

Dear Grade 5 Parents/Guardians,

As you may remember, you and your grade 5 child registered for the Child and Youth Network's **ACT-i-Pass Program**. The ACT-i-Pass is a card that grants your child (plus one friend, family member, or chaperone) **FREE** access to many of London's recreation centres and programs from July 2016 until June 2017.

In this package, you will find everything you need to get started, including...

- 1) **The ACT-i-Pass Card.** This card allows your child to access free physical activity opportunities offered through our partners at the City of London/Spectrum, The Boys and Girls Club of London, and The YMCA of Western Ontario.
- 2) **Summer and Fall Schedule.** The schedule that will provide details about ACT-i-Pass programming during the summer and fall are attached. A new program schedules will be available starting in December for Winter/Spring programs at www.inmotion4life.ca/actipass.
- 3) **Service Provider Information.** On the reverse you will find contact information for service providers and instructions on how to use the ACT-i-Pass. Please contact these providers for more information.
- 4) **YMCA and Boys and Girls Club Registration Forms.** In order to attend drop-in programs at the YMCA and Boys & Girls Club, you are required to register your child using the forms included in this package. Please see service provider information for further instructions.

Thank you for your interest in the program. If you have any questions about the ACT-i-Pass program or the related research, check out the project websites at www.inmotion4life.ca/actipass.

Kindly,

London's Child & Youth Network

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Service Provider Information

City of London Indoor/Outdoor Pools. For your child (plus one) to use the ACT-i-Pass for free swimming, simply show your pass at the front desk where they will record your pass number. Swim times are posted on the ACT-i-Pass schedule included in this package. For any questions, contact City of London at **(519) 661-5575** or check out their website (<https://www.london.ca/aquatics>).

City of London Arenas. For your child (plus one) to use the ACT-i-Pass for free skating, simply show your pass at the front desk where they will record your pass number. All public and family skates at City of London owned arenas are included as part of this program. For any questions, contact City of London at **(519) 661-5575** or by searching for **arenas** on the City of London website (<http://london.ca>).

City of London Hickory 9 Hole Golf. For your child (plus one) to use the ACT-i-Pass for one free round of golf, contact Hickory 9 at Thames Valley Golf Course at **(519) 661-4441** to book a tee time. When you arrive, please present your ACT-i-Pass to the staff in the club house to receive your free round of golf. Staff will mark the top right corner of your card to show you have redeemed this offer.

Spectrum Programs. The free Spectrum programs your child can register from are found on the ACT-i-Pass schedule included in this package. Please note that the Spectrum programs cannot accommodate a friend or/and sibling due to space limitations. These programs change seasonally, and updated schedules can be found at www.inmotion4life.ca. Program availability is dependent on registration numbers. Spectrum programs are only free for ACT-i-Pass card holders. To register for a program, please contact Spectrum at **(519) 661-5575**.

Boys & Girls Club of London. For your child (plus one) to use the ACT-i-Pass for drop-in programming, please complete the attached registration form and submit it to the front desk on your first visit. If your child brings a guest, they will also be expected to submit a signed registration form (available from the Boys & Girls Club). For any questions about the drop-in programs and information about accessing **free transportation**, contact the Boys & Girls Club of London at **(519) 434-9114**. Please note that your child is not allowed to use the free transportation until they have submitted the signed registration form at the Boys & Girls Club. For more information about the Boys & Girls Club, check out their website (<http://www.bgclondon.ca/>).

YMCA of London (All 3 locations). For your child (plus one) to use the ACT-i-Pass drop-in programming at any of the London YMCA branches (see below), please complete the attached registration form and submit it at the front desk on your first visit. If your child brings a guest, they will be issued a guest pass for the day. You only need to register at one location for your pass to be valid at the three YMCA locations. For any questions about the drop-in programs, contact any of the following London branches:

1. Centre Branch
Website: <http://ymcawo.ca/centre-branch>
Phone: 519-667-3300
2. Bob Hayward
Website: <http://ymcawo.ca/bob-hayward>
Phone: 519-457-2395
3. Stoney Creek
Website: <http://ymcawo.ca/stoney-creek>
Phone: 519-667-4400

Summer 2016 ACT-i-Pass Schedule

Starts July 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spectrum						
<p>Introductory Squash: North London Optimist Community Centre Ages 8-12 5:30 p.m. - 6:30 p.m. 274874</p>						
<p>FREE drop-in program: Participate in games, sports, arts, crafts, and great special events. All activities are supervised by playleaders. No supervision is provided during lunch hours. Participants who are 6-9 years old are welcome to come to the program in the morning and those who are 10-12 are welcome to come in the afternoon. Locations and times are subject to change based upon availability. Please check back in June for the 2016 playground locations. http://www.london.ca/residents/Recreation/Day-Camps/Pages/Summer-Playground-Programs.aspx</p>						
<p>Hickory 9 Hole Golf: Use the pass on one occasion and bring a friend/parent for free.</p>						
<p>ACT-i-Pass users can use their passes for ANY City of London Recreational Swims (any City of London pool facility, any Recreational Swim time). Visit www.london.ca/aquatics for more details.</p>						
<p>Boys and Girls Club Drop-In Programs: Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> • Swimming • Gym and Sports • Creative Arts • Computers • Special Theme Events • Various Physical Activities - Gymnastics, Martial Arts, Dance, etc. <p>Located at 184 Horton Street. Programs run from 1 - 4 p.m. starting on Monday, July 4 until Friday, September 2, 2016. No programs on weekends. Visit www.bgclondon.ca for more information.</p>						
<p>YMCA Drop-In Program: Act-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p>						
Weekdays: 4:30 - 9:30 p.m.					Weekends: 9 a.m. - 4 p.m.	

Fall 2016 ACT-i-Pass Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spectrum						
<p>Soccer: Byron Somerset PS Ages 10-12 7:30-8:30 p.m. 283619</p> <p>Soccer: Wilfrid Jury PS Ages 10-12 7:15-8:15 p.m. 281805</p> <p>Hip Hop: Wilfrid Jury PS Ages 7-9 7:15-8:15 p.m. 282212</p> <p>Soccer: Byron Community Centre Ages 7-9 7-8 p.m. 281828</p> <p>Soccer: Westmount PS Ages 7-9 7:30-8:30 p.m. 281829</p> <p>Football: Lord Nelson PS Ages 7-9 7-8 p.m. 282606</p> <p>Ballet: Lord Nelson PS Ages 7-9 7:15-8:15 p.m. 282710</p> <p>Basketball: Knollwood PS Ages 10-12 8:15-9:15pm 282727</p> <p>Children's Yoga: Northridge PS Ages 6-9 6-7 p.m. 282811</p>	<p>Glee Club: Berkshire Club Ages 10-12 7:30-8:30 p.m. 282267</p> <p>Girls Basketball: South London Community Centre Ages 10-12 7-8 p.m. 281650</p> <p>Floor Hockey: Wilfrid Jury PS Ages 7-9 6:45-7:45 p.m. 281732</p> <p>Glee Club: Berkshire Club Ages 7-9 6:30-7:30pm 282264</p> <p>Dance Mix: Glen Cairn PS Ages 7-9 7:15-8:15 p.m. 282763</p> <p>Badminton: Jack Chambers Ages 10-12 7-8 p.m. 282802</p>	<p>Boys Basketball: White Oaks PS Ages 10-12 6-7 p.m. 281621</p> <p>Yoga: Berkshire Club Ages 10-12 7:15-8:15 p.m. 282366</p> <p>Yoga: Berkshire Club Ages 6-9 6-7 p.m. 282364</p> <p>Dance Mix: Clara Brenton PS Ages 7-9 7:15-8:15 p.m. 281940</p> <p>Open Gym: Lord Nelson PS Ages 6-13 7-8 p.m. 283262</p> <p>Cheerleading: Lord Nelson PS Ages 7-10 6-7 p.m. 283266</p> <p>Floor Hockey: Ryerson PS Ages 10-12 7-8 p.m. 282787</p> <p>Badminton: Northbrae PS Ages 7-9 7-8 p.m. 282788</p> <p>Hip Hop: Ealing PS Ages 10-12 7-8 p.m. 283273</p>	<p>Volleyball: Westmount PS Ages 10-12 7-8 p.m. 281833</p> <p>Volleyball: Westmount PS Ages 7-9 6-7 p.m. 281836</p> <p>Cheerleading: White Oaks PS Ages 7-10 6-7 p.m. 281717</p> <p>Floor Hockey: Westmount PS Ages 10-12 7:15-8:15 p.m. 281726</p> <p>Hip Hop: Medway Arena Ages 10-12 7:15-8:15 p.m. 281944</p> <p>Basketball (Co-Ed): West Oaks FI Ages 7-9 6-7 p.m. 281646</p> <p>Basketball (Co-Ed): West Oaks FI Ages 10-12 7-8 p.m. 281629</p> <p>Soccer: Knollwood PS Ages 7-9 7:15-8:15 p.m. 283217</p> <p>Football: Tweedsmuir PS Ages 7-9 7:15-8:15 p.m. 282607</p>		<p>Soccer: South London Community Centre Ages 10-12 11:30 a.m. - 12:30 p.m. 283197</p> <p>Open Gym: Byron Community Centre Ages 6-13 9-10 a.m. 281850</p> <p>Dance Mix: South London Community Centre Ages 10-12 9-10 a.m. 281928</p> <p>Ballet: East London Public Library Ages 7-9 10:45-11:45 a.m. 282714</p> <p>Badminton: Stronach Ages 10-12 1:30-2:30 p.m. 281184</p> <p>Ultimate Mix: Stronach 11:00-11:45 a.m. 281227</p>	

Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.

Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancellations.



Fall 2016 ACT-i-Pass Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spectrum						
<p>Children's Yoga: Northridge PS Ages 10-12 7-8 p.m. 282813</p> <p>Cheerleading: Stronach Ages 7-10 5:30-6:30 p.m. 281206</p> <p>Introductory Squash: North London Optimist Community Centre Ages 8-12 5:30-6:30 p.m. 280887</p>			<p>Dance Mix: Ealing PS Ages 10-12 7:45-8:45 p.m. 283292</p> <p>Volleyball: Wilton Grove PS Ages 7-9 6-7 p.m. 282819</p> <p>Volleyball: Wilton Grove PS Ages 10-12 7-8 p.m. 282826</p>			
<p>Skating: Free entry to all public skating/family skating September through to the end of March at all City Facilities.</p>						
<p>Hickory 9 Hole Golf: Use the pass on one occasion and bring a friend/parent for free.</p>						
<p>ACT-i-Pass users can use their passes for ANY City of London Recreational Swims (any City of London pool facility, any Recreational Swim time). Visit www.london.ca/aquatics for more details.</p>						
<p>Boys and Girls Club Drop-In Programs: Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> • Swimming • Gym and Sports • Creative Arts • Computers • Special Theme Events • Various Physical Activities - Gymnastics, Martial Arts, Dance, etc. <p>Located at 184 Horton Street. Visit www.bgclondon.ca for more information.</p>						
Weekdays: 4-7 p.m.					Saturday: 1-4 p.m.	
<p>YMCA Drop-In Program: Act-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p>						
Weekdays: 4:30 - 9:30 p.m.					Weekends: 9 a.m. - 4 p.m.	

Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.

Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancellations.

