

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 24, 2014

Item 11, Report No. 26, of the Committee of the Whole, which was adopted without amendment by the Council of the City of Vaughan on June 24, 2014.

11 PROCLAMATION - JUNE AS RECREATION AND PARKS MONTH AND BIKE MONTH

The Committee of the Whole recommends approval of the recommendation contained in the following report of the Executive Director, Office of the City Manager and the Commissioner of Engineering and Public Works, dated June 3, 2014:

Recommendation

The Executive Director, Office of the City Manager and the Commissioner of Engineering and Public Works in consultation with the Director of Recreation and Culture and the Director of Development / Transportation Engineering, recommend:

- 1) That Council proclaim the month of June as "Recreation and Parks Month";
- 2) That Council proclaim the month of June as "Bike Month"; and
- 3) That the Schedule of Activities for Recreation and Parks Month – June 2014 (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.

Bike Month promotes cycling in the City and will reduce automobile dependency, traffic congestion and transportation related greenhouse gas emissions. As such, the City's support for Bike Month upholds many of the goals and objectives of Green Directions Vaughan, in particular Objective 3.3:

- 3.3 Reduce single occupant vehicle (SOV) trips by supporting active transportation, car pooling and public transit

Economic Impact

Funding for the recreation activities and events indicated in this report has been incorporated into the 2014 Recreation and Culture base operating budget.

There are no immediate budgetary impacts from this report for Bike Month. However, funding for Bike Month events for City of Vaughan staff is accommodated within the current Environmental Sustainability Operating Budget.

Communications Plan

The proclamation of June as "Recreation and Parks Month" and "Bike Month", including the Recreation and Parks Month activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. Recreation and Parks Month promotional material will

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 24, 2014

Item 11, CW Report No. 26 – Page 2

also be distributed to elementary and secondary schools within Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media and a news release. The City of Vaughan cycling website [www.vaughan.ca/cycling] contains information about Bike Month 2014, Bike Month events in York Region, and a direct link to BikeMonth.Ca, which includes the official Bike Month event calendar.

Purpose

The purpose of this report is to request that Council proclaim the month of June as “Recreation and Parks Month” and “Bike Month”, and as well to, present an overview of the physical activity events (Attachment 1) being held for “Recreation and Parks Month” across the City of Vaughan.

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 Master Plan initiatives, such as “Recreation and Parks Month” and “Bike Month”, will help achieve the objective of community health and wellness. Cycling promotion is also a priority in the Pedestrian and Bicycle Master Plan, and Transportation Master Plan.

The City of Vaughan believes the development of a more physically active community is critical to the economic, environmental, health and social well-being of the community. Research shows that strategies involving physical activity and recreation are promising in minimizing or removing risk factors faced by many children, youth and adults. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other vital lifestyle behaviours.

Recreation and Parks Month 2014

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 as well to encourage the community to *get up 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 safer, cleaner and dynamic community atmosphere.

In 2014, the Recreation and Culture Department will celebrate June as “Recreation and Parks Month” from June 1 – June 30, 2014. Vast selections of activities are scheduled throughout the community, including:

- Family Day at the Maple Nature Reserve
- Toddler Run and Fun
- Pickle Ball
- Zumba In the Park
- Drop In Archery
- Parent and Child Badminton
- Arthritis Fitness
- Gentle Seniors Yoga

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

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 24, 2014

Item 11, CW Report No. 26 – Page 3

Bike Month 2014

“Bike Month” is a community-driven program that promotes cycling. The month long celebration kicks off on the last Monday in May with *Bike to Work Day*, an event that promotes individuals riding their bicycles to and from work. Bike Month 2014 runs from May 26 to June 26, 2014. Throughout Bike Month a diverse collection of events are organized by community members and local organizations. Previous years’ events included: organized rides, guided tours, festivals, breakfast for cyclists, art shows and film screenings.

The first Bike to Work Day celebration was held in the City of Toronto in 1989, which has evolved to become one of the largest events of its kind in Canada. Building on the success of Bike Month, Smart Commute (a program of Metrolinx) expanded Bike Month to GTHA municipalities as part of a pilot in 2013. The Region of York was a Local Supporter of Bike Month in 2013 and will be again in 2014 by contributing \$5,000 to the program. Bike Month is now coordinated by Cycle Toronto, which is a diverse member-supported organization that advocates for a healthy, safe, cycling-friendly Toronto (formerly the Toronto Cyclists Union).

Bike Month 2014 activities promoted in Vaughan are as follows:

- May 26 – GTHA Bike to Work Day
- May 29 – Heart & Stroke Big Bike Ride (City of Vaughan)
- June 2 – Vaughan Bike to Work Day (City of Vaughan)
- June 11– Vaughan Cycling Forum (VCF) Meeting (City of Vaughan)

Other Bike Month events will be held locally and in surrounding municipalities, including the following selection of events in York Region (among others):

- May 26 – Bike to Work Day, Markham and Richmond Hill (Smart Commute Markham-Richmond Hill)
- May 31 – Discover Your Inner Cyclist, Vaughan (Vaughan Bicycle User Group)
- June 1 – Villa Charities Giro 2014, Vaughan (Villa Charities)
- June 2-6 - Pedalheads® After School Bike Camps, Thornhill (Pedalheads® Bike Camps)
- June 11 – Bike to School Day (York Region District School Board and York Catholic District School Board)
- June 15 - TBN Sunday Leisure Wheeler – Dim Sum Ride, Markham (Toronto Bicycle Network)

The City of Vaughan cycling website (www.vaughan.ca/cycling) contains information about Bike Month 2014, Bike Month events in York Region, and a direct link to BikeMonth.Ca, which includes the official Bike Month event calendar. Individuals and organizations are encouraged to host a cycling event, lead a ride, and/or incorporate cycling into an existing event. Environmental Sustainability Office staff are also engaging in Bike Month events for staff at the City of Vaughan.

Relationship to Vaughan Vision 2020/Strategic Plan

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

- **STRATEGIC GOAL:**
Service Excellence – Providing service excellence to citizens through a collaborative program and events scheduling strategy with community stakeholders
- **STRATEGIC OBJECTIVES:**
Enhance and Ensure Community Safety, Health and Wellness by showcasing opportunities to integrate physical activity in everyday life.

CITY OF VAUGHAN

EXTRACT FROM COUNCIL MEETING MINUTES OF JUNE 24, 2014

Item 11, CW Report No. 26 – Page 4

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

Regional Implications

The Region of York contributed \$5,000 in order to be a Local Supporter of Bike Month. They will be receiving advertising and promotional support from Cycle Toronto.

There are no regional implications with respect to Recreation and Parks Month.

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” as well as “Bike Month” and by providing a month of physical activity opportunities throughout Vaughan. As an initiative 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. Bike Month will also promote cycling, which is a priority in the Pedestrian and Bicycle Master Plan, and Transportation Master Plan.

Attachments

1. Schedule of Activities for Recreation and Parks Month – June 2014

Report Prepared By

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

In consultation with the following contributors:
Deidre Richards, Community Development Coordinator, ext. 7438
Geoffrey Haines, Sustainable Transportation Specialist, ext. 8026

(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 – JUNE 3, 2014

PROCLAMATION - JUNE AS RECREATION AND PARKS MONTH AND BIKE MONTH

Recommendation

The Executive Director, Office of the City Manager and the Commissioner of Engineering and Public Works in consultation with the Director of Recreation and Culture and the Director of Development / Transportation Engineering, recommend:

- 1) That Council proclaim the month of June as “Recreation and Parks Month”;
- 2) That Council proclaim the month of June as “Bike Month”; and
- 3) That the Schedule of Activities for Recreation and Parks Month – June 2014 (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.

Bike Month promotes cycling in the City and will reduce automobile dependency, traffic congestion and transportation related greenhouse gas emissions. As such, the City's support for Bike Month upholds many of the goals and objectives of Green Directions Vaughan, in particular Objective 3.3:

- 3.3 Reduce single occupant vehicle (SOV) trips by supporting active transportation, car pooling and public transit

Economic Impact

Funding for the recreation activities and events indicated in this report has been incorporated into the 2014 Recreation and Culture base operating budget.

There are no immediate budgetary impacts from this report for Bike Month. However, funding for Bike Month events for City of Vaughan staff is accommodated within the current Environmental Sustainability Operating Budget.

Communications Plan

The proclamation of June as “Recreation and Parks Month” and “Bike Month”, including the Recreation and Parks Month activity calendar will be posted on the City website, in community centres, and at Vaughan Public Libraries. Recreation and Parks Month promotional material will also be distributed to elementary and secondary schools within Vaughan. Outreach to community groups, cultural organizations and businesses will take place via social media and a news release. The City of Vaughan cycling website [www.vaughan.ca/cycling] contains information about Bike Month 2014, Bike Month events in York Region, and a direct link to BikeMonth.Ca, which includes the official Bike Month event calendar.

Purpose

The purpose of this report is to request that Council proclaim the month of June as “Recreation and Parks Month” and “Bike Month”, and as well to, present an overview of the physical activity events (Attachment 1) being held for “Recreation and Parks Month” across the City of Vaughan.

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 Master Plan initiatives, such as “Recreation and Parks Month” and “Bike Month”, will help achieve the objective of community health and wellness. Cycling promotion is also a priority in the Pedestrian and Bicycle Master Plan, and Transportation Master Plan.

The City of Vaughan believes the development of a more physically active community is critical to the economic, environmental, health and social well-being of the community. Research shows that strategies involving physical activity and recreation are promising in minimizing or removing risk factors faced by many children, youth and adults. Participation in recreation activities can provide positive benefits related to psychological health, physical health, familial interaction, peer influence, academic performance, community development and other vital lifestyle behaviours.

Recreation and Parks Month 2014

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 as well to encourage the community to *get up 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 safer, cleaner and dynamic community atmosphere.

In 2014, the Recreation and Culture Department will celebrate June as “Recreation and Parks Month” from June 1 – June 30, 2014. Vast selections of activities are scheduled throughout the community, including:

- Family Day at the Maple Nature Reserve
- Toddler Run and Fun
- Pickle Ball
- Zumba In the Park
- Drop In Archery
- Parent and Child Badminton
- Arthritis Fitness
- Gentle Seniors Yoga

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

Bike Month 2014

“Bike Month” is a community-driven program that promotes cycling. The month long celebration kicks off on the last Monday in May with *Bike to Work Day*, an event that promotes individuals riding their bicycles to and from work. Bike Month 2014 runs from May 26 to June 26, 2014. Throughout Bike Month a diverse collection of events are organized by community members and local organizations. Previous years’ events included: organized rides, guided tours, festivals, breakfast for cyclists, art shows and film screenings.

The first Bike to Work Day celebration was held in the City of Toronto in 1989, which has evolved to become one of the largest events of its kind in Canada. Building on the success of Bike Month, Smart Commute (a program of Metrolinx) expanded Bike Month to GTHA municipalities as part of a pilot in 2013. The Region of York was a Local Supporter of Bike Month in 2013 and will be again in 2014 by contributing \$5,000 to the program. Bike Month is now coordinated by Cycle Toronto, which is a diverse member-supported organization that advocates for a healthy, safe, cycling-friendly Toronto (formerly the Toronto Cyclists Union).

Bike Month 2014 activities promoted in Vaughan are as follows:

- May 26 – GTHA Bike to Work Day
- May 29 – Heart & Stroke Big Bike Ride (City of Vaughan)
- June 2 – Vaughan Bike to Work Day (City of Vaughan)
- June 11– Vaughan Cycling Forum (VCF) Meeting (City of Vaughan)

Other Bike Month events will be held locally and in surrounding municipalities, including the following selection of events in York Region (among others):

- May 26 – Bike to Work Day, Markham and Richmond Hill (Smart Commute Markham-Richmond Hill)
- May 31 – Discover Your Inner Cyclist, Vaughan (Vaughan Bicycle User Group)
- June 1 – Villa Charities Giro 2014, Vaughan (Villa Charities)
- June 2-6 - Pedalheads® After School Bike Camps, Thornhill (Pedalheads® Bike Camps)
- June 11 – Bike to School Day (York Region District School Board and York Catholic District School Board)
- June 15 - TBN Sunday Leisure Wheeler – Dim Sum Ride, Markham (Toronto Bicycle Network)

The City of Vaughan cycling website (www.vaughan.ca/cycling) contains information about Bike Month 2014, Bike Month events in York Region, and a direct link to BikeMonth.Ca, which includes the official Bike Month event calendar. Individuals and organizations are encouraged to host a cycling event, lead a ride, and/or incorporate cycling into an existing event. Environmental Sustainability Office staff are also engaging in Bike Month events for staff at the City of Vaughan.

Relationship to Vaughan Vision 2020/Strategic Plan

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

- **STRATEGIC GOAL:**
Service Excellence – Providing service excellence to citizens through a collaborative program and events scheduling strategy with community stakeholders
- **STRATEGIC OBJECTIVES:**
Enhance and Ensure Community Safety, Health and Wellness by showcasing opportunities to integrate physical activity in everyday life.

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

Regional Implications

The Region of York contributed \$5,000 in order to be a Local Supporter of Bike Month. They will be receiving advertising and promotional support from Cycle Toronto.

There are no regional implications with respect to Recreation and Parks Month.

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” as well as “Bike Month” and by providing a month of physical activity opportunities throughout Vaughan. As an initiative 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. Bike Month will also promote cycling, which is a priority in the Pedestrian and Bicycle Master Plan, and Transportation Master Plan.

Attachments

1. Schedule of Activities for Recreation and Parks Month – June 2014

Report Prepared By

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

In consultation with the following contributors:
Deidre Richards, Community Development Coordinator, ext. 7438
Geoffrey Haines, Sustainable Transportation Specialist, ext. 8026

Respectfully submitted,

Tim Simmonds
Executive Director,
Office of the City Manager

Paul Jankowski
Commissioner of
Engineering and Public Works

Mary Reali
Director,
Recreation and Culture

Andrew Pearce
Director,
Development / Transportation Engineering



2014 June is... Rec&ParksMonth



vaughan.ca/recreation

RecAndCultureVaughan
@RecAndCultureV
@RecAndCultureV

50+ FREE activities & events across Vaughan!

Go Green...

Get the **2014 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.
2014 June is...Rec & Parks Month Schedule on reverse.

Everything you want... in one place!
vaughan.ca/RecApp

Check out our programs & services at
vaughan.ca/eGuide



Fit for Summer Student Special

Close.
Convenient.
Comfortable.
Vaughan
Fitness
Centres

Fitness Memberships
only \$35/month*

*\$35/month plus HST. Valid May 1 – August 31, 2014. Available to Vaughan residents age 13-25 years only; other requirements apply.

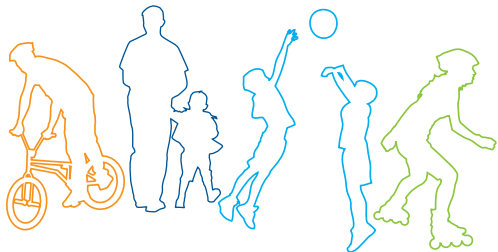
vaughan.ca/fitness



Spend the Summer With Us!
Give your kids an unforgettable adventure...

laugh. learn. lead.
Register online at vaughan.ca/RecOnline





2014 June is... Rec&ParksMonth

2Ball Tourney 10-17 years

June 11 4:00-5:00pm North Thornhill CC

Partner up and work together to demonstrate your shooting skills.

3-on-3 Basketball Tournament 10-17 years

June 10 4:00-6:00pm Father E. Bulfon CC

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

Archery: Introduction 8-12 years

June 3 6:30-8:00pm Al Palladini CC

June 9 6:00-7:00pm Garnet A. Williams CC

Participants will be introduced to this historic sport with an instructor leading target practice. Note: All children must be accompanied by a parent/guardian. Equipment provided. (Max 12 participants)

Arthritis Fitness (Older Adult) 60+ years

June 2 9:30-10:30am Chancellor CC

Reduce joint pain and stiffness with this gentle fitness program for older adults who have arthritis. A certified fitness instructor leads participants through low impact stretching and aerobic exercises that improve range of motion, strengthen joint muscles, and increase endurance, flexibility and balance.

Aquafitness 14+ years

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

June 17 7:00-7:45pm Vellore Village CC

June 19 7:00-7:45pm Vellore Village CC

June 21 8:45-9:30am Al Palladini CC

June 27 9:00-9:45am Al Palladini CC

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

Badminton (Parent & Child) All Ages

June 5 6:00-7:00pm Dufferin Clark CC

June 12 6:30-8:00pm Vellore Village CC

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

Ball Hockey (Adult) 18+ years

June 17 8:30-10:30pm Father E. Bulfon CC

This drop-in program is for all Ball Hockey enthusiasts! Just show up and have fun. Staff person will be present to set up a friendly game. Please bring your own hockey stick. (Max 20 players and two goalies)

Basketball: Youth vs. Staff 10-17 years

June 18 4:00-6:00pm North Thornhill CC

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

Concerts in the Park All Ages

June 11 7:30pm

**Kick-Off Concert, Vaughan City Hall
Featuring Toronto All Star Big Band**

June 18 7:30pm

That 60s Show, York Hill District Park

Celebrate summer at the City's 20th Anniversary Concerts in the Park program.

Dodgeball Tourney 16+ years

June 13 6:00-8:00pm Maple CC

Can you dodge, duck, dip, dive and dodge...? Get ready to protect the House!

Family PA Day Fun All Ages

June 6 10:00am-12:00pm

Maple Nature Reserve, 10401 Dufferin Street

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.

Fitness Centre Guest Day FREE 13+ years

June 16 5:30am-10:30pm Vellore Village CC

June 20 5:30am-10:00pm Al Palladini CC

June 22 5:30am-10:30pm Maple 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.

Games Room (Youth) 10-17 years

June 13 3:00-8:00pm North Thornhill CC

June 19 11:00am-1:00pm Maple CC

Come out and enjoy a wide selection of interactive games and activities in your local youth room.

Gentle Yoga (Older Adult) 55+ years

June 23 10:30-11:30am Garnet A. Williams CC

Participants will integrate breathing techniques and movement to gently strengthen and stretch the body as you hold various yoga poses.

Hello Summer Swim All Ages

June 3 7:30-8:30pm Al Palladini CC

June 8 2:30-4:30pm Dufferin Clark CC

June 15 12:30-3:00pm Al Palladini CC

June 29 12:30-3:30pm Dufferin Clark CC

This recreational swim will pay its respects to summer with games and music.

Open Fitness (Youth) 13-17 years

June 24 3:00-8:00pm North Thornhill CC

Begin your fitness journey here! Youth must be between the ages of 13-17 with parental consent. Forms are available at any City of Vaughan fitness centre. Note: Running shoes and appropriate gym attire required.

Open Gym (Parent & Child) 3-6 years

June 26 6:00-8:00pm Dufferin Clark CC

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

Open Gym (Youth) 13-17 years

June 12 6:00-8:00pm Dufferin Clark CC

June 30 5:00-8:00pm Vellore Village CC

Get your friends together for an evening of sports and fun!

Outdoor Boot Camp 13+ years

June 9 9:15-10:15am Al Palladini CC

June 25 9:15-10:15am Maple CC

"Old school" drills (think jumping jacks and push ups), are met with friendly competition as you race around the neighbourhood to complete an obstacle course of hills, park benches and jungle gyms!

Pickleball 18+ years

June 10 12:00-2:00pm Maple CC

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

Sportsarama 3-6 years

June 4 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 28 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 2:00-3:00pm Father E. Bulfon CC

June 14 1:00-3:00pm Vellore Village CC

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

Swimtastic Fun All Ages

June 7 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 1 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.

Tai Chi (Older Adult) 60+ years

June 12 10:00-11:00am Chancellor CC

An ancient Chinese discipline of meditative movements that focuses on moving the body at a slow, gentle and controlled pace.

Toddler Run & Fun 15 months-3 years

June 16 10:00-11:00am Garnet A. Williams CC

Preschoolers enjoy a variety of games and activities, and explore a variety of equipment and toys, such as balls, hoops, mats and tunnels.

Volleyball (Adult) 18+ years

June 2 8:30-10:30pm Father E. Bulfon CC

This drop-in program is for any volleyball enthusiast! Just show up and have fun. A staff person will be present to set-up the net and organize a friendly game. (Max 24 people)

Zumba (Family) 10+ years

June 11 6:30-7:30pm North Thornhill CC

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

Zumba in the Park 10+ years

June 18 6:00-6:45pm Garnet A. Williams CC

Enjoy the beautiful outdoors with an evening filled with hip latin-inspired dance moves, such as salsa, cumbia, merengue, reggaeton, and more! This class is designed for all ages and fitness levels.

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.