



# March 2021

# #KGA Month Challenge!

\*Live Virtual Classes  
 \*Local Video Links  
 \*Fun Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 	Mar 1 Take a walk around the block	2 11:30-12 "Minute to Win it" (ages 4-5) <u>MS Team</u>	3 Visit your neighbourhood park	4 11:30-12 "Bibbidi, Bobbidi, Body Break!" (ages 4-7) <u>MS Teams</u>	5 Go Tobogganing Try <u>Waddle Races</u>	6 Balance & Bounce: KTC challenges you to find a racquet to balance and bounce a ball.
7 Kingston Striders challenges you to SKATE outdoors	8 Check out the March EarlyON calendar for <u>virtual &amp; in-person activities</u> (parents & 0-6yrs)	9 Have a dance party with <u>The Fitness Marshall</u>	10 12:15 " <u>Stretch to Destress</u> " an At work activity. (age: Adults at Work) <u>ZOOM</u>	11 <u>Water Bottle Bowling</u>	12 How many birds can you count outside your window?	13 3pm Cheerleading for Beginners (ages 5-11) <u>ZOOM</u>
14 Try a <u>YMCA Youtube Workout Session</u>	15 Cook your favourite meal or try a new recipe	16 1:30-3 pm Music & Movement with Baby (parents & baby) <u>Register</u>	17 2-2:30 <u>Exercise and Explore (Accessible, Older Adults) ZOOM</u>	18 2-2:30 <u>JukeBox Classics Zumba (Older Adults) ZOOM</u>	19 Go Outside and Play!	20 <u>Yoga 11-11:45am</u> (all ages & levels) Family DancePI3y Class 11-11:30am (All ages; <u>register</u> )
21 Try the <u>Bottle Flip Challenge</u>	22 5:00pm Queen's ARC Yoga for Posture (ages 18+) <u>Zoom</u>	23 6-6:30 <u>Roam Your Home - Scavenger Hunt (families) ZOOM</u>	24 KF Public Library challenges you to <u>Play Break (ages 2+)</u>	25 2-2:30 <u>Drum Fun! (Older Adults) ZOOM</u>	26 Dance Party Day! Turn on some music & dance	27 Go for a walk at a local Conservation Area
28 Try an on-demand <u>fitness class</u> from Queen's ARC (ages 18+)	29 Try a <u>Headspace relaxation video</u> Freeze Dance!	30 10-10:30 <u>"Breather for Moms and Dads" (Parents and Tots) ZOOM</u>	31 7:30pm Queen's ARC Power Yoga Jam (ages 18+) <u>Zoom</u>			 

## ACTIVITY DETAILS

### [DancePl3y](#)

Sat, Mar 20: 11-11:30am

Family Dance Party with DancePl3y

(All ages)

[Register for Zoom link](#)

(<https://forms.gle/mokRUkLFnQn6nAgy7>)

Please register and a zoom link will be sent 2 days prior to the event.

Contact: Matt Leung [matt@pl3yinc.com](mailto:matt@pl3yinc.com)

**DANCEPL3Y**

### [KCHC and EarlyON](#)

Music and Movement with Baby

Tues, Mar 16 & 30: 1:30-3pm

(parents & babies up to 1 yr)

Have fun getting active with your baby.

Go to the [facebook page](#) for the schedule and sign up using [KEYON](#)

[www.facebook.com/EarlyOnKCHC](http://www.facebook.com/EarlyOnKCHC) or email us at [info@earlyon.kchc.ca](mailto:info@earlyon.kchc.ca)



### [Kingston Elite Cheerleading](#)

“Cheerleading for Beginners”

Sat, Mar 13 at 3pm (Ages 5-11)

An introductory virtual class for the fundamentals of cheerleading.

[Zoom](#)

<https://us02web.zoom.us/j/89783445840?pwd=RXU2dVlSTFhjRkZ6WG84ZE5QSE51UT09>

Meeting ID: 897 8344 5840

Passcode: KE16

For more info: 613-331-0373

[info@kingstonelitecheer.com](mailto:info@kingstonelitecheer.com)



### [Kingston Frontenac Public Library](#)

Play Break (Ages 2+)

<http://bit.ly/37zCnrT>

Jump, skip, hop and more in this active YouTube program! Develop fine and gross motor skills with activities like: imaginary tightrope walking, bean bag catch, and more!

For more info:

613.549.8888 x3460

[bpeters@kfpl.ca](mailto:bpeters@kfpl.ca)



### [Kingston Striders Speed Skating](#)

Kingston Striders Challenge you to Skate Outdoors!



### [Kingston Tennis Club](#)

Balance & Bounce

KTC challenges you to find a racquet to balance and bounce a ball. Practice daily to increase your time!



### [St. Lawrence College Therapeutic Recreation](#)

Fun for all ages in these LIVE virtual classes!

• **Tuesday March 2: 11:30-12**

“Minute to Win It- Classroom Edition” (Ages 4-5)

MS Teams: [Click here to join the meeting](#)

Have fun doing jumping jacks, frog jumps, balancing, guess the animal sound and other fun games.

• **Thursday March 4: 11:30-12**

“Bibbidi, Bobbidi, Body Break!” (Ages 4-7)

MS Teams: [Click here to join the meeting](#)

Join Ariel & Moana through storytelling, movement and song.

### [St. Lawrence College Therapeutic Recreation](#)

Use Zoom for the following Live Virtual sessions:

[https://us02web.zoom.us/j/5874447501?pwd=a](https://us02web.zoom.us/j/5874447501?pwd=aVpmWjFFaE5vTXVvZ3NlZVRvdjBUUT09)

[VpmWjFFaE5vTXVvZ3NlZVRvdjBUUT09](https://us02web.zoom.us/j/5874447501?pwd=aVpmWjFFaE5vTXVvZ3NlZVRvdjBUUT09)

• **Wed, Mar 10: 12:15-12:45**

“Stretch to Destress at Work” (adults at work) [ZOOM:](#)

Stretch without leaving your desk. Upper body seated stretches will relieve the

*Disclaimer: Any fitness activity can pose some potential risks to health. To reduce and avoid injury, a doctor should be consulted before beginning any exercise program. Be sure that the area within which you will exercise is appropriate for physical exertion. When you utilize and/or participate in virtual classes on the Kingston Gets Active Month Challenge Calendar, you are performing exercises at your own risk. Kingston Gets Active will not be responsible or liable for any injury or harm you sustain as a result of your participation.*

## ACTIVITY DETAILS

tension and stress of being at work. Stress management resources will be provided.

- **Wednesday March 17: 2-2:30 “Exercise and Explore” (Accessible, Older Adults)** [ZOOM](#)  
Travel virtually around the world while moving. Bring your favourite travel accessories (sunglasses, hat, binoculars, etc)
- **Thursday March 18: 2-2:30 “Jukebox Classics Zumba” (Older Adults)** [ZOOM](#)  
Let's twist again! Join us for classic songs from the 1940's and beyond, as we dance our day away!
- **Tue, Mar 23: 6-6:30pm**  
**“Roam Your Home- Family Scavenger Hunt”**  
[ZOOM](#)  
An indoor scavenger hunt for the whole family. Family activity ideas during COVID-19 will be provided.
- **Thursday March 25: 2-2:30**  
**“Drum Fun!” (Older Adults & all)** [ZOOM](#)  
Beat away the winter and COVID blues. Combines fitness, fun coordination, rhythm, and music. No equipment or experience necessary.
- **Tues, Mar 30: 10-10:30**  
**“Breather for Moms and Dads”** [Zoom](#)  
Parents of young children will connect with others virtually, discussing challenges. Recreation therapists will then lead a yoga session followed by a meditation session for relaxation and stress release.



### [Queen’s Athletics & Recreation Centre](#)

Mon, Mar 22 at 5pm

Yoga for Posture (ages 18+) [Zoom](#)

Meeting ID: 952 2820 3599

Passcode: QueensARC

Wed, Mar 31 at 7:30pm

Power Yoga Jam (ages 18+). [Zoom](#)

Meeting ID: 915 6605 9711

Passcode: QueensARC



### [Virgo Moon Wellness](#)

Sat, Mar 20:11-11:45am

Yoga (all ages & levels)

<https://fb.me/e/dlO277Xti>

Find the ZOOM link on the [Facebook page](#) and join us for Spring-themed yoga.



### [YMCA of Eastern Ontario](#)

Find a virtual workout: [YMCA's Youtube page!](#)

<https://www.youtube.com/c/YMCAofEasternOntario/playlists>



### *How to enter the \*Prize Draw*

"What is a challenge without some prizes?!  
In order to win a *fit-tastic* prize you must:

- Follow/Like Kingston Gets Active on Instagram and/or Facebook
- Show/Tell us how you are participating:
  - Post a picture of you completing one of the many challenges using #KGAMonthChallenge
  - Share a photo or tell us how you got active via email ([activity@kingstongetsactive.ca](mailto:activity@kingstongetsactive.ca))
- For additional entries:
  - "like" AND comment or tag a friend in KGA daily posts
  - Compete a survey (visit [KingstonGetsActive.ca](http://KingstonGetsActive.ca))

\*Prizes are only available to residents of Kingston, Ontario and surrounding area.

\*The KGA Month Challenge is in no way sponsored, endorsed or administered by, or associated with, Instagram or Facebook.

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