

Active Communities

20%
More
Active
by
2010



MoreSports

Fitness Adventure Passport

A graphic for the MoreSports Fitness Adventure Passport. The top half is blue and features three cartoon illustrations of children: one jumping, one doing a handstand, and one holding a volleyball. The text "Active Living for Kids and Community... Today & Tomorrow." is written in a curved path around the children. The bottom half is orange and features the "MORE SPORTS" logo in large, bold letters, with "Giving ALL Kids a Chance to Play!" written below it. Below the logo is a banner that says "Fitness & Adventure PASSPORT". At the bottom, there are logos for "MORE SPORTS", "VANCOUVER FOUNDATION", and "VSB".

Active Living for Kids and Community... Today & Tomorrow.

MORE SPORTS
Giving ALL Kids a Chance to Play!

Fitness & Adventure
PASSPORT

Thanks to:

MORE SPORTS VANCOUVER FOUNDATION VSB VANCOUVER FOUNDATION

Fitness Adventure Passports

■ Our Goal

- To provide fitness adventure passports to help children become more active

■ Objectives of the passport initiative

- Make people more aware of fitness opportunities
- Identify fun and interesting fitness adventures
- Motivation to complete the passport activities
 - Recognition
 - prizes



MoreSports

Pilot Project
at Tillicum
School

Feb. 20 to
March 29



Fitness Adventure Passport

Passports

Activities include:

- Swimming,
- Skating,
- Walking Trails,
- Circus Arts
- Wall Climbing

Welcome to your **Fitness & Adventure PASSPORT**
Get Active with your Friends & Family
...and discover Fun places to Play!

I completed of the 10 activities in my Passport!

This Passport helps me be Socially Responsible...

Take care of yourself.
Take care of others.
Take care of this place.
Tilloum School Code of Conduct

How to I use my Passport? READ your Passport and BRING it with you when you do the activities. Ask for it to be STAMPED or SIGNED.

When can I use my Passport? February 22nd to March 22nd. (Dates & Details Inside)

Who can use my Passport? Tilloum Students and their Families

Prizes? Do 8 of the 10 activities in the Passport and get your name in a Prize Draw.
 Do 8 of the 10 activities in the Passport and get your name in a SECOND Prize Draw

REMEMBER to bring your Passport to each Activity!

? If you have Questions about your Passport ask Emma at Kiwassa ☎ 604.864.6401 ext. 224

JUMP START YOUR DAY

Jumpstart your Day!
...with your Tilloum classmates!

I jumpstarted my day.

When can I get? During school from February 20th to February 24th!

How do I get there? It's in your Tilloum Classroom

Get your Passport stamped by your teacher at the end of the week!

★ Thanks to the Tilloum Team!

? For INFO on 'Action Schools!BC'...
www.actionschoolsbc.ca



Explore Local Parks

Learn about your neighborhood

Go Play at the local parks

Explore your Local Parks!

Visit Burrardview Park, Pandora Park, and Callister Park!

Q: How many swings are at Callister Park? (0, 2 or 4)

Q: How many tennis courts are at Burrardview Park? (1, 2 or 4)

Q: Is there a basketball hoop at Pandora Park? (Yes or No)

I explored. Sign or Stamp Passport Here...

When can I go? Visit these 3 parks anytime between February 20th to March 20th PLUS answer the 5 questions listed above...

To get your Passport stamped find Emma at Kiwassa!

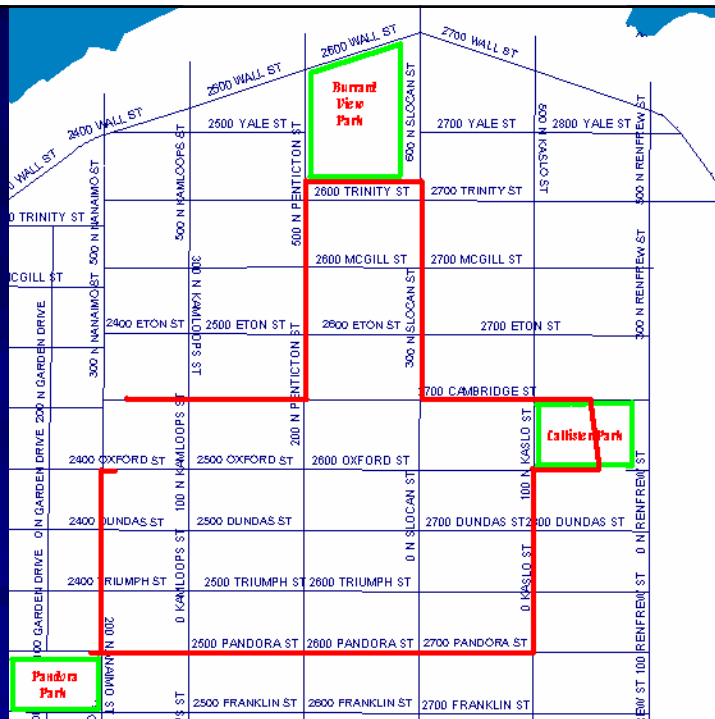
How do I get there? Walk, Run, Hop, Skip, Jump...

1. Burrardview Park
2. Pandora Park
3. Callister Park

Burrardview Park: Sloosan St. @ Yale St.
 Pandora Park: Pandora St. @ Nanaimo St.
 Callister Park: Renfrew St. @ Oxford St.

To find neighbourhood parks in Vancouver...
 604.257.8400 www.city.vancouver.bc.ca/parks

A Park map encouraged students to visit their local parks



Go Climb



Fun & Adventure for
Go Climbing!
at
...at Hastings Park!
All Family Members Welcome

I climbed.

When can I go? Sunday, March 18th
10:00 to 5:00 pm
☎604.564.5401 ext. 524 for INFO

How do I get there? Meet at Kiwanis for the Shuttle Van
or go on your own and meet at the
Hastings Park Playground.

FREE Shuttle Van with Supervision on March 18th.
Pre-Registration required. Call 604.564.5401 ext. 524

Thanks to The Edge Climbing Centre!

? To find interesting park activities in Vancouver...
☎ 604.673.8400 www.city.vancouver.bc.ca/parks

Wall Climbing



Go Swim At Killarney Leisure Pool



Fitness Adventure #1
Go Swimming!
 ...at the **NEW Killarney Leisure Pool!**

I swam.

When can I go?
 1 Year during Public Swim Hours or
 30% Off on Sunday, March 6th
 18:00 to 4:00
 ☎ 604.264.8600 for Public Hours

How do I get there? Killarney Leisure Pool
 6380 Killarney Street
 at 49th & Kerr Street

FREE Shuttle Van with Supervision on March 6th. Space is Limited.
 Pre-Registration required. Call 604.264.8600 ext. 224

For 2010 on swimming in Vancouver: www.city.vancouver.bc.ca/parks/leisure/pools **Good for 1 Free Family Swim.**

Police Training Circuit

Fitness Adventure #1
A Police Recruit Training Circuit!
 ...at the **Tillamook School Undercover Area!**


Try out the 'Kid Star' Police Recruit Trial Training Circuit!

I did a police training circuit.

When can I go? Sunday, March 11th
 12:00 to 3:00 pm
 ☎ 604.264.8402 ext. 224 for info

How do I get there? Tillamook School Undercover Area

Adults must accompany children under 8.

Thanks to the Hastings Burnside Community Policing Centre! 

For more INFO on Community Policing Centres...
 ☎ 604.727.8664 www.hastingsburnside.ca





Play Team Sports



Fitness Adventure at Tulloom Field
Family Soccer Jam!
...at the Tulloom Field!

**All Tulloom students, Parents and Caregivers can play in the Jam.*

I played soccer.

When can I go? Sunday, March 11th
 Kids Grades K to 5: 11:00, 11:30, 12:00
 Kids Grades 6 to 8: 1:00, 1:45, 2:30
 ☎ 804.264.6402 ext. 224 for info

How do I get there? Tulloom Field

Adults must accompany children under 8.
 Jam led by Maria Lukos and Yeliana Wong, MoreSports Coaches and Kiwanis Community Leaders!

? MoreSports Empire Bowl Mini Soccer League starts this Spring!
 ☎ 804.264.6401 ext. 224 www.moresports.org

Go Swim

At local Pools
 Britannia
 Renfrew
 Templeton



Program Adventure 2011
Swim in your Neighbourhood!
 ...at the Templeton, Renfrew or Britannia Pools

I swam.

Sign of Shalup Phawpaw Street

When can I go? 1 Visit during Public Swim Hours at
 Templeton Pool ☎ 604.718.6286 or
 Renfrew Pool ☎ 604.687.6556 or
 Britannia Pool ☎ 604.718.6800

How do I get there? Templeton Pool
 700 Templeton Drive

Renfrew Pool 2822 E. 28th Avenue Britannia Pool
 1661 Maple Street

? For more info on swimming in Vancouver...
www.cityofvancouver.ca/parks/recreation/pools **Good for 1 Free Family Swim.**

Be a Circus Star



Program Adventure 2011
Be a Circus Star!
 ...in the Yllicum Gym!

Juggle, make a Human Pyramid and be an Acrobat

I joined the Circus.

Sign of Shalup Phawpaw Street

When can I go? Friday, February 6th
 1:30 to 3:00 pm
 ☎ 604.654.9401 ext. 284 for kids

How do I get there? It's in the Yllicum Gym

★ Thanks to CirKids, Yllicum School and Kiwanis Vancouver!

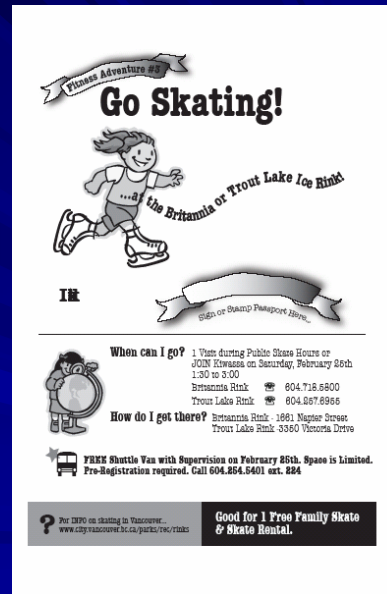
? For more INFO on CirKids in Vancouver...
 ☎ 604.737.7608 www.cirkids.org

Go Skate

At local rinks

Britannia

Trout Lake



Winter Adventure #1
Go Skating!
...at the Britannia or Trout Lake Ice Rink

IR
Sign or Stamp Passport Here...

When can I go? 1. Visit during Public Skate Hours or JOIN us on Saturday, February 26th: 1:30 to 3:00
Britannia Rink ☎ 604.718.6800
Trout Lake Rink ☎ 604.867.6956

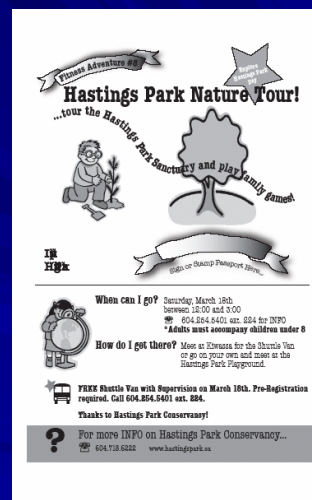
How do I get there? Britannia Rink - 1861 Nagler Street
Trout Lake Rink - 3360 Victoria Drive

FREE Shuttle Van with Supervision on February 26th. Space is Limited. Pre-Registration required. Call 604.264.6401 ext. 224

? For INFO on skating in Vancouver... www.city.vancouver.bc.ca/parks/recreation

Good for 1 Free Family Skate & Skate Rental.

Explore Hastings Park



Winter Adventure #2
Hastings Park Nature Tour!
...tour the Hastings Park Conservancy and play family games!

IR
IR
Sign or Stamp Passport Here...

When can I go? Sunday, March 18th
Between 12:00 and 3:00
☎ 604.264.6401 ext. 224 for INFO
*Adults must accompany children under 8

How do I get there? Meet at Entrance for the Shuttle Van or go on your own and meet at the Hastings Park Playground.

FREE Shuttle Van with Supervision on March 18th. Pre-Registration required. Call 604.264.6401 ext. 224.


Thanks to Hastings Park Conservancy!

? For more INFO on Hastings Park Conservancy...
☎ 604.718.6202 www.hastingspark.ca

Be Active All Ways, Every Day

WELCOME

**This
PASSPORT
belongs
to...**



Me

My first name is


My birthday is

My age is I am in grade

My teacher is

Some of my favorite ways to be active are

Activities I would like to try are

MORE SPORTS  **Word Find** 

S C O Y A H S N R T E J G S F A
W J Q I P A R K P U Z Q D O D L
I F Y D K G K G I T K P R O G W
M T P L A Y D M A I O S K O M F
Q R V G N T S F X L R U Z E R H
N K N K J D I W J L O N Q R F A
U P E V U P Q O L I M B E S C S
F U N I M L Y O P C F L J U D T
L E A B P I S Z R U V S K I P I
S M S N G U L F K M X D R V B N
E J C L M T B W Z H P K K Y J G
I M O R E S P O R T S A Q S M S
H W A F Q K J H O M V C E Y W F
P E D L U A T B A L L K R T O V
R B H E Y T O H O K G T U C H Z
A C T I V E I M X W Z L N K N B

MORESPORTS

ACTIVE

BALL

CLIMB

FUN

HASTINGS

JUMP

PARK

PLAY

RUN


SKATE

SKIP

SOCCER

SWIM

TILLCUM

★ Thanks to 'Maple' a Kiwassa
Volunteer for the Word Find!