

TO: CHAIR AND MEMBERS
PARKS, RECREATION & CULTURE COMMISSION

FROM: DIRECTOR PARKS, RECREATION &
CULTURAL SERVICES

SUBJECT: MOVE FOR HEALTH DAY

RECOMMENDATION:

1. **THAT** approval be given to waive the fee for select swim sessions during Move for Health Day on Wednesday 2017 May 10 as outlined in this report.

REPORT

Move for Health Day, held annually on May 10, was launched by the World Health Organization in 2002. The purpose of the day is to encourage people to adopt physically active lifestyles as part of maintaining health and well-being. Every year communities across the province plan activities in local neighbourhoods to promote healthy living, some of which are free.

Move for Health Day events have been held in Burnaby since its inception in 2002 with over 11,000 participants enjoying a broad range of activities. In 2016, more than 650 people participated in fourteen opportunities including a lap swim with stroke improvement and workout drills, 3 aquafit classes, a variety of specialized fitness experiences including foam rolling, drumming, a cardio cross training class and an indoor cycling class for youth. Dr. Davidicus Wong presented a talk on how to make healthy choices in a "Talk and Walk with Doc" at which he highlighted the benefits of exercise and living a healthy and active life (Attachment #1).

New events this year feature "Buggy Babies" a stroller work out for moms, dads and caregivers, adult and youth "Introduction to Cycling" classes at Bonsors new cycle studio and a "Masters Swim Class" at Eileen Dailly pool.

Staff would like to offer free swimming at Fred Randall and Eileen Dailly pools as part of Move for Health Day activities. Since these swim sessions have Commission approved fees, approval is requested to waive the usual admission fee on this day to encourage participation.

To: Parks, Recreation & Culture Commission
From: Director Parks, Recreation & Cultural Services
Re: Move for Health Day

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The events planned on May 10, vary from year to year so that interest may be piqued by those who do not normally take part in regular programs and services. Offering free activities removes a major barrier to participation. Ultimately the aim is to improve the health of Burnaby residents through participation in one of the many opportunities the City has to offer.

A handwritten signature in black ink that reads "D. Ellenwood". The signature is written in a cursive, flowing style.

Dave Ellenwood
DIRECTOR PARKS, RECREATION & CULTURAL SERVICES

TK: lw

Attachment

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May 10 is Move for Health Day

These free events are taking place all over Burnaby and everyone is invited!

Bonsor Recreation Complex Introduction To Cycling

2-3pm

Join us in Bonsor's new cycle studio! Learn how to set up your bike, do a fitness assessment and be part of a short interval class that will take you through a simulated course of hills, valleys and turns. After taking this class you will be ready to join in any of our regular drop-in cycle classes featured at Bonsor.

Introduction to Cycling for Youth

12 years & up | 3:30-4:30pm

Come check out Bonsor's new cycle studio! Our knowledgeable instructor will teach you the basics of bike set up as well as how to pace yourself for basic skills and drills on the bike. If you haven't had a chance to check out a cycle class this is a great opportunity to try it with other youth.

Cameron Recreation Complex Indoor Cycling for Youth

12 years & up | 3:45-4:45pm

Barcode 438346

Come and join the fun in our cycling studio. Build your endurance and have some fun with intervals. The instructor will take you through a simulated course that has hills, valleys and turns. Class will include 40 minutes of cycling and 20 minutes of Interval Plyometric activity. Participants must be a minimum of 4'11" tall to properly fit the bikes.

Cameron Recreation Complex Saturday, May 13

Tough Mother Challenge

All Ages | 11am-12noon

Barcode 434639

Challenge your Mom and family to this outdoor obstacle race. All levels welcome. Please pre-register space is limited.



Confederation Community Centre

Walk With Your Doc

6:30pm | All ages

Join Dr. Davidicus Wong for an inspirational 30-45 minute talk on the benefits of exercise and the importance of an active, healthy lifestyle. Afterwards, enjoy a invigorating community walk with some local physicians at the Confederation track. To be part of this important annual event, visit walkwithyourdoc.ca, click on the "Walks across BC" tab and scroll down to sign up for the Burnaby walk. Registration required.



Deer Lake Beach Move on the Water

10 years & up

6:15-7pm

Barcode 431821

7-7:45pm

Barcode 431822

7:45-8:30pm

Barcode 431823

Enjoy an introductory canoe lesson. Youth aged 10-15 years must be accompanied by an adult. Participants must sign a waiver; for those under 19 years, a parent or guardian must sign the waiver. Pre-registration required.

Edmonds Community Centre Fun & Fit Swim!

All Ages | 8-9pm

Our Aquatic Fun Squad will be out in full force along with "George" and "Clooney" - our large inflatable creatures. Regular admission fees apply and no registration required.

Adult Stroke Improvement & Fitness Information Sessions

13 years & up

8:30-9:15am

Barcode 446421

12noon-1pm

Barcode 446422

9-10pm

Barcode 446423

Come get your swimming skills accessed and enjoy a free introduction to our new program - "Adult Stroke Improvement & Fitness". Please register online at burnaby.ca/webreg. Registration is free but space is limited.



Buggy Babies

10-11am

Moms! Dads! Caregivers! Bring your stroller and child and meet our instructor mom who will take you on an outdoor fitness adventure! You will walk around the Edmonds community, stop along the way and do exercises using handheld elastic bands, your own body weight and surroundings. Meet in the lobby.

Eileen Dailly Pool Free AquaFit

16 years & up | 6-7pm

Come try AquaFit on Move for Health Day for free. The class is a moderate to intense class.

Masters Swim

16 years & up | 8:30-9:30pm

Come try Masters Swim at Eileen Dailly Pool. Participate in a one hour length swim workout including warm up and stretching. The session will be lead by an instructor who is available for stroke correction. Must have the ability to swim continuous lengths.

Register now!

Register online: burnaby.ca/webreg
or register at any Burnaby recreation facility.
For more information, visit:
burnaby.ca/moveforhealth

