



# CANADIAN SPORT FOR LIFE

*Kingston*



# AU CANADA, LE SPORT C'EST POUR LA VIE

*Kingston*

Canadian Sport for Life (CS4L) is a national movement that seeks to improve the quality of sport and physical activity in Canada through developmentally appropriate sport, recreation and physical activity programming. CS4L Kingston is increasing opportunities for physical activity as a foundation for lifelong participation. Check out our current projects:

### **PLAY for Life Summit, November 7th**

#### **One Vision for Quality Sport & Physical Activity**

The PLAY for Life Summit is a one-day conference for sport, recreation, health, education, and caregiving providers. Featuring engaging keynote presentations, active breakout sessions, and a lively marketplace! Participants will hear about local best practices, be introduced to useful tools and resources, and get inspired by nationally recognized CS4L Champions.

[www.CS4LKingston.com](http://www.CS4LKingston.com)

### **KGA Month**

Every April and September, local sport and recreation organizations host free activities, workshops, events, open houses & active challenges.

### **PLAY Library**

The PLAY Library promotes physical literacy and helps Kingston families be active at home. Kits are free and available to borrow at many locations across the city.

[CS4L@CityofKingston.ca](mailto:CS4L@CityofKingston.ca)

CS4L Kingston is funded by the Province of Ontario, Ministry of Tourism, Culture and Sport



2014 **September**



## Basic Bicycle Maintenance

### Cycle Kingston (Memorial Centre, 303 York Street)

Does your bicycle fit you? Learn how to fix a flat tire, and what you should carry at all times. All ages.

Space is limited, RSVP to 613-544-8954.

- September 13, 10:00-10:30AM & 10:30-11:00AM

## BMX Racing

### Kingston BMX Association

Bicycle motocross (BMX) is an exciting sport where kids of all ages can ride the track!

- Woodbine Park, 1180 Woodbine Road  
September 23, 6:00-8:00PM

## Bowling

### Cloverleaf Junior Bowling

#### (Cloverleaf Lanes, 10 Bath Road)

Free 10-Pin clinic with certified coaches. Ages 3-21.

- September 7, 12:00-2:00PM

## Cheerleading

### Kingston Elite All-Star Cheerleading

#### (7B-785 Sir John A MacDonald Boulevard)

A free workshop for beginners to cheerleading. Learn the fundamentals of cheerleading skills. Ages 4-16.

- September 7 & 9, 6:00-7:00PM

## Dance

### 5678 Dance Studio (579 Princess Street)

Open House: Come dance with us, try out fun classes, meet our staff and students! No RSVP required — just show up! Activities will be posted on our website:

5678dancestudio.com. All ages & genders welcome!

- September 7, 1:00-3:00PM

## Ultimate Wellbeing Education

Meridian Muscle Dance: Enjoy the benefits of balanced muscles and electrical energy flows, helpful to reduce discomfort and increase range of motion.

- Isabel Turner Library (935 Gardiners Road)  
September 11, 18 & 25, 2:30-5:00PM

## Rob Roy Pipe Band and Highland Dancers

Highland Dancing. Ages 6+.

- September 10, 7:00-8:00PM  
Ste Marguerite Bourgeoys, 355 Waterloo Drive

## Early Learning Programs

### Ontario Early Years Centre

Gym Program: Facilitated gym program focusing on physical development. Ages 18 months - 6 years.

- St. Patrick Catholic School, 158 Patrick Street  
September 8, 9, 15, 16, 22 & 23, 9:30-11:00AM

Movin' & Groovin': Drop in and enjoy movement and musical-based activities with your child. Ages 0-6.

- Kingston Military Family Resource Centre,  
32 Lundy's Lane  
September 10, 17 & 24, 9:30-11:30AM

## Events

### Networking Event for Physical Activity Providers

Network with other local activity providers regarding programming, resources, and opportunities for collaboration. RSVP to CS4L@cityofkingston.ca.

- Artillery Park Aquatic Centre, 382 Bagot Street  
September 9, 7:00-8:30PM

## Scarecrow Festival

Crafts, wagon rides, music, BBQ, scarecrow building!

- Wally Elmer Youth Centre, 50 MacCauley Street  
September 13, 12:00-3:00PM

## Fencing

### Kingston Fencing Club (362 Division Street)

Introductory fencing instruction for everyone in the family. Space is limited, RSVP to 613-547-5580.

#### Sabre Fencing

- September 8, 6:00-7:00PM (Females, Ages 6-10)
- September 8, 7:00-9:00 PM (Males, Ages 10+)
- September 9, 6:00-7:00 PM (Males, Ages 6-10)

#### Fencing

- September 9, 1:00-3:00PM (Ages 50+)
- September 9, 7:00-9:00PM (Ages 18+)

#### Teens & Adults Foil Fencing

- September 10, 7:00-9:00PM (Ages 14+)

#### Competitive Sabre

- September 11, 7:00-9:00PM (Ages 14+)

#### Comp Fencing Training

- September 13, 9:00AM-12:00PM (Ages 12+)

## Fitness

### Artillery Park Aquatic Centre (382 Bagot Street)

Quick Fit 4 Lunch: Rejuvenating workout! Ages 15+.

- September 8, 12:15-1:00PM

Zumba: Latin rhythms and easy moves. Ages 15+.

- September 11, 5:10-6:00PM

### Living Yoga Studios (11 Livingston Avenue)

Space is limited, RSVP to info@livingstudios.ca.

Introduction to Yoga (Ages 16+)

- September 9, 7:00-8:00PM
- September 16, 7:30-8:30PM

Yoga Breathing Class (Ages 16+)

- September 10, 5:30-6:30PM
- September 11, 9:30-10:30AM

## Fitness

### Metis Nation of Ontario

Full Circle Fitness: Physical activity circuit focusing on the whole body. A combination of cardio, strength training and core. Activity takes place outside and is weather dependent. Ages 14-65.

- Tugwood Park, 179 Railway Street  
September 22 & 25, 5:30-6:15pm  
September 23, 12:15-1:00PM

### Queen's Athletics & Recreation (284 Earl Street)

Try any Fitness & Wellness Program for free all week, September 8-14. First come, first serve basis. Ages 16+. See Fitness-Free-For-All details at [www.gogaelsgo.com](http://www.gogaelsgo.com).

## Gardening

### Oak Street Community Garden

(Corner of Oak Street and Brant Avenue)

#### Acorn Garden Work Bee

- September 9, 16 & 23, 4:00-7:00PM

## Gymnastics

### Fort Henry Gymnastics Club (57 Lundy's Lane)

An opportunity to try gymnastics for a day! Learn some new skills and have lots of fun! Ages 4-12.

- September 20, 12:00-1:00PM

### Kingston Gymnastics Club (320-1343 Midland Avenue)

Join us for an hour of fun and gymnastics! Ages 2-12. Space is limited, RSVP to 613-384-1190.

- September 14, 3:00-4:00PM

## Horseback Riding

### DreamCatcher Farm (3185 McGarvey Rd, Inverary ON)

Fun and interactive workshop with horses. Ages 8+. Space is limited, RSVP to [ride@dreamcatcherfarm.ca](mailto:ride@dreamcatcherfarm.ca).

- September 13, 2:00-3:30PM

Open House: Come tour our facility! Everyone welcome.

- September 13, 1:00-4:00PM

## Martial Arts

### Patenaude Martial Arts (629 Division Street)

Try our martial arts programming!  
Space is limited, RSVP to [kingstonfsd@live.com](mailto:kingstonfsd@live.com).

#### Kung-Fu Training

- September 9 & 11, 6:00-7:00PM (Ages 5-12)
- September 16 & 18, 7:00-8:00PM (Ages 13-50)

#### Kickboxing and MMA Training (Ages 13-50)

- September 23 & 25, 8:00-9:00PM

### Tallack Martial Arts (2777 Princess Street)

Introductory karate classes for everyone in the family!  
Space is limited, RSVP to 613-634-9277.

#### Beginner Karate

- September 10, 7:00-7:30PM (Ages 13-17)
- September 11, 5:00-5:30PM (Ages 9-12)
- September 17, 5:00-5:30PM (Ages 4-5)
- September 24, 5:45-6:15PM (Ages 6-8)

#### Adult Karate

- September 17, 7:00-7:30PM (Ages 18+)

#### Kung Fu

- September 9, 7:00-7:30PM (Ages 13+)

## Skating

### INVISTA Centre (1350 Gardiners Road)

Ages 10 & under must wear a CSA approved helmet.

- September 27, 2:00-3:45PM

## Swimming

### Artillery Park Aquatic Centre (382 Bagot Street)

Free leisure swim. Children 9 & under must be accompanied by a caregiver ages 16+.

- September 27 2:00-4:00PM

### PSP Community Recreation (Kingston Military Community Sport Centre, 11 Navy Way)

Free swim!

- September 20 & 21, 2:00-4:30PM

## Workshops

### High 5 Principles of Healthy Childhood Development

Teaches front-line leaders how to enhance the quality of children's programs. Includes certification.

Space is limited, RSVP to [Tony@BGCKingston.ca](mailto:Tony@BGCKingston.ca).

- Boys and Girls Club of Kingston & Area (West End Hub) 1300 Bath Road - Frontenac Mall  
September 26, 9:00AM-4:00PM

### Intro to Developmentally Appropriate Coaching

How to plan practices and games around stages of development and growth.

Space is limited, RSVP to [CS4L@cityofkingston.ca](mailto:CS4L@cityofkingston.ca).

- Wilson Room, Central Library (130 Johnson Street)  
September 20, 1:30-3:00PM  
September 17, 6:30-8:00PM

### Introduction to Physical Literacy

Learn how to help children develop physical literacy at home, at school, & in the community.

Space is limited, RSVP to [CS4L@cityofkingston.ca](mailto:CS4L@cityofkingston.ca).

- Wilson Room, Central Library (130 Johnson Street)  
September 23, 1:30-3:00PM  
September 16, 6:30-8:00PM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# September 2014

**7**

10 Pin Bowling clinic- Cloverleaf Junior Bowlers

Open House at 5678 Dance Studio!

Kingston Elite Cheerleading is hosting a workshop on cheerleading

**8**

Gym Program

Queen's Fitness Free-for-All begins!

Quick Fit 4 Lunch fitness class

Sabre Fencing at Kingston Fencing Club!

**9**

Gym Program, 9:30-11:00AM

Try Cheerleading, Kung-Fu, Fencing or Yoga tonight!

Garden Work Bee!

Networking event for Physical Activity Providers, 7:00PM

**10**

Drop into Movin' & Groovin'

Foil Fencing & Beginner Karate tonight at 7:00PM

Highland Dancing!

Yoga Breathing at Living Yoga Studios

**11**

Yoga Breathing in the morning

Meridian Muscle Dance- to recover and refresh!

Tonight:  
- Karate, Kung-Fu Training, Zumba, Competitive Sabre

**12**

Active transportation refers to any form of human powered travel: walking, cycling, in-line skating, etc. Plan your route at [www.kcat.ca](http://www.kcat.ca)

**13**

Start the day with Fencing at Kingston Fencing Club

Basic Bicycle Maintenance at Memorial Centre

Scarecrow Festival

Horseback Riding at Dreamcatcher Farm

**14**

Join Kingston Gymnastics Club for an hour of fun and Gymnastics!

Need ideas for staying active? Visit [ParticipAction.com](http://ParticipAction.com)

**15**

Gym Program, 9:30-11:00AM

Discover Kingston's Community Gardens: [www.kingstoncommunitygardens.ca](http://www.kingstoncommunitygardens.ca)

**16**

Gym Program

Tonight:  
Full Circle Fitness, Intro to Yoga, Garden Work Bee and Kung-Fu

Intro to Physical Literacy workshop tonight at 6:30PM

**17**

Karate classes at Tallack Martial Arts

Movin' & Groovin' this morning at the Kingston Military Family Resource Centre

Introduction to Developmentally Appropriate Coaching workshop

**18**

Kung-Fu - one of many martial arts classes available

Meridian Muscle Dance- guided movement through 14 specific ranges of muscle motion

**19**

Find a new trail to hike, bike or paddle and enjoy the great outdoors. Plan your weekend: [www.trails-at-a-glance.ca](http://www.trails-at-a-glance.ca)

**20**

Fort Henry Gymnastics Club is hosting Gymnastics class

Swim!

Introduction to Developmentally Appropriate Coaching workshop, 1:30PM

**21**

Swim at the Kingston Military Community Sport Centre, 2:00-4:30PM

**22**

Gym Program promotes physical development in a gym setting

Full Circle Fitness: an outdoor physical activity circuit

**23**

Gym Program

Full Circle Fitness

Physical Literacy, MMA, Kickboxing & Gardening

Try BMX Racing!

**24**

Beginner Karate for ages 6-8, tonight at Tallack Martial Arts

Movin' & Groovin'

**25**

Meridian Muscle Dance, 2:30

Try out a free Kickboxing & MMA class this week!

Full Circle Fitness, 5:30-6:15PM

**26**

Free High 5 training

Art After Dark - take a walking tour of Kingston's finest galleries from 7:00-10:00PM

**27**

Skating at the INVISTA Centre

Swim at Artillery Park Aquatic Centre