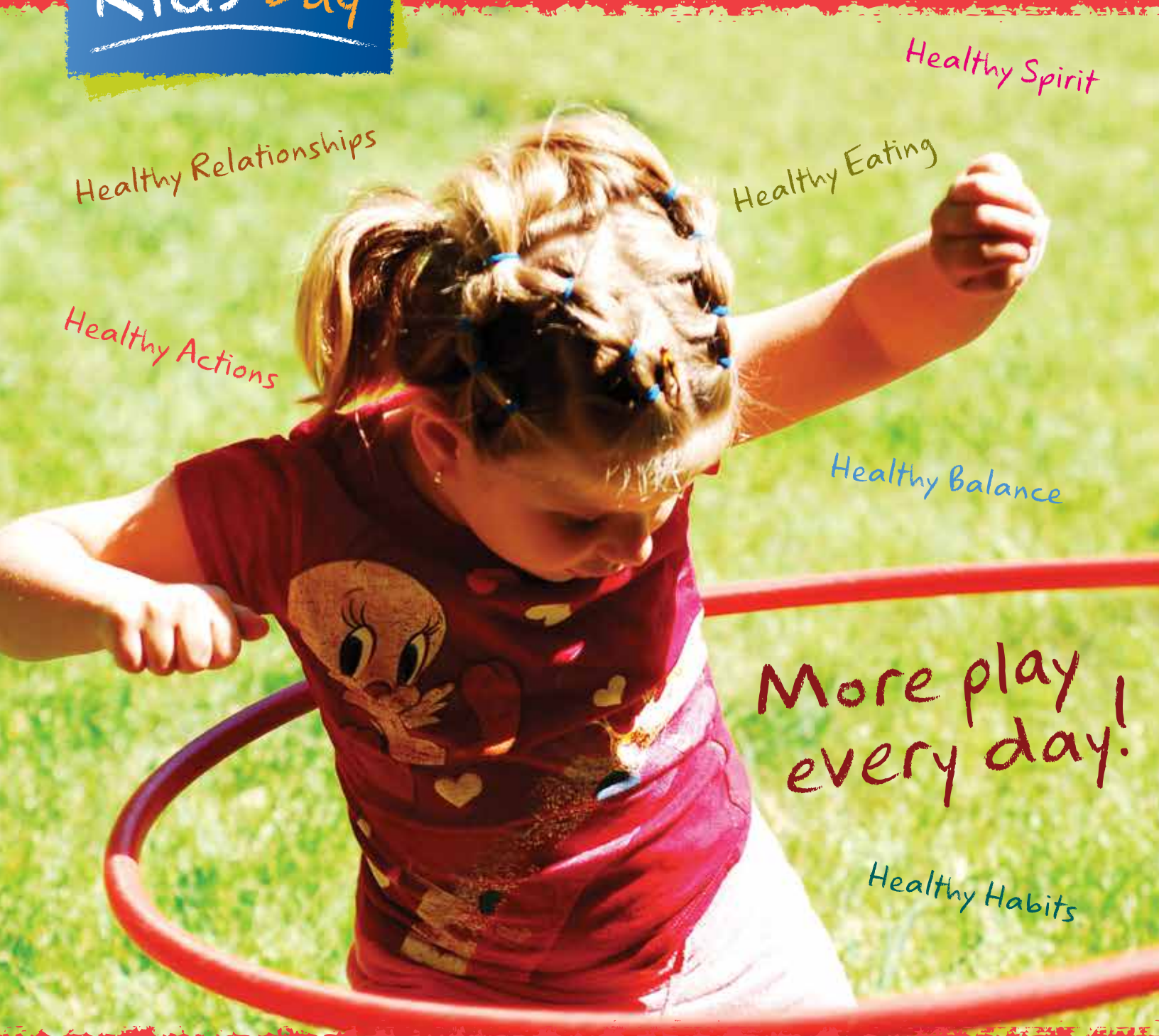


Event Schedule

Sunday, June 1, 2014, 11 a.m. – 3 p.m.

Peter Gilgan Family YMCA, 410 Rebecca Street, Oakville



Healthy Relationships

Healthy Spirit

Healthy Eating

Healthy Actions

Healthy Balance

More play!
every day!

Healthy Habits



YMCA of
Oakville

Join us for healthy, fun and **FREE**
activities for the whole family!

ymcaofoakville.org

More play every

Raising your child to live a healthy lifestyle is a goal every parent wants to achieve. YMCA Healthy Kids Day is a day dedicated to teaching kids how to be healthy and showing parents that living healthy is easier than it seems! By showing kids that eating healthy and being active can be fun, they are encouraged to develop healthier habits and keep them — for life! So grab your basketball, bicycle, swimsuit, snacks and join us.

Healthy Actions

Healthy kids are physically active and have healthy body weights. *In Halton, obesity rates have increased, 21% for 5-year-olds and 22% for 15-year-olds from 2006 to 2009. *Source: Our Kids Network Report Card 2011

Healthy Activity Stations

Visit each station during YMCA Healthy Kids Day to receive a stamp on your passport (back page). Enter your passport to win great prizes!

STATION	TIME	ACTIVITY	AGE	LOCATION
1	11:00 – 3:00	Run or walk on our indoor track (infants must be in snugglies)	All ages	Indoor Track
2	11:00 – 3:00	Indoor rock climbing	5+ years	Adventure Centre
3	11:00 – 3:00	Swim and splash in our swimming pools	All ages	Aquatics Centre
4	11:00 – 3:00	Bring your BMX, Scooters or Skateboards and join Jibs Action Sports	All ages	Outdoors/ Skatepark
5	11:00 – 3:00	Pedalheads obstacle course & helmet fittings	2-12 years	Outdoors
6	11:00 – 3:00	Community bike ride led by Town Councillor Pam Damoff, Cycle Oakville and Halton Regional Police Service cycling officers. <i>Must have a bicycle in good working condition, helmets are mandatory.</i>	6+ years	Outdoors
7	11:00 – 3:00	Fine-tune your hockey skills with the Mississauga Steelheads	All ages	Outdoors
8	11:15 – 12:15	Join Cheer Fuzion's AllStars team learn cheerleading basics	5-18 years	Gymnasium
9	11:30 – 12:15	Try Drumfit a fast-paced, non-competitive fitness program that combines music, movement and drumming.	All ages	Gymnasium
10	12:00 – 12:30	Family Circuit Boot Camp	7+ years	Morden School
11	12:30 – 1:30	Learn basketball dribbling and shooting basics with the Mississauga Power Players and POW from the National Basketball League of Canada.	6+ years	Gymnasium
12	1:45 – 2:45	Practice your soccer skills with the Oakville Soccer Club coaches.	All ages	Gymnasium
13	3:00 – 3:30	ZUMBA® FINALE! End the day with the largest Zumba® dance party	All ages	Gymnasium

Healthy Eating

Healthy kids make healthy choices by starting each day with a nutritious breakfast. *In Halton, 4% of 5-year-olds, 34% of 12-year-olds and 47% of 15-year-olds are not eating breakfast. Only 40% of Canadians age 12 and older reported consuming fruits and vegetables five times per day.

STATION	TIME	ACTIVITY	AGE	LOCATION
14	11:00 – 3:00	Prepare a healthy snack and enjoy!	All ages	Hallway
15	11:00 – 3:00	Oakville Galleries Play with your Food workshop	4-14 years	Multipurpose room

Lunch options will be available for purchase or bring your own healthy lunch.

day!



Healthy Relationships

Healthy kids have healthy ties with family, school, peers, and the community. *In Halton, 28% of 12-year-olds and 47% of 15-year-olds reported not feeling loved and encouraged by their families.

STATION	TIME	ACTIVITY	AGE	LOCATION
16	11:00 – 3:00	Rolling Horse Community Cycle workshops	All ages	Outdoors
17	11:00 – 3:00	Family game play	All ages	Youth Room
18	11:00 – 3:00	Family dance and Xbox activities sponsored by Microsoft	All ages	Multipurpose room
19	11:00 – 3:00	Family Preschool Zone! Scoot, climb and play	0-5 years	Multipurpose room
20	12:00 – 2:00	Family picnic with the Mississauga Power Players and throwback games like pillow case race, egg toss and 3-legged race. Pack your lunch and blanket!	All ages	Morden School

Healthy Balance

Healthy kids in healthy families are strong, stable and connected to their community. *In Halton, 30% of 12-year-olds and 45% of 15-year-olds reported that they do not spend time at home with family and only 42% of parents have participated in a community activity or event held at school.

STATION	TIME	ACTIVITY	AGE	LOCATION
21	11:00 – 11:30	Swim to Survive! Learn the minimum skills needed to survive an unexpected fall into deep water. Children under 16 years must be accompanied by an adult.	All ages	Aquatics Centre
22	11:00 – 3:00	Visit community exhibitors to get healthy tips to maintain a healthy, balanced lifestyle	All ages	Main hallway
23	11:00 – 3:00	MasoniCh.I.P Child Identification Program. Get a FREE identification kit for your child.	All ages	Multipurpose Room
24	11:00 – 3:00	Safety Zone Local ambulance, police and fire services	All ages	Outdoors

Healthy Spirit

Healthy kids are emotionally healthy and have a healthy state of mind. *In Halton, 7% of youth are at risk for depression and 29% of youth report low levels of self-esteem.

STATION	TIME	ACTIVITY	AGE	LOCATION
25	11:00 – 3:00	Oakville Public Library Imagination Station	All ages	Outdoors
26	11:30 – 12:00	YogaFit! Stretch, relax and meditate. Connect with your spirit, mind and body	7+ years	Multipurpose room
27	1:00 – 3:00	ArtHouse in Motion: Celebrity artist Jessica Gorlicky performs with dazzling explosions of colour, movement and energy.	7-12 years	Multipurpose room
28	12:00 – 2:00	Community drum circle lead by The Naked Beat. Feel the positive effects of music and rhythm.	All ages	Morden School

Healthy Habits

The YMCA helps children and youth grow up healthier, stronger and more confident. We can help them realize their full potential, but we can't do it without you. Building a healthy community can only be achieved by working together with parents and families, peers, caregivers, schools, and local partners. We can improve Halton statistics and give our children healthy habits for life. **Start healthy habits today!**



Activity Passport

Get Active and Win!

For a chance to win some great prizes, participate in activities at Healthy Activity Stations and get your passport stamped.

Fill out your contact information below and drop off your passport at the Tri-FUN Kids' Triathlons booth. Prizes will be drawn following the event and winners will be contacted.

Print Name _____

Phone Number/E-mail _____

Parent/Guardian Signature _____



Bonus Points

- 10** Cycled to the Y
- 5** Eat a Healthy Snack
- 5** Soccer Skills/Drills
- 10** Family Picnic Games
- 5** Basketball Skills/Drills
- 10** Visit 4 Exhibitors
- 5** Family Boot Camp
- 5** YogaFit
- 5** Bike Helmet Fitting
- TOTAL** _____

Thank You to our partners and exhibitors

Community Partners

ArtHouse
 Cycle Oakville
 Halton Regional Police Service
 Oakville Galleries
 Oakville Public Library
 Town Councillor Pam Damoff

Exhibitors

Cheer Fuzion
 Drumfit
 Jibs Actions Sports
 MasonCh.I.P
 Microsoft
 Mississauga Power Players/POW

Mississauga Steelheads
 The Naked Beat
 Oakville Soccer Club
 Pedalheads
 Rolling Horse Community Cycle
 Tri-FUN Kids' Triathlons

YMCA World Challenge

(8-17 years)



Friday, June 6 from 7:00-9:30 p.m.
 A special and FREE Friday youth night to celebrate the YMCA's 170 years of existence and to recognize how the YMCA has empowered millions of youth worldwide. Join us for the YMCA World Challenge as youth around the world sign a global statement declaring, "I stand up for young people, and I want their voice to be heard."

Wrap My Ride (15-24 years)

Help us design the wrap for our new YMCA community van! A very generous donor has funded a van for the YMCA to deliver programs in the community and to bring children and youth to YMCA programs. But what should it look like? Submit your design by June 8. Visit ymcaoakville.org for details.

