



April 2015



Calendar of Activities

Bowling

Cloverleaf Junior Bowling (Cloverleaf Lanes, 10 Bath Road)

Free 10-pin bowling clinic with certified coaches.

Ages 3-21

- April 19, 12:00-2:00PM

Cheerleading

Kingston Elite All-Star Cheerleading (7B-785 Sir John A MacDonald Boulevard)

Introductory cheerleading workshop - jump, dance, tumble and stunt!

RSVP required: kingstonelitecheer@yahoo.ca

- April 15, 5-6:30PM (Ages 3-8)
- April 15, 7-8:30PM (Ages 9-16)
- April 18, 1-2:30PM (Ages 3-8)
- April 18, 3-4:30PM (Ages 9-16)

Cycling

Kingston Velo Club

Bicycle to Napanee (Ages 14+)

Ride country backroads to Napanee. 50km round trip from Odessa. Kingston start is optional.

RSVP required: margaretwild@sympatico.ca

- April 19, 10:00-3:30PM

Recreational Cycle Touring (Ages 16+)

Learn the basics of single and multi-day bicycle touring, from planning to gear to on-road strategies.

RSVP required: tours@kvc.ca

- April 23, 7:00-8:30PM

Events

MPP Sophie Kiwala's Active Open House (Constituency Office, 2-303 Bagot Street)

Games, active living discussion & healthy refreshments.

- April 10, 12:00-2:00PM

Kingston Gets Active Fair

(Wally Elmer Centre, 50 MacCauley Street)

Get healthy, safe, and active! Fun activities for the whole family.

- April 25, 11:00-2:00PM

Fencing

Kingston Fencing Club (362 Division Street)

Fencing opportunities for all ages.

RSVP required: 613-547-5580

Sabre Fencing

- April 13, 6:30-8:30PM (Ages 10-14)
- April 14, 5:30-7:00PM (Ages 6+)

Introduction to Fencing

- April 14, 1:00-3:00PM (Ages 60+)
- April 14, 7:00-8:30PM (Ages 18+)

Foil Fencing

- April 15, 6:30-8:30PM (Ages 12+)

Competitive Sabre Fencing

- April 16, 7:00-9:00PM (Ages 14+)

Fitness

Artillery Park Aquatic Centre (382 Bagot Street)

Zumba (Ages 15+)

Ditch the traditional work out and try a latin-inspired dance workout!

- April 23, 5:10-6:00PM

Cycle Fit (Ages 15+)

Join the ride! An exhilarating 45 minute workout on stationary spin bikes.

- April 25, 9:00-9:45AM

Hayabusa Academy (677 Innovation Drive)

Fitness Kickboxing (Ages 15+)

High energy, fun, full body cardio workout using boxing gloves and punching bags.

RSVP required: janet@hayabusa-academy.com

- April 9, 16 & 23, 5:30-6:20PM
- April 11, 18 & 25, 10:05-10:50AM

Living Yoga Studios (11 Livingston Avenue)

RSVP required: info@livingstudios.ca

Intro to Yogic Breathing (Ages 16+)

A lesson in the theory, anatomy and practices of full bodied mindful breathing.

- April 6, 12:00-1:00PM
- April 7, 4:00-5:00PM

Meditation (Ages 16+)

Theory and practices of yogic meditation.

- April 9 & 23, 7:30-8:30PM
- April 20, 4:00-5:00PM

Intro to Yoga (Ages 16+)

A lecture on the origins and wisdom of yoga. Learn why yoga is not exercise for the body alone.

- April 21, 7:30-9:00PM

Métis Nation of Ontario

(Tugwood Park, 629 Division Street)

Full Circle Fitness (Ages 15-65)

A physical activity circuit that focuses on the whole body.

- April 15 & 22, 4:30-5:30PM

Patenaude Martial Arts (629 Division Street)

Friday Family Fitness (Ages 6+)

Strength, endurance, focus and flexibility exercises at your own pace. Families welcome.

RSVP required: kingston@fangshendo.com

- April 10, 17 & 24, 6:00-7:00PM

Queen's Athletics & Recreation (284 Earl Street)

Group Cycle (Ages 18+)

Indoor class for all levels- intervals, hills & drills.

RSVP required: bambrick@queensu.ca

- April 12 & 19, 3:30-4:20PM

Gymnastics

Kingston Gymnastics Club

(320-1343 Midland Avenue)

Try gymnastics skills with one of our coaches! Ages 2-12. RSVP required: 613-384-1190

- April 12, 3:00-4:30PM

Loyalist Gymnastics Club (1396 Bath Road)

Come jump, roll, swing and bounce. Learn gymnastics skills and play in our 45' foam pit! Ages 1.5+

- April 9, 16 & 23, 9:30-11:00AM

Horseback Riding

DreamCatcher Farm

(3185 McGarvey Road, Inverary)

Open House

Come tour our facility and learn about our programs.

- April 11, 1:00-4:00PM

Workshop

An interactive, non-riding workshop to learn about horses and horse behavior.

RSVP required: ride@dreamcatcherfarm.ca

- April 11, 2:00-3:30PM

Martial Arts

Patenaude Martial Arts (629 Division Street)

Kung-Fu classes for the whole family! Or try our teen/adult MMA Kickboxing class which is geared towards self-defense situations.

RSVP required: kingston@fangshendo.com

Kids Kung-Fu (Ages 5-12)

- April 7, 9, 14, 16, 21 & 23, 6:00-7:00PM

Adults Kung-Fu (Ages 12+):

- April 7, 9, 14, 16, 21 & 23, 7:00-8:00PM

Adults MMA Kickboxing (Ages 12+)

- April 7, 9, 14, 16, 21 & 23, 8:00-9:00PM

Hayabusa Academy (677 Innovation Drive)

Muay Thai Kickboxing Fundamentals (Ages 14+)

An introduction class for beginners interested in a striking martial art.

RSVP required: janet@hayabusa-academy.com

- April 7, 8, 14, 15, 21 & 22, 6:30-7:30PM

Ringette

Kingston Ringette Association
(Rona Ice Pad at the INVISTA Centre, 1350 Gardiners Road)

Try ringette on the ice! Skates & helmet are required, other equipment is available to borrow. Ages 4-64
RSVP required: <http://www.cometryringette.ca>
or call 613-561-9143

- April 19, 2:30-4:00PM

Skating

INVISTA Centre (1350 Gardiners Road)

Ages 10 & under must wear a CSA approved helmet.

- April 19, 2:30-4:15PM

Speed Skating

Kingston Striders Speed Skating Club
(Springer Market Square, King/Brock Street)

Get a feel for speed skating in the spring! Come try out a slide board and talk to our coaches. Ages 6+

- April 25, 9:00-1:00PM

Swimming

Artillery Park Aquatic Centre (382 Bagot Street)

Children 9 & under must be accompanied by a caregiver 16+.

- April 10, 8:00-9:25PM

PSP Community Recreation

(Kingston Military Community Sports Centre, 11 Navy Way)

Children 2 & under must wear swim diaper.
Government ID mandatory for Adults 18+.

- April 18 & 19, 2:00-4:30PM

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**Take the KGA Month
Wellness Challenge
for your chance to
win an iPod Shuffle**

Tennis

Kingston Tennis Club (45 Napier Street)

Youth are invited to meet others and play mini and full-court games of tennis. All skill levels are welcome!
Ages 5-17

- April 25, 11:00AM-2:00PM
- Rain date: April 26, 11:00AM-2:00PM

Walking

Walk & talk with MPP Sophie Kiwala

- April 7, 8 & 9, 12:00-1:00PM
(Meet in front of Constituency Office, 2-303 Bagot Street)
- April 18 & 25, 7:00-8:00AM
(Lemoine Point, Coverdale Drive entrance)

Métis Nation of Ontario (629 Division Street)

An organized outdoor walk around the neighbourhood.

- April 13 & 20, 12:00-1:00PM

Youth Recreation

Youth Diversion, 559 Bagot Street

Good 4 Youth: After school recreation drop-in programs for youth 12-17. Permission form must be signed in advance.

RSVP required: 613-548-4535

- April 9, 16 & 23, 3:00-5:00PM

**Pick up your FREE Pedometer
& start counting your steps**

**Pedometers available at Artillery Park
Aquatic Centre & INVISTA Centre**



Need help getting to a KGA Month activity?

Pick up a free transit pass, courtesy of

Canadian Sport for Life Kingston

Artillery Park Aquatic Centre, 382 Bagot Street



TAKE THE KGA MONTH WELLNESS CHALLENGE

for your chance to WIN an iPod shuffle

1 Get a KGA Month Challenge passport

- Use the passport on the next page
- Artillery Park Aquatic Centre & INVISTA Centre
- KGA Month participating locations
- www.CS4LKingston.com

2 Challenge yourself, Challenge a friend!

- Get active
- Connect more
- Be mindful
- Eat healthy

3 Track your wellness choices

- Use the passport to track your activities
- More wellness ideas: www.CS4LKingston.com
- Can you make a daily choice in each category

4 Drop off your passport by May 10th for your chance to win!

- In person: Artillery Park Aquatic Centre, 382 Bagot Street
- Email a picture of your passport to CS4L@CityofKingston.ca

Make choices for a healthy body and mind. Try these daily wellness challenges:

Active

- Pick up a free pedometer and start counting your steps! Pedometers available at Artillery Park Aquatic Centre
- Try a new trail: trails-at-a-glance.ca
- Leave the car at home. Bike or walk!
- Participate in a KGA Month activity
- Is your child active enough? Take the quiz: www.ActiveforLife.ca
- Add stretching to your routine

Healthy

- Visit a farmer's market for seasonal ingredients
- Vegetables and fruit are nature's fast food – just wash and go!
- Satisfy your thirst with water
- Enjoy milk every day
- Choose whole grains
- Eat a variety of vegetables and fruit for a mix of nutrients
- Include beans, lentils and tofu often
- Call Dial-a-Dietitian at 613-549-1232 ext. 1224 for nutrition information or programs

Connected

- Share the work - cook, clean, or organize with a friend!
- For one day, phone instead of email and text
- Introduce yourself to a neighbor
- Check these out Kingston clubs:
 - [100+ Women Who Care Kingston](#)
 - [100 Men Who Care](#)
 - [Kingston Sport and Social Club](#)
- Have a technology-free meal

Mindful

- Work at a desk? Try changing positions every 15 minutes
- Set aside time to reflect on your day
- Check your safety equipment:
 - Does your lifejacket fit?
 - Need new elbow pads?
 - What is your helmet expiry date?
- Take 10 deep breaths before going to bed
- Do something new, even if it is scary

Want another chance to win? Complete the KGA Month survey: www.CS4LKingston.com

This KGA Month Wellness Challenge Passport belongs to:

Name: _____

Phone: _____

Email: _____

1

Steps: _____



2

Steps: _____



3

Steps: _____



4

Steps: _____



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Steps: _____



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Steps: _____



27

Steps: _____



28

Steps: _____



29

Steps: _____



30

Steps: _____



**Track your wellness
choices every day**

Drop off your passport by May 10th for your chance to win a free iPod shuffle!