYD PARK & SURROUNDING AREA** All Ages  
Gear up for a hike through scenic Boyd Park, guided by our friendly fitness staff. Participants are asked to meet in the lobby of Al Palladini CC for at 9:45am for a 15 minute warm-up stretch.

**FAMILY BOOT CAMP** 5 years+  
Parents and children get active together with an exciting cardio workout that includes strength, circuit and agility training, obstacle courses, core stability, power drills and more.

**FAMILY TENNIS** 7 years+  
Learn how to manage the racquet in a controlled way and develop proper stroke techniques such as forehand, backhand, serve, volley, lob and smash. Please bring a tennis racquet.

**FATHER & CHILD SOCCER** All Ages  
What a great way to spend Father's Day! After your children have made you breakfast in bed, enjoy a fun 2-hour game of indoor soccer with your child. Mother's welcome too!

**FITNESS GUEST DAY** 14 years+  
Fitness members are invited to bring a guest for free.

ALL OUTDOOR ACTIVITIES RUN WEATHER PERMITTING.

**FUN RUN** 14 years+  
A certified fitness staff leads runners in an leisurely 5km jog around Maple. A quick warm-up stretch and a series of cool down stretches complement the run. Participants meet in front of the facility's gymnasium doors.

**GEAR UP FOR SUMMER BICYCLE WORKSHOP** All Ages  
Delivered in partnership with the York Region Community Health Services and York Regional Police, this exciting and educational workshop provides tips on making your summer biking excursions fun and safe. Learn to properly fit a helmet and experience the rules of the road in a mock "safety village" exercise.

**INCLUSIVE BASKETBALL GAME** All ages  
Cheer on Vaughan high schools students with disabilities at this inclusive basketball game between the Halo Hoops and Best Buddies.

**INSTRUCTIONAL PARENT & CHILD BADMINTON** All Ages  
Learn the basic concepts of badminton, then enjoy some friendly competition during organized games. Badminton equipment will be provided.

**INSTRUCTIONAL PARENT & CHILD SOCCER** All Ages  
Learn the basic concepts of soccer through passing drills, dribbling, heading, striking and more. Please do not wear traditional outdoor soccer shoes.

**LEARN TO RUN** 14 years+  
Learn the basics of running in an interactive session ideal for beginner runners of any age. Participants complete a short run appropriate to their current level of fitness, followed by a series of stretches to cool down.

**LOWER BODY BALANCE EXERCISES** 14 years+  
An adapted fitness program for persons with disabilities. Participants engage in a simple routine of strength and balance exercises both sitting and standing.

**MEN'S FITNESS** 55 years++  
A low impact fitness program suited for men of all fitness levels. A qualified instructor leads participants in an invigorating cardiovascular and muscle conditioning workout.

**MORNING ENERGIZER** 14 years+  
This combination of cardio and muscle conditioning exercises challenges every level of fitness, and gives you the energy you need to tackle the day's tasks.

**OPENING CELEBRATION FOR THORNHILL OUTDOOR POOL** All Ages  
Take a dip with family and friends, or challenge yourself to the many swimming races, diving games and competitions.

**OUTDOOR BOOT CAMP** 14 years+  
Fitness "sergeants" lead participants in a series of intense aerobic drills in an invigorating outdoor environment. This cardio workout burns fat and strengthens lower and upper body muscles.

**PARENT & CHILD INDOOR SPORTS FUN** All Ages  
Practice sports skills or play a game of pick-up basketball or volleyball with family and friends.

**PING PONG** All Ages  
Smash it! Bring your "A" game out and challenge your opponents to a fun and exciting ping-pong match.

**PLAYFUN** 1½ - 4 years  
This program adds an artistic aspect to traditional Kindergym play. To wind down, toddlers engage in relaxing arts and crafts projects and circle time in our children's playroom. Parents participate.

**POWER WALK** 14 years+  
This low-impact class appeals to all fitness levels. A fitness instructor leads participants in a brisk 5km walk through Vaughan. If necessary, bring your infant and stroller. Participants are asked to meet in front of the facility's gymnasium doors.

**PRESCHOOL SURPRISE** 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.

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

**SENIOR FITNESS WALK & TALK** 55 years+  
Walk and talk with other Vaughan seniors during this an invigorating stroll around the neighborhood, followed by a muscle conditioning workout. Older adult volunteers, together with fitness staff, lead this introductory program. Participation is limited. Contact Laura Burgess-Klein at 905-832-2377 ext.7411.

**SENIORS MUSCLE CONDITIONING** 55years+  
A low-impact fitness program led by a qualified instructor for older adults who want to get or stay fit.

**SPORTYKIDS** Ages 3-6 years  
Children play a variety of sports such as soccer and basketball, and wind down with a sporty craft and circle time. Participation is limited. Contact Laura Burgess-Klein 905-832-2377 ext.7411.

PLEASE WEAR COMFORTABLE CLOTHING AND PROPER FOOTWEAR.

**SWIM ACROSS LAKE ONTARIO CHALLENGE** All Ages  
During recreational swim times throughout the month of June, participants swim 52 km (2,080 lengths) 'across Lake Ontario'. Swims can be completed at any Vaughan Pool where lifeguards will chart your progress.

**SWIM EXPLOSION INTO SUMMER** All Ages  
Cool off during a recreational swim packed with fun water games including basketball, dodge ball, relay races and handstand competitions.

**TAI-CHI IN THE PARK** 18 years+  
A qualified instructor leads participants in Tai Chi Chuan - the discipline of highly specialized, gentle stretching and slow body movements at a controlled pace.

**TODDLER RUN & FUN** 15 months - 3 years  
The exercise packed agenda improves motor skills, balance, coordination, and body awareness and develops social skills. Parents participate.

**WATER BASKETBALL GAME** All Ages  
Basketball with an aquatic twist! A shallow water game where players run in the water, pass to teammates and shoot at the opposing basket.

**WATER POLO** All Ages  
A deep water game where players try to shoot the ball in the opposing net. A qualified instructor teaches the basic rules and leads swimmers in drills and a water polo match.

**YOGA** 14 years+  
A relaxing exercise that improves flexibility and strength.

**YOUTH ACTIVITIES** 10 years+  
Dribble your way down the court and hit the net, or rack 'em up! Then challenge yourself to a classic oldie - foosball - and beat your opponent!

## CITY OF VAUGHAN COMMUNITY CENTRES & SATELLITE LOCATIONS

**Al Palladini Community Centre**  
9201 Islington Avenue  
Woodbridge, ON L4L 1A7  
P: 905.832.8564

**Blue Willow Activity Centre**  
133 Fieldstone Drive  
Woodbridge, ON P: 905-832-8620

**Chancellor Community Centre**  
350 Ansley Grove Road  
Woodbridge, ON L4L 5C9  
P: 905.832.8620

**Dufferin Clark Community Centre**  
1441 Clark Avenue West  
Concord, ON L4J 7R4  
P: 905.832.8554

**Father Ermanno Bulfon Community Centre**  
8141 Martin Grove Road  
Woodbridge, ON L4L 3W9  
P: 905.879.8732

**Garnet A. Williams Community Centre**  
501 Clark Avenue West  
Thornhill, ON L4J 4E5  
P: 905.832.8552

**Giovanni Caboto Park**  
75 Mathew Drive  
Woodbridge, ON P: 905.832.8620

**Maple Community Centre**  
10190 Keele Street  
Maple, ON L6A 1R7  
P: 905.832.2337

**Rosemount Community Centre**  
1000 New Westminster Drive  
Thornhill, ON L4J 8G3  
P: 905.709.4597

**Thornhill Outdoor Pool**  
28 Centre Street  
Thornhill, ON P: 905.832.8564

**Vellore Village Community Centre**  
1 Villa Royale Avenue  
Woodbridge, ON L4H 2Z7  
P: 905.832.8544

**Woodbridge Memorial Pool & Arena**  
5020 Highway 7  
Woodbridge, ON L4L 1T1  
P: 905.832.8576



June is Recreation and Parks Month  
www.recreandparksmoonth.ca