



be fit for life
moving alberta



CITY OF
Lethbridge



*Thank you to Sports Day in Canada for
funding assistance for this project.*

Canadian Sport for Life Week / Sports Day in Canada

September 24 – 29, 2012



About

Canadian Sport for Life

Kids who have fun playing sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming a top athlete. So make it fun and make it quality!

When you were a kid, what was your experience with sport? When you participated in P.E. classes, team sports, swimming lessons or dance classes – was it fun? Did you learn skills? And did it make you want to keep playing?

Designed properly, children's sport can be fun. It can also provide exciting challenges and rich skill development.

If we make it fun, challenging and instructive, we can expect two results:

- More of our children will stay physically active throughout their lifetime.
- More of our children will reach the top ranks of amateur and professional competition if they choose the path for elite training.

Canadian Sport for Life (CS4L) is a movement to make sport and activity better and more fun for our kids. The goal of CS4L is to focus on the best interests of kids, and not on the goals of coaches or parents who simply want to win at all costs.

Canadiansportforlife.ca
Activeforlife.ca



About

Be Fit For Life Centre

VISION

Albertans live active, healthy lifestyles

MISSION

The Alberta Be Fit For Life Network strives to be leaders in enabling self-responsibility among Albertans to be physical active where they live, work and play.

FOCUS

• Leadership • Partnerships • Action Opportunities • Passion

Be Fit For Life (BFFL) sits on the Canadian Sport for Life (CS4L) Alberta Ambassador Network as the Active Living Expert. As a larger Provincial Network, BFFL has truly embraced CS4L and its principles in the programs and services it offers.

Lethbridgecollege.ca/bffl
Twitter.com/BeFitforLifeLC
Facebook.com/LCbenefitforlife

About

City of Lethbridge Recreation and Culture Department

Recreation and Culture provides recreational and cultural opportunities that contribute to the personal wellbeing and quality of life for citizens of our community. This is achieved directly through the operation of facilities and indirectly through different agreements with community organizations that deliver programs and/or operate some of the facilities. Ongoing support is provided to these organizations not only financially, but also through the provision of expertise in programming and organizational management.

Lethbridge.ca
Twitter.com/LethbridgeCity
Facebook.com/City of Lethbridge

About

Lethbridge Sport Council

Lethbridge Sport Council (LSC) provides leadership and a collective voice for sport in Lethbridge, offering quality sport experiences to all and attracting, creating and retaining sport tourism opportunities for Lethbridge.

Promote the values and benefits of sport, provide support and guidance to sport organizations and actively attract and promote sport events in Lethbridge.

Educate individuals about sport in Lethbridge and Canadian Sport for Life as well as make available sport information and resources to sport organizations.

Develop and enhance sport in Lethbridge in collaboration with over 70 sport and community organizations within the city.

Connect individuals with amateur sport activities and programs and connect sport organizations with related resources and services.

Lethbridgesportcouncil.ca
Twitter.com/LethbridgeSport
Facebook.com/LethbridgeSport

UPCOMING EVENTS

Lethbridge Sledge Hockey Try-It Day

Wednesday, October 3, 2012
Community Therapeutic Recreation, Allied Health - South Zone, Alberta Health Services
1:45-3:45pm
Nicholas Sheran Ice Centre
401 Laval Blvd W
Sandra Werewka: 403-388-66348

Drop-In Wheelchair Basketball

Community Therapeutic Recreation, Allied Health - South Zone, Alberta Health Services
Sept. 27, 2012: Chair Fitting
Oct. 4 – Dec. 13, 2012 & Jan. 10 – Apr. 25, 2013
Thursdays 7:30-8:30pm
YMCA, 515 Stafford Drive S
Mary Dyck: 403.329.5164 or mary.dyck@uleth.ca, or
Ross Sampson: 403-795-6096 or
John Banman: 403-634-4865

National Coaching Certification Program (NCCP) Fundamental Movement Skills Workshop

Oct. 26, 2012, 6-9pm & Oct. 27, 2012, 9am-12pm
Be Fit for Life
Fee: \$75
To register call 403-320-3323 or online at
Lethbridgecollege.ca/conted/registration
For more info: www.lethbridgesportcouncil.ca

National Coaching Certification Program (NCCP) Coach Professional Development Workshop

For teachers/coaches with previous NCCP training or certification
Dec. 8, 2012, 9am-12pm
Be Fit for Life
Fee: \$45
To register call 403-320-3323 or online at
Lethbridgecollege.ca/conted/registration
For more info: www.lethbridgesportcouncil.ca

About

Sports Day in Canada

September 29, 2012

Sports Day in Canada is a national celebration of sport, from grassroots to high-performance levels, in communities across Canada.

Sports Day in Canada caps off a week of a thousand local sporting events, with community-wide festivals, try-it days, open houses, games, competitions, meet-and-greets, tournaments, fun runs, spectator events and pep rallies that celebrate sport at all levels, and includes a special television broadcast on CBC Sports and Radio-Canada Sports.

Sports Day in Canada is presented by CBC Sports, ParticipACTION and True Sport, working with national sporting organizations and their networks of coaches, athletes and enthusiasts across the country.

It's an opportunity for all Canadians to celebrate the power of sport to build community, fortify our national spirit and facilitate healthy, active living.



Sportsday.cbc.ca



Active Start (*Males and Females 0-6*) – Introduces unstructured play that incorporates a variety of movement skills to enhance brain function, coordination, imagination and gross motor skills.

MONDAY

Active Start

MONDAY ONLY

CFL 100th Anniversary Grey Cup Train Tour

Canadian Football League
10am-1:30pm, Program 11am, BBQ Fundraiser
Centre Village Mall and Save On Foods parking lot area
(Corner of 2nd Ave A N & Stafford Drive N)
www.greycuptour.ca

Lethbridge Wheelchair Curling Try-It Day

Community Therapeutic Recreation, Allied Health -
South Zone, Alberta Health Services
2-4pm
Lethbridge Curling Club, 911 - 6 Ave S
Carolyn Matthews: 403-388-6348

Zumba Class (ages 12 and up)

Action Conditioning
5:30-6:30pm
#2, 1602-3rd Ave S
403-381-1313

“Try Synchro!”

Lethbridge Synchrobelles Synchronized Swimming Club
6:15-7:30pm
Max Bell Pool – University of Lethbridge
Cheryl: 403-894-6732 or info@lethsynchro.ca
Erin Patterson (Head Coach): 403-360-3880 or
erinpatter@gmail.com

Hoodoo Martial Arts Come Try-It for Kids

Hoodoo Martial Arts
6:30-6:45pm Demo, 7-7:45pm Try-It
1211-2nd Ave S
Cell: 403-3934704, Studio: 403-327-4704
kcgellis@telus.net

Physical Literacy for Parents

Discover simple ways to help your child develop
fundamental movement skills right at home!
Be Fit for Life
7:30-8:30pm (children welcome)
Lethbridge College, Room PE 2404
403-320-3202 Ext. 5379
stephanie.wierl@lethbridgecollege.ca

ALL WEEK

Display at City Hall to raise awareness about events and showcase local sport organizations and groups

Monday to Friday, 8am-4:30pm
City Hall Foyer
info@lethbridgesportcouncil.ca

"On This Spot"

An opportunity to have fun outside and get to know
your community a little better
Lethbridge Historical Society
Anytime all week, All over town
403-320-4994
lhs@albertahistory.org

Watch Skaters with the Lethbridge Figure Skating Club

Lethbridge Figure Skating Club
Monday to Thursday, 4-7pm
Civic Centre, 6th Ave S & Stafford Drive
www.lethbridgeskating.com

Curling Open House

Lethbridge Curling Club
Open House: Monday to Friday, 10am-6pm
Learn to curl clinics: Monday to Thursday, 6:30pm
Kickoff spiel “Swing & Sweep” on Friday, Sept. 28
911 6 Ave S
www.lethbridgecurlingclub.com

**FOR MORE INFORMATION ON THE EVENTS
HAPPENING THROUGHOUT THE WEEK VISIT:**
[http://www.lethbridgesportcouncil.ca/sports-
day-in-canada-canadian-sport-4-life-week](http://www.lethbridgesportcouncil.ca/sports-day-in-canada-canadian-sport-4-life-week)

*Events are free and prizes
and snacks are available
at many locations!*

Active For Life (*Enter at any age*) – Maintains the minimum 60 minutes of moderate daily activity or 30 minutes of vigorous activity. Moves from competitive to recreational.

SATURDAY

Active for Life

Sports Day in Canada

A national celebration of sport!
All day, All over the city
info@lethbridgesportcouncil.ca

Active for Life Amazing Race

Be Fit for Life
1-3pm
Henderson Lake
(North parking lot by the dock and canteen)
Pre-registration recommended: befitforlifecentre@gmail.com

Bridge City Gunners Disc Golf Association Come Try-It Day

6 hole round
Bridge City Gunners Disc Golf Association
12-4pm
Nicholas Sheran Park
www.lethbridgediscgolf.ca

Trap Shooting Try-It Day

Lethbridge Fish & Game Association
2-4pm
Pre-registration required by Sept. 27
(maximum 40 people – new shooters)
Bev: 403-327-2948

Zumba Class (ages 12 and up)

Action Conditioning
10-11am
#2, 1602-3rd Ave S
403-381-1313

Youth Fitness Class (ages 6-16)

Action Conditioning
11am-12noon
#2, 1602-3rd Ave S
403-381-1313

Kayak with High Level Canoe and Kayak

High Level Canoe & Kayak
10am-12noon
Fritz Sick Pool, 420-11 Street S
403-327-4506
mjisaac@telus.net

SEPTEMBER 28-30, 2012

Lethbridge is excited to host its first National
Female Hockey Challenge.

Canadian Interuniversity Sport (CIS) Girls Hockey Tournament

This tournament is host to six CIS Women's
Hockey Teams.

Game Schedule:
[www.lethbridgesportcouncil.ca/images/stories/G
ame_Schedule.pdf](http://www.lethbridgesportcouncil.ca/images/stories/Game_Schedule.pdf)

Tickets available @ ENMAX Centre Box Office by
phone at 403-329 SEAT or online at
www.enmaxcentre.ca

Midget AAA Girls Hockey Tournament

This tournament is host to 12 AAA female hockey
teams.

Game Schedule:
[www.lethbridgesportcouncil.ca/images/stories/G
ame_Schedule.pdf](http://www.lethbridgesportcouncil.ca/images/stories/Game_Schedule.pdf)

*Historical Society's
“On This Spot” clue:*

*This building had 2000
babies born here between
1914 and 1929.*

FRIDAY

Jersey Day

Wear your team jersey or
favourite uniform and be proud!

All Day

Everywhere in Lethbridge
info@lethbridgesportcouncil.ca

Active Lunchtime Challenge

Everyone welcome
Be Fit for Life, LSC & City of Lethbridge
11:30-1pm
Between City Hall and Yates Theatre
info@lethbridgesportcouncil.ca

Sport & Rec Registration Fair

Be Fit for Life, LSC & City of Lethbridge
5-7pm
Lethbridge College, EC Fredericks Theatre
info@lethbridgesportcouncil.ca



Tedx Sport Talks

Spreading ideas and sharing stories
Be Fit for Life, LSC & City of Lethbridge
7-9:30pm
Lethbridge College, EC Fredericks Theatre
info@lethbridgesportcouncil.ca
403-320-3202 Ext. 5379
stephanie.wierl@lethbridgecollege.ca

Zumba Class (ages 12 and up)

Action Conditioning
5:30-6:30pm
#2, 1602-3rd Ave S
403-381-1313



FOR MORE INFORMATION ON THE EVENTS HAPPENING THROUGHOUT THE WEEK VISIT:
<http://www.lethbridgesportcouncil.ca/sports-day-in-canada-canadian-sport-4-life-week>

FUNDamentals (Males 6-9 Females 6-8) – Development of a variety of skills such as running, jumping, throwing, catching through a variety of activities. ABC's of athleticism (agility, balance, coordination), advanced skills are laid down and competition is NOT encouraged.

TUESDAY

FUNDamentals

Horns Scholarship Breakfast

University of Lethbridge Horns
7-8:30am
1st Choice Savings Centre Gym
403-329-2681
www.gohorns.ca/scholarshipbreakfast

Open House for Stroke Survivors

FAST (Forever Active Stroke Thrivers)
2:30-3:30pm
YMCA – 515 Stafford Drive S
Carolyn Matthews, Recreation Therapist:
403-388-6348

SCORE Sport Conversation

Sport Culture in Canada
Lethbridge Sport Council & Lethbridge Family
Services – Immigrant Services
6:30pm
Servus Sports Centre
info@lethbridgesportcouncil.ca



Hoodoo Martial Arts Come Try-It for 3-5 Year Olds

Hoodoo Martial Arts
6-6:30pm
1211-2nd Ave S
Cell: 403-3934704, Studio: 403-327-4704
kcgellis@telus.net

Hoodoo Martial Arts Come Try-It for Women Only (ages 8+)

Hoodoo Martial Arts
6:30-7:30pm
1211-2nd Ave S
Cell: 403-3934704, Studio: 403-327-4704
kcgellis@telus.net



Historical Society's "On This Spot" clue:

Jiminy Cricket, did we really have a cricket ground?

Yes, yes we did. But where?

Learning to Train (Males 9-12, Females 8-11) –
Development of overall sport skills. Begin to introduce
mental, cognitive and emotional development.
Training to Train (Males, 12-16, Females 11-15) – Sport
specific skills are developed as well as development of
components of fitness.

WEDNESDAY

Learning to Train
Training to Train

Family Air Gun Fun Shoot

LA HotShot Air Gun Club
7-8:30pm
Coaldale & District Fish and Game Club,
Coaldale SportsPlex
Susan: 403-315-1585

Hoodoo Martial Arts Come Try-It for All Ages

Hoodoo Martial Arts
6:30-6:45pm Demo; 7-7:45pm Try-It
1211-2nd Ave S
Cell: 403-3934704; Studio: 403-327-4704
kcgellis@telus.net

What is a Swim Club All About

LA Swim Club
6pm
Max Bell Pool Viewing Area (University of Lethbridge)
www.lethbridgeswimming.com

Winning Edge Seminar

The Sleep and Human Performance Centre will present
on how sleep affects performance in sport. Video
recording of session will be available on asdcsw.ca
7pm
U of L, PE 261
Pre-register with ASDC-SW at
403-320-5271 or hale@asdcsw.ca



FOR MORE INFORMATION ON THE EVENTS HAPPENING THROUGHOUT THE WEEK VISIT:
<http://www.lethbridgesportcouncil.ca/sports-day-in-canada-canadian-sport-4-life-week>

Training to Compete (Males 16-23, Females 15-21) – Begin
playing sports under competitive conditions. Specialization
begins.
Training to Win (Males 19+, Females 18+) – Maintain or
improve physical capacities and further develop technical,
tactical and playing skills. High performance athletes.

THURSDAY

Training to Compete
Training to Win

Open House for the Lethbridge Figure Skating Club

Lethbridge Figure Skating Club
5:30-7:30pm
Civic Centre, 6th Ave S & Stafford Drive
www.lethbridgeskating.com

Zumba Class (ages 12 and up)

Action Conditioning
5:30-6:30pm
#2, 1602-3rd Ave S
403-381-1313



Historical Society's "On This Spot" clue:

*One 7th Avenue South building has been an orphanage,
seniors' home and isolation hospital. Do you know which one?*