

COMMITTEE OF THE WHOLE - JUNE 1, 2010

PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

Recommendation

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

- 1) That Council proclaim the month of June as “Recreation and Parks Month”;
- 2) That the Zumba demonstration provided by City of Vaughan Fitness Staff be received; and,
- 3) That the Schedule of Activities for Recreation and Parks Month – June 2010 (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:

- 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 have been incorporated into the 2010 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 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 is 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 and 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.

The Zumba fitness demonstration is designed to feature the latest trend in group fitness classes in celebration of the one year anniversary of the "Active Together Physical Activity Strategy". It combines the Latin dance moves of Cha-Cha, Mombo and Calypso, Middle Eastern inspired Belly Dance and Rock 'n' Roll. The workout improves cardio fitness and tones the muscles while enhancing rhythm. Zumba classes are available at Al Palladini, Maple and Garnet A. Williams Community Centres.

June is 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!* Minister Jim Watson, of the Ministry of Health Promotion, first declared "June as Recreation and Parks Month" for Ontario on June 6, 2006 in the Ontario Legislature. Vaughan first proclaimed the month of June as "Recreation and Parks Month" in 2009.

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

In 2010, the Recreation and Culture Department will celebrate June is Recreation and Parks Month from June 1 – June 30, 2010. Many activities are scheduled throughout the community, including:

- muscle conditioning for seniors
- family sports
- swim explosion into summer
- geocaching challenge
- water polo
- 3 on 3 basketball tournament
- toddler run and fun
- take me out to the playground
- nordic pole walking
- beach volleyball tournament

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 2010

Report Prepared By

Mary Reali, Director of Recreation and Culture, ext. 8234
Paul Compton, Area Recreation Manager, ext. 8358
Heather Kaufmann, Active Living Coordinator, ext. 7438

Respectfully submitted,

Marlon Kallideen
Commissioner of Community Services

All outdoor activities run weather permitting.
Please wear comfortable clothing and proper footwear.

2-BALL CONTEST 13-17 years

Players will compete against each other 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+

A challenging, low impact exercise in the water. 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.

BEACH VOLLEYBALL TOURNAMENT SERVE THE KIDS 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 per team (all proceeds will go towards RecAssist - City of Vaughan fee assistance program) Contact Ajay Sharma at ajay.sharma@vaughan.ca or call 905.832.2281 ext 7504

CONSERVATION WALK All Ages

Gear up for a hike through scenic Boyd Park, guided by our friendly fitness staff. Meet in the lobby of Al Palladini Community Centre.

CRAFTY CORNER 6-9 years

A creative "corner" for artists-in-the-making! Children create a new craft or special keepsake.

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.

FITNESS GUEST DAY 14 years+

Fitness members are invited to bring a guest to try the centre's facilities for free.

GEOCACHING CHALLENGE All Ages

Be the first one to find all hidden geocaches at the Kortright Centre. Enjoy Birds of Prey demonstrations and an afternoon BBQ.

FAMILY INDOOR SPORTS All Ages

A recreational program where aspiring athletes can practice their sports skills or play a game of pick-up basketball or volleyball with their family and friends.

FITNESS 60+ 60 years+

Follow a qualified fitness instructor through cardiovascular exercises including low impact aerobics and muscle conditioning using resistance bands, relaxation and flexibility.

NORDIC POLE WALKING FOR BEGINNERS 16 years+

Nordic pole walking is equally suited for fitness enthusiasts who want a high intensity total body aerobic workout and for those less fit or just getting back in shape. Pre-registration is required. Contact Art Mastantuono at 905.832.2281 ext.7209 to register.

PARENT & CHILD BADMINTON All Ages

Spend quality time as a family learning the basic concepts of badminton, then enjoy some friendly competition with your neighbours during organized badminton games. Badminton equipment will be provided.

PING PONG TOURNAMENT 13-17 years

Players will compete to win fun prizes. Standard table tennis rules apply.

PLAYFUN 1½-4 years

Preschoolers explore kindergym equipment, toys, and take part in parachute fun. Parents participate.

POWER WALK All Ages

A fitness instructor leads participants in a brisk 5 km walk through Vaughan. Enjoy the fresh air, chatter and laughter of a power walk with friends. Don't have a babysitter? No problem! Bring your infant and stroller.

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! Please note: this class is limited to 30 participants.

SENIORS MUSCLE CONDITIONING 60 years+

A qualified instructor leads participants in low impact aerobics and muscle conditioning using resistance bands, relaxation techniques and flexibility for a great cardio workout.

STROLLER DERBY IN THE PARK 2-18 months

A certified fitness instructor will lead mothers through a fitness workout with their stroller while their babies are entertained with fun, interactive games.

SPORTSARAMA IN THE PARK 3-6 years

Games to get both parents and kids moving while enjoying the great outdoors. Parents participate.

SPORTYKIDS 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 at 905.832.2377 ext. 7411 to reserve your spot.

SWIM EXPLOSION INTO SUMMER All Ages

Cool off during a recreational swimming packed with fun water games including basketball, dodge ball, relay races and handstand competitions.

TAKE ME OUT TO THE PLAYGROUND 18 years+

Meet in the back of the Vellore Village where a qualified Fitness instructor will lead you through a workout using the facilities in your community park and neighbourhood.

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.

THORNHILL OUTDOOR POOL OPENS FOR THE SUMMER All Ages

Celebrate summer with a splash outdoors! Take a dip with family and friends, or challenge yourself to the many swimming races, diving games and competitions.

TREASURE HUNT SWIM All Ages

Get active as a family! Complete the treasure hunt and active stations to get to the gold at the end of the swim.

TODDLER RUN & FUN 15 months - 3 years

Preschoolers experience active games, the use of balls and hoops, and parachute fun! The exercise packed agenda improves motor skills, balance, coordination, and body awareness and develops social skills. Parents participate.

WALK & TALK 55 years+

Get to know some of your older adult neighbours! Walk and talk with other Vaughan seniors during this invigorating stroll in the neighbourhood, followed by a muscle conditioning workout. Contact Laura Burgess-Klein at 905.832.2377 ext. 7411 to reserve your spot.

WATER POLO All Ages

European hand ball with an aquatic twist! A deep water game where players pass to teammates while being defended by their opponents, and try to shoot the ball in the opposing net. A qualified instructor teaches participants the basic rules of this classic water sport and leads swimmers in drills and a water polo match.

YOUTH ACTIVITIES 10 years+

Pass it! Dribble your way down the court and hit the net!

CITY OF VAUGHAN COMMUNITY CENTRES (CC) & SATELLITE LOCATIONS

AL PALLADINI CC

9201 Islington Avenue
Woodbridge, ON L4L 1A7
☎: 905.832.8564

CHANCELLOR CC

350 Ansley Grove Road
Woodbridge, ON L4L 5C9
☎: 905.832.8620

DUFFERIN CLARK CC

1441 Clark Avenue West
Concord, ON L4J 7R4 ☎: 905.832.8554

FATHER ERMANNIO BULFON CC

8141 Martin Grove Road
Woodbridge, ON L4L 3W9
☎: 905.879.8732

GARNET A. WILLIAMS CC

501 Clark Avenue West
Thornhill, ON L4J 4E5 ☎: 905.832.8552

KORTRIGHT CENTRE

9550 Pine Valley Drive
Woodbridge, Ontario ☎: 905.832.2289

MAPLE CC

10190 Keele Street
Maple, ON L6A 1R7 ☎: 905.832.2377

MAPLEWOOD VILLAGES ACTIVITY ROOM

11399 Keele St., Unit 17
Maple, ON ☎: 905.832.2377

NORTH THORNHILL CC

300 Pleasant Ridge Avenue
Thornhill, ON L4J 9B3
☎: 905.832.8540

ROSEMOUNT CC

1000 New Westminster Drive
Thornhill, ON L4J 8G3
☎: 905.709.4597

SONOMA HEIGHTS PARK

100 sunset Ridge
Woodbridge, ON ☎: 905.832.8564

SPORTS VILLAGE

2600 Rutherford Road
Maple, ON ☎: 905.738.7574

THORNHILL OUTDOOR POOL

28 Centre Street
Thornhill, ON ☎: 905.881.2969

VELLORE VILLAGE CC

1 Villa Royale Avenue
Woodbridge, ON L4H 2Z7
☎: 905.832.8544

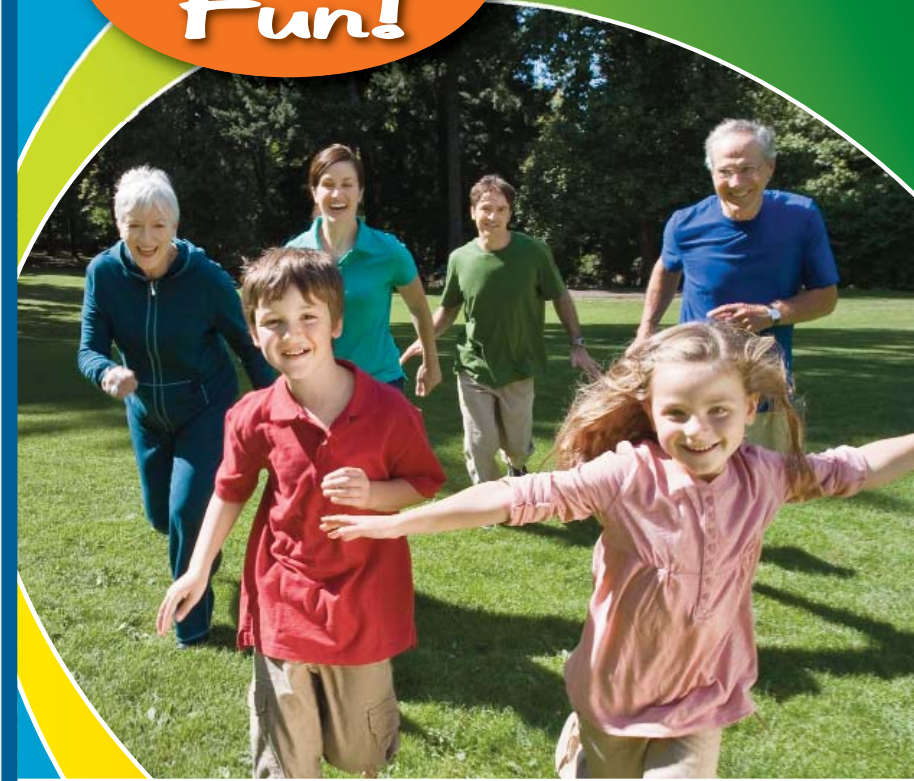
WOODBIDGE MEMORIAL POOL & ARENA

5020 Highway 7
Woodbridge, ON L4L 1T1
☎: 905.832.8576

JUNE 2010 is...

RECREATION AND PARKS MONTH

Family Fun!



FREE ACTIVITIES!

www.vaughan.ca | 905-832-8500



JUNE 2010...is Recreation and Parks Month!

Recreation & Parks Month Hotline: 905-832-8500

FREE*
Family Fun!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Live it everyday! June is Recreation and Parks Month www.recandparksmonth.ca</p>		<p>1 FITNESS 60+ Father Ermanno Bulфон CC9:30-10:30am</p> <p>TAKE ME OUT TO THE PLAYGROUND Vellore Village CC.....7:00-8:00pm</p>	<p>2 AQUAFIT Chancellor CC8:15-9:00pm</p> <p>YOUTH ACTIVITIES Father Ermanno Bulфон CC4:00-6:00pm</p>	<p>3 SENIORS MUSCLE CONDITIONING Garnet A. Williams CC11:30am-12:30pm</p> <p>FITNESS 60+ Father Ermanno Bulфон CC9:30-10:30am</p>	<p>4 SWIM EXPLOSION INTO SUMMER Chancellor CC5:30-8:00pm</p> <p>2-BALL CONTEST Rosemount CC.....4:00-6:00pm</p>	<p>5 SWIM EXPLOSION INTO SUMMER Dufferin Clark CC.....2:30-4:30pm</p> <p>CONSERVATION WALK Al Palladini CC.....9:45am</p>	
<p>6 TAKE A HIKE ON ANY OF VAUGHAN'S TRAILS! CHECK OUT: Boyd Conservation Area, Bartley Smith Greenway, Humber Trail and Kortright Centre</p> 	<p>7 FITNESS GUEST DAY Father Ermanno Bulфон CC</p> <p>PARENT & CHILD BADMINTION Dufferin Clark CC.....6:30-7:30pm</p>	<p>8 TAI CHI IN THE PARK Garnet A. Williams CC1:00-2:00pm</p> <p>WALK & TALK Maplewood Villages Activity Room9:30-10:45am</p>	<p>9 FAMILY INDOOR SPORTS Dufferin Clark CC.....5:00-7:00pm</p> <p>AQUAFIT Vellore Village CC.....8:00-9:00pm</p>	<p>10 FAMILY BOOT CAMP Maple CC7:15-8:15pm</p> <p>TAI CHI IN THE PARK Chancellor CC3:00-4:00pm</p>	<p>11 FITNESS 60+ Chancellor CC1:00-2:00pm</p> <p>NORDIC POLE WALKING FOR BEGINNERS Al Palladini CC.....10:00am</p>	<p>12 FAMILY BOOT CAMP Al Palladini CC.....10:00-11:00am</p> <p>WATER POLO Dufferin Clark CC.....1:45-2:45pm</p>	
<p>13 FITNESS GUEST DAY Al Palladini CC</p>	<p>14 3 ON 3 BASKETBALL TOURNAMENT Father Ermanno Bulфон CC4:00-6:00pm</p> <p>CRAFTY CORNER Dufferin Clark CC.....6:00-8:00pm</p>	<p>15 FITNESS GUEST DAY Maple CC</p> <p>TODDLER RUN & FUN Chancellor CC ...11:15am-12:15pm</p>	<p>16 FITNESS GUEST DAY Garnet A. Williams CC</p> <p>SPORTYKIDS Maple CC1:00-2:00pm</p>	<p>17 PLAYFUN Garnet A. Williams CC9:30-11:00am</p> <p>3 ON 3 BASKETBALL TOURNAMENT Rosemount CC.....4:00-6:00pm</p>	<p>18 SWIM EXPLOSION INTO SUMMER Maple CC7:45-9:15pm</p> <p>PING PONG TOURNAMENT North Thornhill CC4:00-6:00pm</p>	<p>19 GEOCACHING CHALLENGE Kortright Centre 10:00-4:00pm</p>  <p>SWIM EXPLOSION INTO SUMMER Vellore Village CC1:00-3:00pm</p>	
<p>20 GRAND OPENING North Thornhill CC2:00-5:00pm</p> <p>OFFICIAL CEREMONY2:30pm</p> 	<p>21 PING PONG TOURNAMENT Rosemount CC11:30am-2:00pm</p> <p>POWER WALK Maple CC7:00-8:00pm</p>	<p>22 TREASURE HUNT SWIM Al Palladini CC7:30-8:30pm</p> <p>2-BALL CONTEST North Thornhill CC4:00-6:00pm</p>	<p>23 PRESCHOOL SURPRISE Garnet A. Williams CC9:30-11:00am</p> <p>TAI CHI IN THE PARK Sonoma Heights Park11:00am-12:00pm</p>	<p>24 POWER WALK Father Ermanno Bulфон CC9:30-10:30am</p> <p>SALSA AQUAFIT Al Palladini CC8:00-8:45pm</p>	<p>25 STROLLER DERBY IN THE PARK Vellore Village CC9:30-10:30am</p>	<p>26 BEACH VOLLEYBALL TOURNAMENT SERVE THE KIDS Sports Village</p> 	
<p>27 THORNHILL OUTDOOR POOL OPENS FOR THE SUMMER</p>	<p>28 SPORTSARAMA IN THE PARK Vellore Village CC.....10:00-11:00am</p> <p>FITNESS GUEST DAY North Thornhill CC</p>	<p>29 SWIM EXPLOSION INTO SUMMER North Thornhill CC.....6:45-8:00pm</p>	<p>30 ACTIVE DESTINATION SWIM PROGRAM BEGINS! Swim across Canada at your local pool. Pick up a flyer at any City of Vaughan Community Centre</p> 	<p>SUMMER DAY CAMPS Register Now...Don't miss out on your favourite camp! Sessions begin June 28, 2010. Register online at: www.RecEnrollVaughan.ca</p> 			<p>CAMPS FOR AGES 3-16: preschool • sports visual & performing arts recreational science & computer outdoor adventure special needs specialty • leadership</p>

*UNLESS OTHERWISE NOTED