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| Director's Report No. | 3 |
| Meeting | 2018 Mar 21 |

COMMISSION REPORT

TO: CHAIR AND MEMBERS
PARKS, RECREATION AND CULTURE
COMMISSION **DATE:** 2018 Mar 09

FROM: DIRECTOR PARKS, RECREATION AND
CULTURAL SERVICES **FILE:** 66000-20

SUBJECT: MOVE FOR HEALTH DAY 2018

PURPOSE: To request approval for a fee waiver for select swim sessions during Move for Health Day on Thursday, 2018 May 10.

RECOMMENDATION:

1. **THAT** approval be given to waive the fee for select swim sessions during Move for Health Day on Thursday 2018 May 10 as outlined in this report.

REPORT

INTRODUCTION

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 2017, more than 200 people participated in fourteen opportunities including a Tough Mother obstacle challenge, Walk With Your Doc, cycling introduction for youth, canoeing on Deer Lake, Tai Chi for families, and adult stroke improvement classes.

New opportunities this year include TRX RIP Training, an introductory tennis lesson, a Kidfit circuit, teen stroke improvement and masters swimming at Bonsor Pool (Attachment #1).

Staff would like to offer free swimming at Bonsor, Fred Randall and Eileen Dailly pools as part of Move for Health Day activities. Since these swim sessions have Commission

To: Parks, Recreation and Culture Commission
From: Director Parks, Recreation and Cultural Services
Re: Move for Health Day 2018

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approved fees, approval is requested to waive the usual admission fee on this day to encourage participation.

POLICY SECTION

Move for Health Day is aligned with the City of Burnaby's Corporate Strategic Plan by supporting the following Goals:

A Connected Community

Social connection

Enhance social connections throughout Burnaby

A Healthy Community

Healthy Life

Encourage opportunities for healthy living and well being

Lifelong Learning

Improve upon and develop programs and services that enable ongoing learning

RECOMMENDATION

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.

It is recommended that approval be given to waive the fee for select swim sessions during Move for Health Day on 2018, May 10.



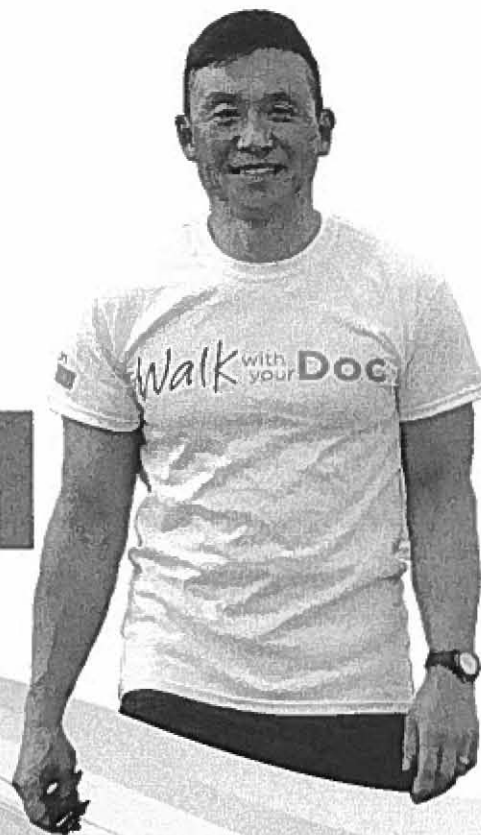
Dave Ellenwood
DIRECTOR PARKS, RECREATION & CULTURAL SERVICES

TK:km:tc

Attachment

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MAY 10, 2018 MOVE FOR HEALTH DAY



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

Barnet Marine Park

Move on the Water

10 years & up

6:15-7pm Barcode 472102

7-7:45pm Barcode 472100

7:45-8:30pm Barcode 472101

Enjoy a free introductory kayak lesson. Youth 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. Please visit burnaby.ca/outdoorrec for meeting spot and other info.

Bonsor Recreation Complex

Teen Stroke Improvement

10-15 years

7-7:45pm Barcode 476574

8-8:45pm Barcode 476575

Pre-requisite: ability to swim 100m continuously in deep water or Swim Kids 6 or higher. Work on stroke correction, swimming endurance, and lifesaving skills. Maximum eight students per session. Pre-registration required.

Masters Swim

14 years & up

7-7:45pm Barcode 476576

8-8:45pm Barcode 476577

Lead by an instructor who focuses on stroke correction and workouts for swimmers looking to improve physical fitness and swimming technique. Must have the ability to swim continuous lengths. Maximum eight students per session. Pre-registration required.

Cycling Workshops

9:15-9:45pm Barcode 475689 4:45-

5:15pm Barcode 475690

This introductory indoor class teaches how to use "Coach by Colour" technology for a personalized cycling workout. Equipment set up and proper technique are covered. Pre-registration required.

Cameron Recreation Complex

TRX RIP Trainer

16 years & up

10:45-11am Barcode 475828

11:15-11:30am Barcode 475829

Variable resistance exercises with a multi-faceted approach to strength and cardiovascular conditioning that challenges you in all three planes of motion...every rep, every set, every workout.

Tough Mother Challenge

Note! Saturday, May 12

All Ages

11am-12noon Barcode 473307

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

Confederation Senior Centre

Talk & Walk with Doc

All ages | 6:30pm

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 an invigorating community walk with some local physicians at the Confederation track. To be part of this fun annual event, visit walkwithyourdoc.ca, click on the "Walks across BC" tab and scroll down to sign up for the Burnaby walk. Registration required.

Edmonds Community Centre

New Equipment Demonstrations

14 years & up | 10:30-11am & 5-5:30pm

Check out the new cardio equipment in our weightroom.

Belly Dancing

19 years & up

2:45-3:45pm Barcode 476759

Shake and shimmy your way through this fun-loving sampler class!

Eileen Dailly Pool

Masters Swim

16 years & up | 7-8pm

Lead by an instructor who is available for stroke correction. This is a one hour long swim workout including warm up and stretching. Must have the ability to swim continuous lengths.

AquaFit

16 years & up | 8-9pm

The class is a moderate to intense class and has a shallow and deep option.

Kensington Park

Move on the Tennis Court

5 years & up

6-7:30pm Barcode 476590

Drop-in at the tennis courts at Burnaby Lake Sports Complex East for a free introductory lesson. Bring family members and find out if tennis is the sport for you. Please bring a tennis racket. Balls are provided. Youth under 15 must be accompanied by an adult.

Willington Centre

MOVEMENT Exploration Circuit

4:45-6pm Barcode 476580

Try something innovative! Explore and challenge yourself through guided expressive movement exercises and circuit stations along to lively beats and music.

KidFit Circuit

5-12 years

3:15-4:30pm Drop-in | Lower Field

Run through our fun fitness circuit. A mini obstacle course features body weight exercises, flexibility, agility and fun.

Register now!

Visit burnaby.ca/webreg or register at any Burnaby recreation facility. For more information, burnaby.ca/moveforhealth

