

TAKE THE KGA MONTH WELLNESS CHALLENGE



For your chance to WIN an iPod shuffle

- 1** **Join KGA Month Challenge:**
 - KGA Month participating locations
 - www.CS4LKingston.com or www.KingstonGetsActive.ca
- 2** **Challenge yourself**
 - Get active
 - Connect more
 - Be mindful
 - Eat healthy
- 3** **Track your wellness choices**
 - Use the passport to track your activities
 - Can you make a choice in each category?
- 4** **Pickup your FREE transit pass!**
 - Artillery Park Aquatic Centre, 382 Bagot Street

Other Great Prizes available!!!!

An accessible version of this document is available at www.CS4LKingston.com and www.kingstongetsactive.ca

**Take the KGA Month
Wellness Challenge!**

www.KingstonGetsActive.ca

KINGSTON
GETS
ACTIVE
MONTH

FREE
activities
all month long

April 2016



Activity Locations List:

- **Kingston Elite All-Star Cheerleading** (7B-785 Sir John A MacDonald Boulevard)
RSVP required: kingstonelitecheer@yahoo.ca
- **Kingston Gets Active with Play Kits** (382 Bagot Street)
- **St. Lawrence College** (100 Portsmouth Avenue)
- **Kingston Gymnastics Club** (320-1343 Midland Avenue)
RSVP required: 613-384-1190 or kingstongymnasticsclub@bellnet.ca
- **INVISTA Centre** (1350 Gardiners Road)
- **Artillery Park Aquatic Centre** (382 Bagot Street)
- **Kingston Military Community Sports Centre**, (11 Navy Way)
ID mandatory for Adults 18+.
- **KCHC Pathways to Education** (263 Weller Avenue)
- **Play Groups Ontario Early Years Centre** (158 Patrick Street)
- **The YMCA of Kingston, 613-546-2647** (3 locations; Please check the KGA Month Activity Info Sheet online for Activity Specific Locations!)
- **Kingston Fencing Club** (362 Division Street)
RSVP required: 613-547-5580
- **Queen's University Athletics & Recreation** (284 Earl Street)
RSVP required: bambrick@queensu.ca
- **Conquer Training & Education** (61 Yonge Street)
RSVP required: info@conquertraining.guru
- **Patenaude Martial Arts** (629 Division Street; Lower Level)
- **Kingston Tennis Club** (45 Napier Street)


HEALTHY KIDS
COMMUNITY CHALLENGE
KFL&A REGION

Run. Jump. Play. Every Day.

- For a full KGA Month list of activities including ages, dates, times, rain dates, and program descriptions, please visit:

www.KingstonGetsActive.ca

Cheerleading

Kingston Elite All-Star Cheerleading

(7B-785 Sir John A MacDonald Boulevard)

Learn fundamentals of cheerleading, including stunts, jumps, motions and tumbling in a fun atmosphere! Cheerleading workshop - jump, dance, tumble and stunt! **RSVP required:**

kingstonelitecheer@yahoo.ca

- April 14, 5-5:45PM (Ages 4-8)
- April 14, 6-7:00PM (Ages 9+)

Kingston Gets Active with Play Kits (382 Bagot Street)

Drop in to try our Play Kits and find ways to use them at home; fun for the whole family!

- April 9, 9:00AM-12:00PM (Families)

St. Lawrence College (100 Portsmouth Avenue)

Wonder if you're ready for college sports? Participate in a OCAA fitness workout alongside our varsity athletes. Appropriate fitness attire required.

- April 16, 12:00PM-3:00PM (16+)

Gymnastics

Kingston Gymnastics Club (320-1343 Midland Avenue)

RSVP required: 613-384-1190 or kingstongymnasticsclub@bellnet.ca

Join us for an hour of Open House fun and fitness while experiencing the sport of gymnastics in our well-equipped child-centered club

April 24, 11:00-12:00PM (12 mths.-12 years)

Experience our one of a kind Ninjastics program which focuses on gymnastics skills related to parkour movements

- April 24, 12:00PM-1:00PM (5-12 years)

Skating

City Of Kingston

INVISTA Centre (1350 Gardiners Road)

Ages 10 & under must wear a CSA approved helmet.

- April 17, 2:30-4:15PM

Swimming

City Of Kingston

Artillery Park Aquatic Centre (382 Bagot Street)

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

- April 7, 7:00-8:25PM
- April 22, 8:00-9:25PM

Kingston Military Community Sports Centre (11 Navy Way)

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

Lap pool, small pools, diving board and hot tub open

- April 8, 15, 22 & 29, 6:00-8:00PM

KCHC Pathways to Education (263 Weller Avenue)

Come join us for an afternoon of road hockey at KCHC. Equipment is available onsite. Pizza and drinks will be provided. Weather permitting event!

- April 30, 12:00PM-3:00PM (10-17 years)

Play Groups

Ontario Early Years Centre (158 Patrick Street)

A facilitated physical activity program for adults with children 18 months to 6 years.

- April 4, 5, 11, 12, 18, 19, 25, 26, 9:30-11:30AM

The YMCA of Kingston (**WC**-100 Wright Crescent), YWest (**YW**-745 Progress Ave.)

And St. Lawrence College location (**SLC**- 100 Portsmouth Ave.)

(WC) Sunday Fun Days: April 3, 10, 17, 24

All Day Swim
Family Zumba
Family Fit Stop
Family Pickleball
Adult Pickleball
Adult Volleyball

Drop-in YMCA Fitness for all ages. Maximum 30 participants per class.

Qi Gong (**YW**)

- April 4, 11, 18, 25, 11:55AM-12:40PM

Beginner Tai Chi (**WC**)

- April 4, 11, 18, 25, 12:15PM-1:00PM

Yoga (**SLC**)

- April 4, 11, 18, 25, 12:30PM-1:15PM

Muscle Mix (**SLC**)

- April 4, 11, 18, 25, 6:00PM-6:45PM

Beginner Tai Chi (**YW**)

- April 5, 12, 19, 26, 9:00AM-9:45AM

Pilates (**YW**)

- April 5, 12, 19, 26, 6:40PM-7:25PM

Qi Gong (**WC**)

- April 5, 12, 19, 26, 11:30AM-12:15PM

Total Body Sculpt (**YW**)

- April 6, 13, 20, 27, 4:30PM-5:15PM

Foam Rolling (**WC**)

- April 6, 13, 20, 27, 11:30AM-12:15PM

Bollywood (**WC**)

- April 6, 13, 20, 27, 6:30PM-7:15PM

Fencing

Kingston Fencing Club (362 Division Street)

Fencing opportunities for all ages.

RSVP required: 613-547-5580

Fencing for boys

- April 4, 11 & 18, 6:00-8:00PM (Ages 11-15)

Fencing for girls

- April 6, 13 & 20, 6:00-8:00PM (Ages 10-16)

Fencing for boys & girls

- April 5, 12 & 19, 5:30-7:00PM (Ages 6-10)

Fencing for seniors

- April 5, 12 & 19, 1:00-3:00PM (Ages 50+)

Fencing for adults

- April 5, 12 & 19, 7:00-8:30PM (Ages 20+)

Fitness

City Of Kingston

Artillery Park Aquatic Centre (382 Bagot Street)

Zumba (Ages 10+): Latin rhythm dance workout routine! Come and join the party!

- April 28, 5:15-6:00PM

Weekend Warrior! (Ages 15+): Fun full body fitness class

- April 9, 23, 11:00-11:45AM

Queen's University Athletics & Recreation (284 Earl Street)

Group Cycle (Ages 18+): Indoor cycle class is a cardio challenge with varying speeds and resistance levels, sprint drills and more! For beginner to advanced participants.

RSVP required: bambrick@queensu.ca

- April 10 & 17, 3:30-4:20PM

Conquer Training & Education (61 Yonge Street)

RSVP required: info@conquertraining.guru

Prenatal Power: Prepare your body for the birth of your baby with core & muscle conditioning followed by stretching & relaxing yoga (open to all prenatal women)

- April 4, 5:30-6:30PM

Kids Fun Fit: Children to enjoy fun relays, obstacle courses and team challenges geared towards improving their overall fitness. (Ages 6-10 years)

- April 5, 4:00-4:45PM

Adults Conquer Athletics: Join this fast-paced, high intensity workout for all adults to improve endurance, strength and athletic performance. (Ages 18+)

- April 6, 6:30-7:30PM

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 5-16

Junior Open House

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

- **Rain date:** May 1st

Patenaude Martial Arts (629 Division Street (Lower Level))

Kung-Fu, MMA, Kickboxing, and Self-Defense classes!

RSVP required: kingston@fangshendo.com or 613-547-4804

Kung-Fu Training for Kids: Ages 5-12 years, Max. 8 spots per class

- April 5, 7, 12, 14, 19, 21, 26, 28, 6:00PM-7:00PM

Kung-Fu Training for teens & adults: Ages 13-50 years. Max. 8 spots per class

- April 5, 7, 12, 14, 19, 21, 26, 28, 7:15PM-8:00PM

Kickboxing & MMA for teens & adults: Ages 13-50 years. Max. 8 spots per class

- April 5, 7, 12, 14, 19, 21, 26, 28, 7:45PM-9:00PM

Yoga (**SLC**)

- April 6, 13, 20, 27, 11:30AM-12:15PM

Aqua Zumba (**YW**)

- April 7, 14, 21, 28, 11:00AM-11:45AM

Bootcamp (**YW**)

- April 8, 15, 22, 29, 12:10PM-12:55PM

Yoga (**WC**)

- April 8, 15, 22, 29, 9:00AM-9:45AM & 7:00PM-7:45PM

Pickleball (**WC**)

- April 8, 15, 22, 29, 11:35AM-12:20PM

RIP (Muscle Conditioning) (**SLC**)

- April 8, 15, 22, 29, 12:30PM-1:15PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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April 2016

See Activity Locations on reverse!



Need help getting to a KGA Month activity?

Pick up a free transit pass!

Artillery Park Aquatic Centre, 382 Bagot Street. Quantity limited.

<p>3</p> <p>Take the KGA Month Wellness Challenge! www.KingstonGetsActive.ca</p>	<p>4</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston YMCA: Qi Gong 11:55am Beginner Tai Chi 12:15pm Yoga 12:30pm Muscle Mix 6:00pm</p> <p>Kingston Fencing Club: Fencing for boys 6-8pm</p> <p>Conquer Training & Education: Prenatal Power 5:30-6:30pm</p>	<p>5</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston Fencing Club: Fencing for Seniors 1-3pm Fencing for Boys/Girls 5:30-7pm Fencing for Adults 7-8:30pm</p> <p>Conquer Training & Education: Kids Fun Fit 4-4:45pm</p> <p>Kingston YMCA: Beginner Tai Chi 9am Qi Gong 11:30am Pilates 6:40pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>6</p> <p>Kingston YMCA: Foam Rolling 11:30am Yoga 11:30am Total body Sculpt 4:30pm Bollywood 6:30pm</p> <p>Kingston Fencing Club: Fencing for girls 6-8pm</p> <p>Conquer Training & Education: Adults Conquer Athletics 6:30-7:30pm</p>	<p>7</p> <p>Kingston YMCA: Aqua Zumba 11am</p> <p>City of Kingston Leisure Swim 7-8:25pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>8</p> <p>Kingston YMCA: Yoga 9am & 7pm Pickleball 11:35am Bootcamp 12:15pm RIP (muscle conditioning) 12:30pm</p> <p>CFB Kingston: Swim 6-8pm</p>	<p>9</p> <p>City of Kingston: Artillery Park Aquatic Centre Weekend Warrior @ 11</p> <p>Kingston Gets Active Fun with Play Kits 9-12pm</p>
<p>10</p> <p>Queen's ARC: Indoor Cycle Class 3:30-4:20pm</p> <p>Kingston YMCA: Sunday Fun Day All Day Swim Family Zumba Family Fit Stop Family Pickleball Adult Pickleball Adult Volleyball</p>	<p>11</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston YMCA: Qi Gong 11:55am Beginner Tai Chi 12:15pm Yoga 12:30pm Muscle Mix 6:00pm</p> <p>Kingston Fencing Club: Fencing for boys 6-8pm</p>	<p>12</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston Fencing Club: Fencing for Seniors 1-3pm Fencing for Boys/Girls 5:30-7pm Fencing for Adults 7-8:30pm</p> <p>Kingston YMCA: Beginner Tai Chi 9am Qi Gong 11:30am Pilates 6:40pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>13</p> <p>Kingston YMCA: Foam Rolling 11:30am Yoga 11:30am Total Body Sculpt 4:30pm Bollywood 6:30pm</p> <p>Kingston Fencing Club: Fencing for Girls 6-8pm</p>	<p>14</p> <p>Kingston YMCA: Aqua Zumba 11am</p> <p>Kingston Elite Cheer All-Star Cheerleading: Workshop @ 5-5:45pm 6-7pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>15</p> <p>Kingston YMCA: Yoga 9am & 7pm Pickleball 11:35am Bootcamp 12:15pm RIP (muscle conditioning) 12:30pm</p> <p>Kingston Military Community Sports Centre (KMCS): Swim 6-8pm</p>	<p>16</p> <p>St. Lawrence College: "Train like a Viking" 12-3pm</p>
<p>17</p> <p>City of Kingston: INVISTA Centre Skating 2:30-4:15pm</p> <p>Queen's University ARC: Indoor Cycle Class 3:30-4:20pm</p> <p>Kingston YMCA: Sunday Fun Day All Day Swim Family Zumba Family Fit Stop Family Pickleball Adult Pickleball Adult Volleyball</p>	<p>18</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston YMCA: Qi Gong 11:55am Beginner Tai Chi 12:15pm Yoga 12:30pm Muscle Mix 6:00pm</p> <p>Kingston Fencing Club: Fencing for boys 6-8pm</p>	<p>19</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston Fencing Club: Fencing for Seniors 1-3pm Fencing for Boys/Girls 5:30-7pm Fencing for Adults 7-8:30pm</p> <p>Kingston YMCA: Beginner Tai Chi 9am Qi Gong 11:30am Pilates 6:40pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>20</p> <p>Kingston YMCA: Foam Rolling 11:30am Yoga 11:30am Total body Sculpt 4:30pm Bollywood 6:30pm</p> <p>Kingston Fencing Club: Fencing for girls 6-8pm</p>	<p>21</p> <p>Kingston YMCA: Aqua Zumba 11am</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>22</p> <p>Kingston YMCA: Yoga 9am & 7pm Pickleball 11:35am Bootcamp 12:15pm RIP (muscle conditioning) 12:30pm</p> <p>Kingston Military Community Sports Centre (KMCS): Swim 6-8pm</p> <p>City of Kingston: Artillery Park Aquatic Centre Leisure Swim 8-9:25pm</p>	<p>23</p> <p>City of Kingston: Artillery Park Aquatic Centre Weekend Warrior @ 11</p>
<p>24</p> <p>Kingston Gymnastics Club: Open House 11-12pm Ninjastics 12-1pm</p> <p>Kingston YMCA: Sunday Fun Day All Day Swim Family Zumba Family Fit Stop Family Pickleball Adult Pickleball Adult Volleyball</p>	<p>25</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston YMCA: Qi Gong 11:55am Beginner Tai Chi 12:15pm Yoga 12:30pm Muscle Mix 6:00pm</p>	<p>26</p> <p>Ontario Early Years: Gym Activity 9:30-11:30am</p> <p>Kingston YMCA: Beginner Tai Chi 9am Qi Gong 11:30am Pilates 6:40pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>27</p> <p>Kingston YMCA: Foam Rolling 11:30am Yoga 11:30am Total body Sculpt 4:30pm Bollywood 6:30pm</p>	<p>28</p> <p>Kingston YMCA: Aqua Zumba 11am</p> <p>City of Kingston: Artillery Park Aquatic Centre Zumba @ 5:15-6pm</p> <p>Patenaude Martial Arts: Kids Kung-Fu, 6pm Adults Kung-Fu & Self-defense 7:15pm Adults Kickboxing & MMA 7:45pm</p>	<p>29</p> <p>Kingston Military Community Sports Centre (KMCS): Swim 6-8pm</p> <p>Kingston YMCA: Yoga 9am & 7pm Pickleball 11:35am Bootcamp 12:15pm RIP (muscle conditioning) 12:30pm</p>	<p>30</p> <p>Kingston Tennis Club: Junior Open House 11-2pm</p> <p>Kingston Community Health Centres (KHC): Weller Cup-Road Hockey 12-3pm</p>



Active play and games for children birth to age 6



Active play and games for families and organizations



Sports and active equipment for all ages

Promoting physical literacy & helping Kingston residents be active!

3 types of kits available for residents, organizations, events & programs

BORROW OUR FREE KITS AND GET ACTIVE! For more information go to www.KingstonGetsActive.ca or www.CS4LKingston.com