



March 12, 2009

Active Adventure Passport Teachers' Adventure Guide for 2009

The 2009 Active Adventure Passport will be given to all Kindergarten to Grade 7 students in Vancouver Schools in February and March, 2009. The program will run from **February to June 14, 2009**. This Guide is intended to provide information about the Passport and links to resources to support and enhance the Passport Adventures.

**Children & Families are invited to go on
12 ACTIVE ADVENTURES
between February to June 14, 2009**

The first 6 Adventures in the Passport can be completed by the children with their parents, or teachers.

Please stamp or sign students' Passports after they report completing Adventures 1 through 6, and record on the Classroom Tracking sheet.

Adventure #1 - Jump Start Your Day 2 Ways!

Students can earn 2 stamps in their Passport:

- 1)** by walking, running, or biking to school with parents or friends and
- 2)** by taking part in daily physical activity at School.

For active ideas and resources please contact Shana Alexander, from Action Schools! BC Support Team at 604-738-2468 or info@actionschoolsbc.ca . Is your school an Action School? Visit www.actionschoolsbc.ca to find out! Registered Action Schools receive complimentary in-services, Classroom Action Bins with Music CD's and DVD, plus on-going support.

More Classroom Energizers can be downloaded for free at:
www.ncpe4me.com/energizers.html

Adventure #2 - Explore Three Local Parks

Children are encouraged to go to three neighbourhood parks with their family, or their class to create their own adventure, and answer three questions on the Adventure #2 page in their Passport.

Use the Park Board map to find parks in your neighbourhood.

http://vancouver.ca/parks/parks/pb_vancouverparks.pdf

Use the Park Finder tool to find the details and history of specific Vancouver parks.

http://vancouver.ca/parkfinder_wa/

Adventure #3 - Go Swimming at Killarney Leisure Pool!

Families can use the passport for one **FREE FAMILY SWIM** at Killarney Leisure Pool during any public swim time between February and June 14, 2009.

Killarney Leisure Pool -6260 Killarney St. (49 Ave. & Kerr St.)

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.PoolDetail&fac_id=302

Adventure #4 - Go Swimming at Local Pools!

Families can use the **FREE FAMILY SWIM** between February-June 14, 2009 during Public Swim hours at:

Britannia, Kensington, Kerrisdale, Langara YMCA, Lord Byng, Percy Norman, Renfrew, Templeton Pools, or the Vancouver Aquatic Centre

<http://vancouver.ca/parks/rec/pools/index.htm>

Adventure #5 - Go Skating!

Please encourage the children in your class to use the **FREE FAMILY SKATE & SKATE RENTALS** in their Passport during any public skate times between February –March 31, 2009 at:

Britannia Ice Rink	- 1661 Napier Dr.	Tel: 604-718.5800
Kerrisdale Ice Rink	- 5670 E Blvd.	Tel: 604-257-8121
Riley Park Ice Rink	- 50 East 30 th Ave.	Tel: 604-257-8545
West End Ice Rink	- 870 Denman St.	Tel: 604-257-8339

or between **February to June 14, 2009** at:

Kitsilano Ice Rink	- 2690 Larch St.	Tel: 604-2576983
Sunset Ice Rink	- 390 East 51 st Ave.	Tel: 604-718-6517

For Public Skate Times go to:

<http://vancouver.ca/parks/rec/rinks/index.htm>

Adventure #6 - Go on an Urban Nature Walk!

Students are encouraged to explore nature with their families at one or more of Vancouver's natural Parks. The Passport recommends Bird Spotting*, and looking for critters, and creepy crawlies at:

- Hastings Park Sanctuary - 2901 East Hastings (PNE)
- Everett Crowley Park - 8200 Kerr St.
- Queen Elizabeth Park - W. 29th & W37th Ave, Cambie St.
- Jericho Park – 3941 West Point Grey Rd.
- John Hendry Park - Trout Lake 3300 Victoria Dr.
- Stanley Park

'Nature Bingo' sheets will be available at each Adventure Park Day for children and families who haven't already gone on an Urban Nature Walk or those who would like to explore a new area.

Get to Know Your Wildlife Neighbours <http://www.gettoknow.ca/en/lessons/>

Bird colouring sheets are available for downloading at:

Educator's Guide to Bird Study www.birds.cornell.edu/schoolyard/index.html

*Bird Coloring Book www.birds.cornell.edu/schoolyard/T_Resouces/ColoringBook.pdf

Map of Vancouver Parks http://vancouver.ca/parks/parks/pb_vancouverparks.pdf

Students can earn 5 stamps for completing Adventures No. 7 to 10, at one of 10 Adventure Park Days, listed below:

Saturday, April 18	Trout Lake, John Hendry Park	1:00 pm - 4:00 pm
Saturday, April 25	Kerrisdale Arena	11:00 am - 2:00 pm
Saturday, May 2	Sunset Community Centre	11:00 am - 3:00 pm
Saturday, May 9	Kitsilano C.C., Connaught Park	1:00 pm - 4:00 pm
Sunday May 17	Pandora Park	1:00 pm - 4:00 pm
Saturday May 23	Killarney Community Centre	1:00 pm - 4:00 pm
Sunday, May 24	Dunbar Community Centre	11:00 am - 3:00 pm
Saturday, May 30	Langara YMCA	10:00 am - 3:00 pm
Saturday, June 6	Mt. Pleasant Days at Guelph Park	11:00 am - 3:00 pm
Sunday, June 14	Strathcona Park	1:00 am - 4:00 pm

Adventure #7- Go Climbing!

All ages are invited to challenge themselves and Climb the Wall at one of 10 Adventure Park Days. Younger children can choose to climb a Playground climbing structure,

Adventure #8 - Take the Adventure Challenge!

An obstacle course or mini-Police Training Circuit will challenge children and parents.

Adventure #9 - Be an Active Adventure Star!

Children and their families are invited to participate in Red Fox games. Try stilt walking, juggling, hopping on a pogo stick, hula hooping at the Adventure Park Day. <http://vancouver.ca/parks/activecommunity/pdf/2RFWPP.pdf>

Adventure #10 - Be a Sports Star!

Children and families are invited to join in Mini-soccer games, shoot hoops, or try the hockey shoot at their local Adventure Park Day. During the Adventure Park days, the sports activities are coordinated and staffed by MoreSports. To learn more about participating in team sports visit the MoreSports web site. <http://www.moresports.org/>

Adventure #11 - BC Sports Hall of Fame & Museum

Families can use the **Free Family Pass** in the Passport for 2 adults with children between February and June 14, 2009 for a tour, and the opportunity to try the BC Sports Hall of Fame Family Challenge.

Info at: <http://www.bcsportshalloffame.com/>

Adventure #12 - Go Swim Outdoors!

1 FREE FAMILY SWIM during Public Swim hours - May 16 to June 14, 2009 at::

Kitsilano Beach Pool	2305 Cornwall St.	Tel 604-731-0011
New Brighton Pool	N. Foot of Windermere St.	Tel 604-298-0222
Second Beach Pool	N. Lagoon Dr.	Tel 604-257-8371

<http://vancouver.ca/parks/rec/pools/index.htm#outdoor>

For More Fit & Fun Activities you can go to:

Active Communities Vancouver – <http://vancouver.ca/parks/activecommunity/index.htm>

Verb - www.cdc.gov/youthcampaign/materials/tweens/yellowball/index.htm

Way To Go - www.waytogo.icbc.bc.ca

The inside front cover of the Passport gives information about green, and human powered transportation. Please go to the following links

One Day - www.onedayvancouver.ca and www.onedayoneschool.ca

Visit the web link above and found out how to bring the Way to Go! Elementary School Program to your school. The Way to Go! Program provides school communities with a process, a toolkit, and materials to encourage children to be more active in getting to school.

Encourage parents to start a 'Walking School Bus'
<http://vancouver.ca/oneday/takeAction/atSchool/gettingToSchool.htm>

Transportation tip: a monthly Farecard lets you take 5 others (1 Adult and 4 children) on the Bus for FREE on Sundays and Stat Holiday!

The inside back cover of the Passport provides nutritional inspiration and links to resources:

Vancouver Coastal Health Authority: www.vch.ca/nutrition

Dietitians of Canada: www.dietitians.ca/eatwell

Community Kitchens: www.communitykitchens.ca

Act Now BC: www.actnowbc.ca

Get Active in the Garden: www.vancouver.ca/parks/activecommunity/garden.htm

Active Communities Vancouver: www.activecommunitiesvancouver.ca

