

YMCA Healthy
Kids DAY

LA JOURNÉE Enfants
en Santé DU YMCA

JUNE 5, 2011

11 am - 3 pm

EVENT SCHEDULE

FREE activities for the whole family





YMCA Healthy Kids Day is a FREE community event celebrating the healthy growth and development of children, teens and families.

Our Special Guests

KIDS 'N MOTION

Presenting its 3rd annual RECycle and/or BUYCycle event!



We're excited to host Kids'n Motion with their youth-driven community initiative, RECycle and/or BUYCycle. This initiative collects and refurbishes bikes to give back to our community. You can help by bringing your used bicycles to Healthy Kids Day!

Here's how it works:

- **Bring your used bicycles** to the Kids'n Motion kiosk from 11:00 a.m.–3:00 p.m.
- **Give them to a volunteer from CYAN** at the Kids'n Motion kiosk.
- **Shop around!** Volunteers will be refurbishing bikes on site at the event. Take a look and you may even find a new bike!

Presented in partnership by: CYAN (Community Youth in Action Network), Safetynet Children and Youth Charities, Big Brothers Big Sisters of Halton, Oakville Galleries, United Way of Oakville, YMCA of Oakville and Community Art Space.

All proceeds will support the parts and tools required to fix up donated bikes that are recycled into the hands of needy children and youth in Halton.

Exciting entertainment line-up!

GROMS Youth Movement

GROMS is here to present thrilling skateboard demonstrations for young and old!



JIBS

You don't want to miss JIBS and their BMX bike team performing jumps and tricks!



The Brampton Acro Ropers

Come on out and see the fast-paced demonstrations of this competitive jump rope team who compete nationwide and internationally! Their choreographed skipping routines to music will make you want to get up and jump in!



MasoniCh.I.P.

Ontario Child Identification Program



If you haven't enrolled your child in this critical life-saving program yet, now's the time to do it!

Representatives from MasoniCh.I.P. will be on site all day to create a personal identification kit for your child. Photos, video, voice-recordings, digital fingerprints, dental impressions, saliva swabs and statistical information will all be collected – FREE OF CHARGE! This information is matched to work seamlessly with Ontario's law enforcement providers to assist with the safe recovery of missing children.



Mystic Drumz

An interactive hands-on drum circle for all ages featuring percussion instruments such as African Djembes, Cuban Bongo, cowbells, triangles, tambourines, shakers and more! Limit of 40 participants.



Mark Kersey, Children's Entertainer

A highly interactive kid's show with lots of audience participation and even a few championship yo-yo tricks! As the former "Mark the Repairman" on the Mr. Dressup Show, Mark Kersey knows how to entertain.



Massive Tank Studios Mini Concert

This new and unique music recording facility from Oakville will showcase some of its best young musicians in a mini concert. Performances will include a variety of instruments all designed to solve a music puzzle.



PLUS Don't miss our new Lifestyle Workshops!

For the first time, the YMCA of Oakville is excited to present a series of health and lifestyle workshops!

Keeping Your Home Energy Efficient

Multi-purpose Room 3

11:00-11:30 a.m.

Learn how to conserve energy and reduce waste around the home. Topics will include energy efficient lighting, home heating and cooling tips, water conservation and much more! Presented by The Home Depot.

Organic Gardening

Multi-purpose Room 3

11:40 a.m. -12:10 p.m.

A beginners workshop for those interested in creating an organic garden. Topics will include "what is organic gardening?"; the best soils to use, types of plants, environmental benefits and more. Presented by The Home Depot.

Get Out of Debt!

Multi-purpose Room 3

12:15-12:45 p.m.

Despite our healthy economy, most Canadians carry major debt loads, which if not reduced significantly, will begin to negatively impact our society. Come and discover key strategies to get out of debt from Jacques de Preez of Mortgage Allies.



Cooking on a Dime

Multi-purpose Room 1 and 2

12:30-1:00 p.m.

Come and learn multiple ways to stretch your grocery dollars and make quick and healthy meals. Presented by Maria Folino, founder of Kids Cook at School, an organization that teaches cooking classes to local JK-8 schools in Halton.



More Blue & Green for a Better Planet

Multi-purpose Room 3

1:00-1:30 p.m.

Think you know everything about the three Rs? Come to this informative workshop and learn how to safely get rid of larger items, effectively use your blue and green bins and the region's waste management plan for a greener future. Presented by John Watson from Halton Region.



Managing Stress

Multi-purpose Room 3

1:45-2:15 p.m.

Dr. Carole Smith of the YOUR HEALTH Wellness Centre will discuss different types of stress we struggle with, the negative effect stress has on our bodies and how you can effectively manage it using natural, non-evasive strategies.



Note: Workshops are limited to a maximum of 25 participants. All content is adult-focused.

Child minding is available in the Youth Room for workshop participants: children 0-5 years will remain in the Youth Room and children 6+ years will participate in camp activities.



Thank you sponsors



And thank you to all volunteers!

Community Exhibitors

Big Brothers Big Sisters of Halton
Centre for Education and Training-Youth Exchange
Community Youth in Action Network
Halton Region Health Department
Halton Regional Police Service
Sexual Assault & Violence Intervention of Halton - SAVIS
Town of Oakville
Carousel of Nations Multicultural Association
Halton Food for Thought
Oakville Galleries
Kids Help Line
Halton Diabetes Program
Oakville Parent-Child Centre

YMCA Healthy Kids Day Schedule 11:00 am - 3:00 pm



Time	Activity	Location
11:00 - 3:00	Community expo	Main hallway
11:00 - 3:00	MasoniCH.I.P (child identification program)	Child minding
11:00 - 3:00	Preschool Zone for children up to 6 yrs	MPR 4
11:00 - 3:00	Kids 'n Motion	Northwest parking lot
11:00 - 3:00	Inflatable Heatwave Obstacle Course donated by Airbounce	Centre parking lot
11:00 - 3:00	Oakville Fire Department truck	Centre parking lot
11:00 - 3:00	Halton Regional Police Services car	Centre parking lot
11:00 - 3:00	Halton Region EMS paramedics	Centre parking lot
11:00 - 3:00	Family swim	Leisure and main pools
11:00 - 3:00	Family rock climbing	Adventure Centre
11:00 - 3:00	Family track (please wear running shoes)	Indoor track
11:00 - 3:00	Skateboard/BMX park (must wear helmet to participate)	Northwest parking lot
11:00 - 3:00	Community gardening. Get dirty and plant! Donations by Aldershot Landscaping	Centre parking lot
11:00 - 11:30	Make 'n Take Cooking with Kids Cook at School	MPR 1 and 2
11:00 - 11:30	* Keeping Your Home Energy Efficient with The Home Depot	MPR 3
11:00 - 11:45	Family Zumba	Gym 1 and 2
11:00 - 1:00	Minute to Win It! Challenge for kids 6+ yrs	Kinesis Room
11:15 - 11:45	Healthy Smiles demo, Magdalena Quinn DDS, Peadiatric Dentistry - Get a free toothbrush!	MPR 4
11:40 - 12:10	* Organic Gardening with The Home Depot	MPR 3
11:45 - 12:15	Make 'n Take Cooking with Kids Cook at School	MPR 1 and 2
12:00 - 2:00	\$ Community BBQ sponsored by Real Canadian Superstore	Outdoors
12:00 - 12:30	Healthy Smiles demo, Magdalena Quinn DDS, Peadiatric Dentistry - Get a free toothbrush!	MPR 4
12:00 - 12:30	Brampton Acro Roper Skipping Team	Gym 1 and 2
12:15 - 12:45	* Get out of Debt with Jacques du Preez from Mortgage Allies	MPR 3
12:30 - 1:00	* Cooking on a Dime with Maria Folino from Kids Cook at School	MPR 1 and 2
12:45 - 1:15	Healthy Smiles demo, Magdalena Quinn DDS, Peadiatric Dentistry - Get a free toothbrush!	MPR 4
12:45 - 1:15	Brampton Acro Ropers Skipping Team	Gym 1 and 2
1:00 - 1:30	*More Blue and Green for a Better Planet with John Watson from the Halton Region	MPR 3
1:00 - 2:30	Massive Tank Studios - live local youth bands and open mic	Outdoors
1:30 - 2:00	Be a Good Germ Buster demo with Halton Region Health Department	MPR 4
1:30 - 2:00	Mystic Drumz (limited to 40 people)	Gym 1 and 2
1:30 - 3:00	ArtHouse - draw and paint with local artists	Kinesis Room
1:45 - 2:15	* Managing Stress with Dr. Carole Smith from Your Health Wellness Centre	MPR 3
2:15 - 2:45	Be a Good Germ Buster demo with Halton Region Health Department	MPR 4
2:15 - 2:45	Mystic Drumz (limited to 40 people)	Gym 1 and 2
2:15 - 3:00	Mark Kersey, children's music show	MPR 1 and 2
3:00 - 3:15	Art Competition winner announcement, prizes donated by ArtHouse	Gym 1 and 2

* Lifestyle workshops are limited to 25 adults. MPR = Multi-purpose Room

\$2 per person for BBQ lunch and drink

Additional parking is available at St. James Catholic School and W.H. Morden School.

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