



www.KingstonGetsActive.ca

## INSIDE THIS ISSUE:

- Feature
- Upcoming Events
- KGA Updates
- Publications of Interest
- Autumn Activities

# Kingston Gets Active Newsletter

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## Feature - KGA ActivPass

The ActivPass (Grade 5 and 9 Community Physical Activity Pass) is back in its 8<sup>th</sup> year. Effective November 1<sup>st</sup>-August 31<sup>st</sup>, the ActivPass allows grade 5 and 9 students in the greater Kingston area free access to recreational facilities at designated times. Students can enjoy activities such as swimming, ice skating and use of gymnasium at participating organizations. To look up where the ActivPass can be used, visit

[www.kingstongetsactive.ca](http://www.kingstongetsactive.ca) and click on the

'Kids' tab for the grade 5 schedule, or the 'Youth' tab for the grade 9 schedule. To access facilities, grade 5 students show their physical activity pass, which they receive at school, and grade 9 students simply show their student card.

Grade 9 students attending Kingston high schools also get **FREE** access to **Kingston Transit** from Sept. 1<sup>st</sup>-Aug. 31<sup>st</sup>. Starting Aug. 20<sup>th</sup>, students can obtain their bus cards from either the City Hall Pay It Centre or the Cataraqui Centre Guest Services desk by showing either: a) a current 2012-13 Grade 9 timetable and birth certificate, or b) a current 2012-13 Grade 9 high school student photo ID. There is no cost to obtain the initial bus card; however, there is a \$5 fee for a replacement card.



The ActivPass allows free use of swimming pools at designated times.

## Fall Recreation & Leisure Showcase

Join us at the Fall Recreation & Leisure Showcase at Portsmouth Olympic Harbour (53 Yonge St.) on **Saturday, September 8th, 2012**, from 9 a.m. to 3 p.m. Admission is **free!** There's tons to see and do in Kingston this fall and winter! Come out and let over 90 community organizations show you how to get fit, have fun, stay active, learn a new sport, take art lessons, you name it! Bring the whole family, there's something for everyone to enjoy.

## After School Fitness - Kingston YMCA

School's out; time to get fit! Youth ages 10 - 12 years and adolescents ages 13 – 15 years are invited to participate in the YMCA of Kingston 6 week fitness training program. Youth will be challenged to push, pull, jump, rotate, and balance in a fun filled group fitness setting. Adolescents will be introduced to etiquette, safety, and benefits of training in a weight room, while challenging their cardiovascular and muscular fitness.

Location: YMCA (100 Wright Crescent) Youth- Group Fitness Studio. Adolescents- Fit For Life Room.

Time: Tuesdays and Thursdays from 4:15 pm – 5:15 pm

Session 1: **September 10 to October 22** (no class on October 8)

Session 2: **November 5 to December 14**

Registration at Front Desk (no fee for members).

Minimum 6/ Maximum 15

## Fairfield Fall Festival - Loyalist Township

Loyalist Township Fairfield Fall Festival: **Sat Sept 22nd** 11:00-1:00pm @ Fairfield Park, Amherstview. Get ready for Fall – join us for a fun filled day building your very own scarecrow!

- Bring some old clothes to dress your scarecrows
- We provide the frames and straw
- Enjoy a BBQ lunch (\$)
- Cookie Decorating (donation)
- Face painting
- Colouring contest
- A special visit from TOW-MATER
- Special Thank You to the event sponsors: Fairfield Homestead Association & Glen Supply Co. Limited

## Scarecrow Festival - NKCHC

The North Kingston Community Health Centres will be having a Scarecrow Festival at the Wally Elmer Community Centre on **Sat., September 29th**. More details to follow at [www.kchc.ca](http://www.kchc.ca).

## Eating for Life - Seniors Association Kingston

Eating for Life: Mondays October 1, 15 & 29, 9:00 to 10:00am at The Seniors Centre. Learn how to build your immune system, what foods help you live longer, and whether you need supplements. Learn how diet and nutrition can improve your life in a series of talks by registered holistic nutritionist and certified chef, Timothy Hennessy. \$3/talk; call 613.548.7810 to register.

**October 1:** Eating with the seasons: Why each season calls for different foods and how to prepare them. Where to find the best of local and seasonal produce.

**October 15:** Building your immune system for the cold and flu season: Diet is an effective way to fend off cold and flu bugs. Learn which foods are immune boosters and how they help.

**October 29:** Superfoods and longevity: What foods can help you live longer? Learn how your nutritional needs change as you age while sampling some delicious recipes!

## Spark Grants - Heart & Stroke Foundation

Applications are now being accepted for **Spark Advocacy Grants** which help groups spark action in their communities. This competition provides financial support for advocacy initiatives that focus on increasing access to physical activity and/or healthy food for children across the province. Grant applications are now online -learn more at [www.heartandstroke.ca/spark](http://www.heartandstroke.ca/spark). Apply now. Application deadline is **November 1<sup>st</sup>, 2012**.

## Fee Assistance Program - City of Kingston

Municipal fee assistance program: One application, three opportunities.

- **Affordable Transit Pass** program offers a discounted monthly transit pass.
- **SPARK** (The Subsidy Program for Affordable Recreation in Kingston) provides all residents with financial assistance for city-run recreation and leisure memberships, programs, classes, camps, and fees.
- **P.R.O. Kids** (Positive Recreational Opportunities for Kids) helps cut the cost of community-run sports, cultural, arts and recreational activities for children and youth aged 0-18.

Find out if you qualify by visiting [www.CityofKingston.ca/Fee-Assistance](http://www.CityofKingston.ca/Fee-Assistance) or pick up an application at one of these locations: Community and Family Services, 362 Montreal St  
 INVISTA Centre, 1350 Gardiners Rd  
 Wally Elmer Neighbourhood Centre, 50 MacCauley St  
 City Hall, 216 Ontario St  
 Kingston Frontenac Public Libraries

## KGA Update - Ambassadors



Kingston Gets Active is looking for volunteers who enjoy being physically active and want to inspire others to be active. We have a variety of roles available for volunteers that match different interests, abilities, and time. A free training session is provided to give you all the tools you need for this exciting opportunity. For more information call Kristin at (613) 546-2647 X226, check our website at [www.kingstongetsactive.ca](http://www.kingstongetsactive.ca) or email [info@kingstongetsactive.ca](mailto:info@kingstongetsactive.ca).

## KGA Update - Pedometer Lending

Kingston Gets Active's pedometer lending program is still active at all Kingston Frontenac Public Libraries, as well as at the Seniors Association Kingston Region (for members). At these locations pedometers can be borrowed for free for three weeks, and they can be renewed for up to nine weeks depending on demand. You will also receive an information packet with instructions on how to use the pedometer and information on walking as a form of exercise. Find out more at [www.kingstongetsactive.ca](http://www.kingstongetsactive.ca)

## Publications of Interest

Active Healthy Kids Canada (2012). Is active play extinct? The active healthy kids Canada 2012 report card on physical activity for children and youth. Toronto: Active Healthy Kids Canada.

Hobin, E. P., Leatherdale, S. T., Manske, S., Dubin, J. A., Elliott S., & Veugelers, P. (2012). A multilevel examination of gender differences in the association between features of the school environment and physical activity among a sample of grades 9 to 12 students in Ontario, Canada. *BioMed Central Public Health*, 12:74.

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# Autumn Activities

## Ways To Be Active – Autumn

- Go for a hike at Lemoine Point and enjoy the beautiful fall colours.
- Rake your lawn, and a neighbour's yard while you are at it!
- Spend a weekend outside, getting your garden ready for winter or helping out at the community gardens.
- Turn up your favourite tunes and DANCE! It is good exercise and fun!
- Borrow a pedometer from your local library and try to beat your daily totals.

## Autumn Game: Witch Tag

“The tagger for this game is the witch. The witch pretends to ride a broomstick around the gym or playspace. Two people are pumpkins and each hold an orange ball to identify themselves. The remaining people are trick-or-treaters. The witch tries to tag the trick-or-treaters to turn them into ghosts. The ghosts can't move and must sway back and forth. The

pumpkins can turn them back into trick-or-treaters by tagging them gently with the ball. Assign a new witch and pumpkins every few minutes.”

From: [Halloween Physical Education Games | eHow.com http://www.ehow.com/list\\_5903248\\_halloween-physical-education-games.html#ixzz22y7vIyyp](http://www.ehow.com/list_5903248_halloween-physical-education-games.html#ixzz22y7vIyyp)

## KGA Partners



KGA's summer student at the Princess Promenade on Aug. 4th, 2012

