

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 4, 2013

Item 6, Report No. 23, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on June 4, 2013.

6 PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Commissioner of Community Services, dated May 21, 2013:

Recommendation

The Commissioner of Community Services, in consultation with the Director of Recreation and Culture, recommends:

- 1) That Council proclaim the month of June as “Recreation and Parks Month”; and
- 2) That the Schedule of Activities for Recreation and Parks Month – June 2013 (Attachment 1), outlining the activities and events scheduled to be held throughout the City of Vaughan in June, be received.

Contribution to Sustainability

This report is consistent with the priorities previously set by Council in the Green Directions, Vaughan, Community Sustainability Environmental Master Plan, Goal 4, Objective 4.1:

- 4.1 To foster a city with strong social cohesion, an engaging arts scene, and a clear sense of its culture and heritage.
 - 4.1.1 Develop an implementation plan for the initiatives described in the City’s Active Together Master Plan through a phased and budgeted program.

Economic Impact

Funding for the activities and events indicated in this report has been incorporated into the 2013 Recreation and Culture base operating budget.

Communications Plan

The proclamation of June as Recreation and Parks Month, including the “Recreation and Parks Month” activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. It will also be distributed to elementary and secondary schools in Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media, poster distribution and a news release.

Purpose

The purpose of this report is to request that Council proclaim the month of June as “Recreation and Parks Month” and to present an overview of the activities and events (Attachment 1) to be held in June across the City of Vaughan that will provide citizens with opportunities to be physically active.

Background - Analysis and Options

The City of Vaughan in its strategic plan, Vaughan Vision 2020, is committed to Service Excellence through enhancing and ensuring community safety, health and wellness. The Active Together initiatives, such as June as Recreation and Parks Month, will help achieve the objective of community health and wellness.

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The City of Vaughan believes the development of a more physically active community enhances the quality of life of its residents, that physical activity levels are a critical economic, environmental, health and social issue for the community and that participation in physical activity is a key requirement for individual physical and mental health and well-being. Research shows that strategies involving physical activity and recreation appear particularly promising in minimizing or removing risk factors faced by many children and youth. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other lifestyle behaviours.

June as Recreation and Parks Month (JRPM) was first proclaimed in 2005 by Parks and Recreation Ontario (PRO), the Ontario Parks Association, and the Ontario Recreation Facilities Association. JRPM was created to draw attention to the value of recreation and to encourage people to get out there and *live it everyday!* In 2006, the Province of Ontario first declared “June as Recreation and Parks Month”; Vaughan first proclaimed it in 2009.

Recreation and parks opportunities are essential for strengthening and maintaining a healthy community. Positive impacts are evident throughout the community. Recreation brings neighbours together, encourages safer, cleaner neighbourhoods and creates a livelier community atmosphere.

In 2013, the Recreation and Culture Department will celebrate June as Recreation and Parks Month from June 1 – June 30, 2013. Many activities are scheduled throughout the community, including:

- Family Day at the Maple Nature Reserve
- Youth Dodgeball
- Power Walk
- Family Zumba
- Older Adult Zumba
- Serve for Kids Beach Volleyball Tournament
- Deep Water Boot Camp
- Fitness Free Guest Days

The complete listing of the activities and events can be found on Attachment 1.

Relationship to Vaughan Vision 2020/Strategic Plan

In consideration of the strategic priorities related to Vaughan Vision 2020, the report will provide:

- **STRATEGIC GOAL:**
Pursue Excellence in Service Delivery; and Enhance and Ensure Community Safety, Health and Wellness – To deliver high quality services and promote health and wellness through program development and increased awareness.

This report is consistent with the priorities previously set by Council and the necessary resources have been allocated and approved.

Regional Implications

There are no regional implications.

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Conclusion

The City of Vaughan is taking a proactive approach to improve the health and active lifestyles of its citizens by proclaiming June as Recreation and Parks Month and by providing a month of physical activity opportunities throughout Vaughan. As an initiative of the Physical Activity Strategy of the “Active Together” Master Plan for Parks, Recreation, Culture and Libraries. Recreation and Parks Month will help achieve the objective of improving community health and wellness.

Attachments

1. Schedule of Activities for Recreation and Parks Month – June 2013

Report Prepared By

Mary Reali, Director of Recreation and Culture, ext. 8234
Paul Compton, Area Recreation Manager, ext. 8358

(A copy of the attachments referred to in the foregoing have been forwarded to each Member of Council and a copy thereof is also on file in the office of the City Clerk.)

COMMITTEE OF THE WHOLE – MAY 21, 2013

PROCLAMATION OF JUNE AS RECREATION AND PARKS MONTH

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Respectfully submitted,

Marlon Kallideen
Commissioner of Community Services



June is... Rec & Parks Month



vaughan.ca

50+ FREE activities & events across Vaughan!

facebook.com/RecAndCultureVaughan
@RecAndCultureV

NEW 30 day fitness challenge!

Go Green...

Get the 2013 June is...Rec & Parks Month schedule of events with location mapping on the **FREE Rec & Culture APP**



City of Vaughan parks & community centre locations are online at vaughan.ca
2013 June is...Rec & Parks Month schedule on reverse.

Step 1 Get the Guidebook APP
or visit guidebook.com/getit

Step 2 Get the Guide
launch the APP and get the **Rec & Culture Vaughan Guide** or use Redeem Code: **pacfge49**



feel happier
sleep better
live longer
add fitness to
your life in 2013



30 day fitness challenge Take the challenge!

During June is...Rec & Parks Month, dedicate yourself to 30 consecutive days of physical activity and help your community centre be named 'Most Active'!

Register at Customer Service and begin to track your progress on the Participant Tracking Sheet, provided upon registration.

Return your Participant Tracking Sheet by July 5, 2013 for a chance to be entered into a grand prize draw!

Looking for other ideas on how to get active? View our recreational drop-in swim & aquafitness, sports and fitness class schedules online at vaughan.ca or on the new Rec & Culture APP.

For more information, email: active@vaughan.ca

Vaughan Fitness Centres | Close. Convenient. Comfortable.



vaughan.ca

facebook.com/RecAndCultureVaughan
@RecAndCultureV



June is... Rec&ParksMonth

 facebook.com/RecAndCultureVaughan

 [@RecAndCultureV](https://twitter.com/RecAndCultureV)



Aquafitness 14+ years

June 3 9:45-10:30am **Father E. Bulfon CC**

June 12 8:45-9:30am **Chancellor CC**

June 12 10:00am-10:45am **Dufferin Clark CC**

A challenging, low impact exercise using water resistance. Prerequisite: Red Cross Swim Level 5 or Adult B.

Ballet Boot Camp 16+ years

June 4 7:30-8:30pm **Maple CC**

Burn calories and tone up in this upbeat, energetic, full body workout at the barre.

Bike to Work Day Contest All ages

May 27-June 18 All Day Event!

Ride to school or work on this day and throughout June for a chance to win a trip for two care of VIA Rail and Welcome Cyclists. Contest closes June 18, for details, visit: bikemonth2013.ca/locations/york

Concert in the Park All ages

June 25 7:30pm **Sonoma Heights Community Park**

Celebrate summer at the City's 19th annual Concerts in the Park program. The first of five concerts in the series features tributes to Adele, Beyonce & Rihanna.

Deep Water Boot Camp 14+ years

June 11 8:15-9:15pm **Vellore Village CC**

June 18 8:15-9:15pm **Vellore Village CC**

A combination of resistance training and traditional water aerobics using fins, belts, gloves and high intensity noodles. Note: Maximum class size:10

Drop-in Futsal 18+ years

June 17 8:30-10:30pm **Al Palladini CC**

Kick-off the summer playing this premier indoor soccer game! 5 players aside, put some fun back into working out! Note: Non-marking shoes required.

Family Zumba 10+ years

June 10 7:15-8:15pm **Vellore Village CC**

June 23 9:00-10:00am **Al Palladini CC**

June 27 7:15-8:15pm **Maple CC**

Working out shouldn't be boring! Do the cha-cha, mambo, calypso and belly dance. The philosophy is simple: move, sweat, and love the music!

Fitness Centre Guest Day 13+ years

June 10 5:30am-10:00pm **Father E. Bulfon CC**

June 14 5:30am-10:00pm **Al Palladini CC**

June 22 5:30am-10:00pm **North Thornhill CC**

June 26 5:30am-10:00pm **Vellore Village CC**

June 28 5:30am-10:00pm **Maple CC**

June 30 5:30am-10:00pm **Garnet A. Williams CC**

Fitness members are invited to bring a guest 13 years or older to try the centre's facilities. Note: Waiver required with parental consent for youth ages 13-17.

Family Day at the Maple Nature Reserve

10401 Dufferin Street, Vaughan. All ages

June 8 10:00am-12:00pm

Hike the trails and compete in a family scavenger hunt. How many frogs can you find? Event runs rain or shine. Washrooms available at the site.

Good Bye to Spring All ages

June 11 7:45-9:00pm **Garnet A. Williams CC**

Pay your respects to spring with water games like 'Summer Heat Wave', 'Water the Lawn' and 'Mud Puddle Splash' during this recreational swim!

Let's Make a Splash 3-5 years

June 13 6:30-8:30pm **Chancellor CC**

Splash splash your way to fun! Using songs, themed activities, games, crafts, and story time, preschoolers learn about the different creatures that live under the sea.

Older Adult Fitness in the Park 60+ years

June 6 9:30-10:30am **Garnet A. Williams CC**

Get some fresh air and sunshine during this gentle muscle conditioning class designed to strengthen and tone your body.

Older Adult Zumba 60+ years

June 18 7:00-8:00pm **Chancellor CC**

A fun and musical way to get fit! Learn simple Latin dance moves while enjoying zumba vibes. Working out has never been this fun!

Outdoor Family Boot Camp All ages

June 19 7:15-8:15pm **Vellore Village CC**

June 25 6:30-7:30pm **North Thornhill**

Enjoy the fresh air while exercising as a family! "Old school" drills (think jumping jacks and push ups), are met with friendly competition as families race around the neighbourhood to complete an obstacle course of hills, park benches and jungle gyms!

Outdoor Pilates 13+ years

June 24 10:30-11:30am **Maple CC**

Develop your core strength and endurance with basic Pilates techniques.

Parent & Child Badminton All ages

June 6 6:00-7:00pm **Dufferin Clark CC**

June 15 1:00-3:00pm **Father E. Bulfon CC**

Spend quality time as a family learning the basic concepts of badminton, then enjoy some friendly competition during organized badminton games. Badminton equipment provided.

Parent & Preschool Open Gym 3-6 years

June 21 6:00-8:00pm **Dufferin Clark CC**

June 23 12:00-2:00pm **Garnet A. Williams CC**

Get fit and have fun with your preschooler during an afternoon of hockey, soccer and a fitness obstacle course.

Partner Yoga 18+ years

June 24 7:00-8:15pm **Father E. Bulfon CC**

Relax and reconnect with your partner by practicing deep breathing yoga exercises and positions that improve flexibility, strength and communication.

Pickle Ball 18+ years

June 4 11:00am-1:00pm **Maple CC**

Try your hand at it! Pickle Ball is a racquet sport which combines elements of badminton, tennis, and table tennis.

Power Walk 14+ years

June 17 9:30-10:30am **Father E. Bulfon CC**

Enjoy the fresh air, chatter and laughter with friends during a 5km power walk led by a fitness instructor. Don't have a babysitter? Bring your infant and stroller!

Progressive Tennis Clinic All Ages

June 2 10:00am-12:00pm **Vellore Village CC**

Bring your A-game! Using modified tennis balls, nets and courts, beginner players enjoy rallies. Note: Participants are responsible for bringing their own racquets.

Salsa Aquafit 13+ years

June 20 8:00-8:45pm **Al Palladini CC**

This challenging low impact cardio workout – set to Latin music - is like exercising with weights or machines on land, only safer! Note: Limited to 30 participants.

5th Annual Serve the Kids

Beach Volleyball Tournament **18+ years**

June 9 **Vaughan Sports Village**

Get your team together for recreational 6's for a day of fun in the sun playing beach volleyball. Registration forms are available at any City of Vaughan Community Centre. Fee: \$125 per team (all proceeds go to Rec Assist) Email: ajay.sharma@vaughan.ca or call: 905.832.2281 ext.7504

Sportsarama 3-6 years

June 12 9:30-10:30am **Vellore Village CC**

Enjoy various games and sports, including soccer and basketball, with your aspiring athlete!

Summer Splash All ages

June 29 1:00-4:00pm **Thornhill Outdoor Pool**

Celebrate the opening of the Thornhill Outdoor Pool with fun water activities and competitions.

Swim Explosion All ages

June 8 2:15-4:00pm **North Thornhill CC**

June 9 2:00-3:30pm **Father E Bulfon CC**

June 15 2:15-4:00pm **North Thornhill CC**

June 16 2:30-4:30pm **Dufferin Clark CC**

Cool off during a recreational swim packed with fun water games including basketball, dodge ball, relay races, and handstand competitions.

Swimtastic All ages

June 1 1:00-3:00pm **Chancellor CC**

A fun filled recreational swim with relay races and a water polo match.

Taekwondo 'Bring a Friend Day'

June 2 **Rosemount CC**

3-5 years 9:15-10:00am

6-12 years 10:00-11:00am

Learn Taekwondo techniques, including basic patterns and forms, breaking, blocking, kicking, striking, and punching.

VLC Mini Event All ages

June 3 7:45-8:30p **Maple CC**

Dream of being a lifeguard? Show us your lifesaving skills! Swim under obstacles, throw ropes, and tow manikins around the pool. Get to see Ontario Seniors and Masters medal winners in action.

Youth 3-on-3 Basketball Tournament 13-17 years

June 5 4:00-6:00pm **Father E. Bulfon CC**

June 5 4:00-6:00pm **North Thronhill CC**

Drive the lane for a slam dunk in this mini 3 on 3 basketball tourney. Teams will be made on site.

Youth Dodgeball Tourney 13-17years

June 6 4:00-5:00pm **Maple CC**

Can you Dodge, Duck, Dip, Dive and Dodge ...? Get ready to protect the House!

Youth Indoor Soccer 13-17 years

June 12 4:00-6:00pm **Rosemount CC**

Kick off the summer with an exciting game of indoor soccer, played on the arena floor.

Youth Ultimate Frisbee 12-14 years

June 4 5:30-7:30pm **Garnet A. Williams CC**

Try your hand at this summer sport and enjoy friendly competition with new friends. Limited participation.

Youth Yoga 11-17 years

June 5: 4:30-5:30pm **Dufferin Clark CC**

School's (almost) out! Melt away your studying stress with relaxing yoga breathing exercises and poses.

Staff vs. Youth Basketball Game 10-17 years

June 19 4:00-6:00pm **North Thornhill CC**

All-Star youth face-off against Recreation staff on the court.

Note: Regular admittance guidelines apply for recreational swimming and use of Vaughan Fitness Centres. All outdoor activities run weather permitting. Please wear appropriate clothing and footwear.