

ACTIVITY LOCATIONS:

CITY OF KINGSTON, ARTILLERY PARK AQUATIC CENTRE, (382 Bagot Street)

CITY OF KINGSTON, INVISTA CENTRE, (1350 Gardiners Road)

CITY OF KINGSTON, RSVP REQUIRED for noted activities: alockwood@cityofkingston.ca

CITY OF KINGSTON, TOMLINSON AQUA PARK, (303 York Street)

KINGSTON ELITE ALL-STAR CHEERLEADING, (7B-785 Sir John A MacDonald Boulevard) **RSVP REQUIRED:**

kingstonelitecheer@yahoo.ca

KINGSTON GETS ACTIVE WITH PLAY KITS, (263 Weller Avenue)

KINGSTON COMMUNITY HEALTH CENTRE, (KCHC) (263 Weller Avenue)

YMCA OF KINGSTON, Y West Location (745 Progress Avenue)

ONTARIO EARLY YEARS CENTRE, Holy Name School, (370 Kingston Mills)

CYCLE KINGSTON, info@cyclekingston.ca

KINGSTON VELO CLUB info@kingstonveloclub.ca

HAYABUSA ACADEMY, www.hayabusa-academy.com, **RSVP REQUIRED:** 613-484-5455

INNERTOUCHE FITNESS AND WELLNESS CENTRE, www.innertouch.ca **RSVP REQUIRED:** innertouchfitness@gmail.com

or 613-539-4625

QUEEN'S UNIVERSITY ATHLETICS & RECREATION, (284 Earl Street) **RSVP REQUIRED:** bambrick@queensu.ca



For the full KGA Month list of activities including ages, dates, times, rain dates, program descriptions, updates and newly added activities, please visit:

KingstonGetsActive.ca

Run. Jump. Play. Every Day.



HEALTHY KIDS

COMMUNITY CHALLENGE
KFL&A REGION

[KFLAhealthykids](https://www.facebook.com/KFLAhealthykids)



Plan your ride at CityofKingston.ca/trip-planner



SEPTEMBER 2017

Kingston Get's Active Month is funded in part by:



Agence de la santé
publique du Canada

Public Health
Agency of Canada

SEPTEMBER 2017 See activity locations and RSVP contact information on the back!

01 FRIDAY

KGA MONTH STARTS!!!

02 SATURDAY

QUEEN'S ATHLETICS & RECREATION:

Recreational Swim

11:30-1:30pm

(See info sheet for guidelines)

03 SUNDAY

QUEEN'S ATHLETICS & RECREATION:

Recreational Swim

11:30-1:30pm

(See info sheet for guidelines)

04 MONDAY

YMCA OF KINGSTON:

Complimentary access to Y

West all day (5am-9pm)

05 TUESDAY

KINGSTON ELITE CHEER

ALL-STAR CHEERLEADING:

Beginners Workshop 6:30-7:20pm

06 WEDNESDAY

ONTARIO EARLY YEARS:

Gym Activity (Holy Name)

1:15-3:00pm

HAYABUSA ACADEMY:

Muay Thai Kickboxing

6:30-7:30pm

07 THURSDAY

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Power Wall Pilates, 8:30-9:30am (RSVP Required)

08 FRIDAY

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Core Pilates, 9:30-10:25am (RSVP Required)

09 SATURDAY

HAYABUSA ACADEMY:

Fitness Kickboxing

10:05-10:50am

CITY OF KINGSTON:

- MINI BOARDERS SKATEBOARDING LESSONS

9-9:45am (RSVP Required)

- INTERMEDIATE OR ADVANCED

SKATEBOARDING LESSONS

11-12pm (RSVP Required)

10 SUNDAY

KINGSTON ELITE CHEER ALL-STAR

CHEERLEADING:

Beginners Workshop 2-2:50pm

KINGSTON VELO CLUB:

Limestone Century Bicycle Tour

11 MONDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!! www.gogaelsgo.com/FFA

YMCA OF KINGSTON:

Complimentary access to Y

West all day (5am-9pm)

12 TUESDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!! www.gogaelsgo.com/FFA

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Energy Pilates, 5-5:55pm (RSVP Required)

13 WEDNESDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!!

www.gogaelsgo.com/FFA

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Therapeutic Pilates for Back Pain, 9:30-10:25am

(RSVP Required)

ONTARIO EARLY YEARS:

Gym Activity (Holy Name)

1:15-3:00 pm

HAYABUSA ACADEMY:

Muay Thai Kickboxing

6:30-7:30pm

14 THURSDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!! www.gogaelsgo.com/FFA

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Power Wall Pilates, 8:30-9:30am (RSVP Required)

15 FRIDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!! www.gogaelsgo.com/FFA

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Core Pilates, 9:30-10:25am (RSVP Required)

16 SATURDAY

QUEEN'S ATHLETICS & RECREATION:

Fitness-Free-For-All!! www.gogaelsgo.com/FFA

CITY OF KINGSTON:

- SKATING @ INVISTA CENTRE

1-2:45pm

HAYABUSA ACADEMY:

Fitness Kickboxing

10:05-10:50am

17 SUNDAY

CITY OF KINGSTON:

LANE SWIM

9-10am Tomlinson Aqua Park

19 TUESDAY

CITY OF KINGSTON:

Free Fitness Frenzy Week!!

www.cityofkingston.ca/fitness

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Energy Pilates, 5-5:55pm (RSVP Required)

CYCLE KINGSTON:

Have a Go at Cycle Commuting!

info@cyclekingston.ca

20 WEDNESDAY

CITY OF KINGSTON:

Free Fitness Frenzy Week!!

www.cityofkingston.ca/fitness

ONTARIO EARLY YEARS:

Gym Activity (Holy Name)

1:15-3:00 pm

CYCLE KINGSTON:

Have a Go at Cycle Commuting!

info@cyclekingston.ca

CITY OF KINGSTON:

- PARENT AND CHILD KARATE

6-6:30pm, (RSVP Required)

- YOUTH KARATE,

6:30-7:30pm (RSVP Required)

HAYABUSA ACADEMY:

Muay Thai Kickboxing

6:30-7:30pm

21 THURSDAY

CITY OF KINGSTON:

Free Fitness Frenzy Week!!

www.cityofkingston.ca/fitness

CYCLE KINGSTON:

Have a Go at Cycle Commuting!

info@cyclekingston.ca

22 FRIDAY

CITY OF KINGSTON:

Free Fitness Frenzy Week!!

www.cityofkingston.ca/fitness

CYCLE KINGSTON:

Have a Go at Cycle Commuting!

info@cyclekingston.ca

CITY OF KINGSTON:

OPEN SWIM & GYM YOUTH NIGHT:

8-9:30pm, Artillery Park Aquatic Centre

23 SATURDAY

KINGSTON GETS ACTIVE:

Fun with Play Kits at Scarecrow Festival

@ KCHC, 12-3pm

KINGSTON COMMUNITY HEALTH CENTRE:

Scarecrow Festival @ KCHC, 12-3pm

QUEEN'S ATHLETICS & RECREATION:

Recreational Swim

11:30-1:30pm

(See info sheet for guidelines)

CITY OF KINGSTON:

Free Fitness Frenzy Week!!

www.cityofkingston.ca/fitness

HAYABUSA ACADEMY:

Fitness Kickboxing 10:05-10:50am

24 SUNDAY

QUEEN'S ATHLETICS & RECREATION:

Recreational Swim

11:30-1:30pm

(See info sheet for guidelines)

25 MONDAY

YMCA OF KINGSTON:

Complimentary access to Y West

all day (5am-9pm)

26 TUESDAY

CITY OF KINGSTON:

Youth Open Gym Time 3-5pm,

Artillery Park Aquatic Centre

27 WEDNESDAY

INNERTOUCHESS FITNESS & WELLNESS CENTRE:

Therapeutic Pilates for Back Pain, 9:30-10:25am

(RSVP Required)

ONTARIO EARLY YEARS:

Gym Activity (Holy Name)

1:15-3:00 pm

HAYABUSA ACADEMY:

Muay Thai Kickboxing

6:30-7:30pm

28 THURSDAY

FAMILY SWIM:

Artillery Park Aquatic Centre,

8:30-9:30pm (Leisure Pool)

29 FRIDAY

CITY OF KINGSTON:

OPEN SWIM & GYM YOUTH NIGHT:

8:30-9:30pm, Artillery Park Aquatic Centre

30 SATURDAY

HAYABUSA ACADEMY:

Fitness Kickboxing

10:05-10:50am

Promoting physical literacy & helping you be active! 3 types of Play Library kits available for residents, organizations, events & programs BORROW OUR FREE KITS AND GET ACTIVE! For more information go to KingstonGetsActive.ca



Physical Literacy Starter Kit

Active play and games for children birth to age 6

Physical Literacy Family Kit

Active play and games for families and organizations

Active for Life Kits

Sports and active equipment for all ages

-ACTIVITY SPECIFIC INFORMATION-

Cheerleading

Kingston Elite All-Star Cheerleading

(7B-785 Sir John A MacDonald Boulevard)

Recreational and competitive cheerleading programs for ages 4 and up. Learn the fundamentals of cheerleading – stunting, jumping, tumbling, and dance -- in a fun and energetic beginner's class!

RSVP required: kingstonelitecheer@yahoo.ca

- September 5th, 6:30-7:20pm, ages: 4-12 years
- September 10th, 2-2:50pm, ages 4-12 years

Skating

City Of Kingston

INVISTA Centre (1350 Gardiners Road)

Ages 10 & under must wear a CSA approved helmet.

- September 16th, 1-2:45pm

Swimming

City Of Kingston

Tomlinson Aqua Park (303 York Street)

Get in motion. Moving in the water is easy on the joints and a great work out. Lanes available for lane swimming (slow, medium and fast) and open swimming for water walking, jogging or general exercise. Lane etiquette must be followed.

- September 17th, 9-10am

Artillery Park Aquatic Centre (382 Bagot Street)

Spend family time together playing and enjoying the water. Children must be directly supervised, in the water, by a caregiver 16+. Adults are also welcome to attend without children. The diving board is not open.

- September 28th, 8:30-9:30pm

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

Must adhere to Pool Admission guidelines (see attached). Please stop at the ARC customer service to sign a waiver and gain access to the facility.

Free Recreational Swim, ARC Pool, Lower Level 1

- September 2nd, 3rd, 23rd, 24th, 11:30-1:30pm

Play Groups

Ontario Early Years Centre

A facilitated physical activity program for children 18 months to 6 years. Children must attend with an adult.

- September 6, 13, 20, 27th, 1:15-3pm (Holy Name School, 370 Kingston Mills Road)

Kingston Community Health Centre, (KCHC), (263 Weller Avenue)

Scarecrow Festival

- September 23rd, 12-3pm

Kingston Gets Active with Play Kits, at the Scarecrow Festival

(263 Weller Avenue)

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

- September 23rd, 12-3pm (Families)

Fitness

City Of Kingston

Artillery Park Aquatic Centre (382 Bagot Street)

INVISTA Centre (1350 Gardiners Road)

Fitness Frenzy Week!! Come try out a variety of group fitness, cycle fit, Zumba, and many more classes at Artillery Park Aquatic Centre and the INVISTA Centre.

www.cityofkingston.ca/fitness

Artillery Park Aquatic Centre (382 Bagot Street)

Youth Open Gym Time: Open gym time for pick up sports and other activities.

Equipment provided!

- September 26th, 3-5:pm, Ages 10-24

Open Swim & Gym Youth Night: Pool and Gym access including the indoor traverse climbing wall.

- September 22, 29th, 8-9:30pm, Ages 13-24

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

Fitness Free-For-All! Opportunity to try a selection of group fitness, cycle, boot camp and circuit style classes being offered at the ARC this year. As many classes as you want all week! Must sign waiver and receive a class bracelet from the *Free-For-All* info booth prior to the start of class. Info booth is located in front of the ARC customer service.

Questions? Contact Tiffany at bambrick@queensu.ca or call 613-533-6000, ext. 75012

See website for details www.gogealsgo.com/FFA

YMCA of Kingston

Try YMCA West! (745 Progress Avenue)

Complimentary access to Y West **all day every Monday** in September (5am-9pm).

Tel: (613) 634-7008

InnerTouch Fitness & Wellness Centre, (4071 Bath Road)

A variety Pilates & Fitness Classes, with expert instruction and awareness; along with one-on-one and group Health Coaching programs.

RSVP required: 613-539-4625 or innertouchfitness@gmail.com

Therapeutic Pilates for Back Pain:

- September 13, 27th, 9:30-10:25am, Ages 30-80

Core Pilates:

- September 8, 15th, 9:30-10:25am, Ages 30-80

Power Wall Pilates:

- September 7, 14th, 8:30-9:30am, Ages 20-85 (Lake Ontario Park)

Energy Pilates:

- September 12, 19th, 5-5:55pm, Ages 20-70

Hayabusa Academy,

RSVP required: 613-484-5455, www.hayabusa-academy.com

Fitness Kickboxing:

- April 9, 16, 23rd, 30th 10:05-10:50am

Muay Thai Kickboxing:

- April 6, 13, 20, 27th 6:30-7:30pm

Kingston Velo Club, Limestone Century Bicycle Tour. September 10,

2017. Information at <http://limestonecenturytour.wixsite.com/limestone-century>

Cycle Kingston, Have a Go at Cycle Commuting (September 18-22nd). Want to save money and improve your health? Commuting to work or running errands by bicycle can save you money and improve your health.

Cycle Kingston can help you get started with advice on equipment, routes, safe cycling practices, and other tips. Contact us at info@cyclekingston.ca

Skateboarding

City Of Kingston

Mini Boarders Skateboarding Lessons:

- September 9th, 9-9:45am, Ages 5-7- **Spaces limited!**

• Polson Skate Park

- All participants must wear proper safety equipment: helmet, wrist guards, elbow & knee pads. Equipment will be provided
- **RSVP required:** : alockwood@cityofkingston.ca 613-546-4291, ext 1712

Beginner Boarders Skateboarding Lessons:

September 9th, 10-10:45am, Ages 7-12 **Spaces limited!**

• Polson Skate Park

- All participants must wear proper safety equipment: helmet, wrist guards, elbow & knee pads. Equipment will be provided
- **RSVP required:** : alockwood@cityofkingston.ca 613-546-4291, ext 1712

Intermediate to Advanced Skateboarding Lessons:

• September 9th, 11-12pm, Ages 7-12 **Spaces limited!**

• Polson Skate Park

- All participants must wear proper safety equipment: helmet, wrist guards, elbow & knee pads. Equipment will be provided
- **RSVP required:** alockwood@cityofkingston.ca 613-546-4291, ext 1712

Karate

City Of Kingston

Artillery Park Aquatic Centre (382 Bagot Street)

Parent & Child Karate:

- September 20th, 6-6:30pm, Ages 7-9---**Spaces limited!**

- **RSVP required:** : alockwood@cityofkingston.ca 613-546-4291, ext 1712

Parent & Youth Karate:

- September 20th, 6:30-7pm, Ages 10-14---**Spaces limited!**

- **RSVP required:** alockwood@cityofkingston.ca 613-546-4291, ext 1712