



March 23, 2007

Active Adventure Passport Guide for 2007

The 2007 Active Adventure Passport will be given out to all K to Grade 7 students in the elementary schools of the Templeton High school catchment area. The program will run from April 3 to May 21, 2007. This Guide is intended to provide suggested links to additional material to highlight and support the adventures in the passport.

Passport Adventures -One to Ten April 2 - May 21, 2007

1) Jump Start your Day - Daily Exercise

The first activity in the passport is “Jump Start your Day”. Students are encouraged to start each day with light exercise and stretching. The teachers and schools will decide on the daily activity.

*Walking to School is 1 great way
for kids & parents to Jumpstart Their Day!*

For more ideas go to:

One Day - www.onedayvancouver.ca and www.onedayoneschool.ca
Active Communities Vancouver - www.activecommunitiesvancouver.ca
Verb - www.cdc.gov/youthcampaign/materials/tweens/yellowball/index.htm
Way To Go - www.waytogo.icbc.bc.ca

2) Go Skating at Britannia - Sunday, April 15 1:45-3:15 p.m.

Students and their families can use the passport for one free family visit to Britannia Ice Rink during any public skate from April 2 to May 21. However, for students who need a ride there will be shuttle Van Transportation & Supervision to Britannia Ice rink on April 15 from 1:45 to 3:15 p.m.

FREE family skate & skate rental are included in each Passport

Britannia Ice rink is at 1661 Napier Drive (604.718.5800)
Public Skating Sessions www.vancouver.ca/parks/rec/rinks/pdf/allrinks.pdf

3) Go Swimming at Local Pools (Britannia, Templeton or Renfrew)

Anytime between April 2-May 21 during Public Swim Hours

*Passport includes a FREE Family Swim
So the whole family can dive right in...*

Britannia Pool -1661 Napier Drive (604.718.5800)
www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.PoolDetail&fac_id=737

Renfrew Pool -2929 E. 22 Ave. (604.257.8388)
www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.PoolDetail&fac_id=431

Templeton Pool -700 Templeton Dr. (604.718.6252)
www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.PoolDetail&fac_id=532

4) Hastings Park Adventure Day - Sunday, April 29 1:00-4:00 p.m.

Students & parents from Franklin, Hastings and Lord can meet at their School at 12:30pm to join the Walking School Bus.

Shuttle Van and Supervision available for McDonald and Tillicum students who need a ride*

A Triple-Stamp Day awaits all adventurers...

5) Climb the Wall

6) Go on a Bird Spotting Exploration of Hastings Sanctuary,

7) Check out the Mini Police Training Circuit

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

Hastings Park
www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=72

8) Go Swimming at Killarney Leisure Pool

- Sunday, May 6 - Lord & Hastings 1:30 - 4:30 p.m.

- Saturday, May 19 - Franklin, McDonald, & Tillicum 1:30-4:30 p.m.

Students and their families can use the passport for one FREE family SWIM at Killarney Leisure Pool during any public swimming from April 2 to May 21. However, for students who need a ride there will be shuttle Van Transportation & Supervision available at the times show above.

Killarney Leisure Pool -6260 Killarney St. (49 Ave. & Kerr St.)
www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.PoolDetail&fac_id=302

9) Play at Pandora Park! - Sunday, May 13 1:00-4:00pm

McDonald, Tillicum, and Hastings families are invited to meet at 12:30pm at their School and hop on-board 'the Walking School Bus'

Shuttle Van & Supervision available for Franklin, and Lord students who need a ride.

Wall climbing, a Soccer Jam, and more for the whole family!

Pandora Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=57

10) Be a Hip Hop Star, a Circus Star, & a Super Champion

Noon Hour in the Gym -Dates: TBA

Hip Hop, Circus Arts, Stilt Walking, Cycling, and cool games.
Stations and playful leaders provided.

11) Explore Three Local Parks - Between April 2 - May 21

A chance for families to walk to and play in some of the local parks. Choose three among: Bates, Burrardview, Callister, Hastings and Pandora Parks. Explore the fascinating history of neighbourhood parks available at the following web sites:

Bates Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=66

Burrardview Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=67

Callister Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=68

Hastings Community Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=73

Pandora Park

www.vancouver.ca/parkfinder_wa/index.cfm?fuseaction=FAC.ParkDetails&park_id=57