



Dear Grade 5 Parents/Guardians,

As you may remember, last spring you and your grade 5 child registered for the Child and Youth Network's **ACT-i-Pass Program** through your child's school. 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 September 2014 until June 2015.

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

- 1) **The ACT-i-Pass Card.** This card allows them 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) **Fall Program Schedule.** This schedule is valid from September to December. Program schedules are updated seasonally and can be found at www.inmotion4life.ca.
- 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) **Youth Surveys.** You may have consented to your child participating in the evaluation of this program. If **CONSENT** was provided and your child has **NOT** completed the survey, please have him/her fill out the survey using one of two options:
 - a. Complete the paper survey and return to UWO using the provided envelope

OR

 - b. Use the provided username and password to complete the online survey at www.playeveryday.ca.

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 or www.playeveryday.ca.

Kindly,

London's Child & Youth Network

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Service Provider Information

City of London Aquatics. For your child (plus one) to use the ACT-i-Pass for free swimming, simply show your pass at the registration counter 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/Spectrum at (519) 661-5575.

City of London Arenas. For your child (plus one) to use the ACT-i-Pass for free skating, simply show your pass at the registration counter 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/Spectrum at (519) 661-5575.

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 bring your ACT-i-Pass and the golf card included in the package. The golf card will be collected by staff in the club house.

Spectrum Programs. The free Spectrum programs your child can register for are found on the ACT-i-Pass schedule included in this package. 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 City of London/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, simply show your pass at the registration counter where they will record your pass number. For any questions about the drop-in programs, contact the Boys & Girls Club of London at (519) 434-9114.

YMCA of London (All 3 locations). For your child (plus one) to use the ACT-i-Pass for drop-in programming at any of the London YMCA branches (see below), simply show your pass at the registration counter where they will record your pass number and issue you a guest pass. For any questions about the drop-in programs, contact one of the following London branches:

1. Centre Branch YMCA: 519-667-3300
2. Bob Hayward YMCA: 519-457-2395
3. Stoney Creek Community Centre, YMCA & Library: 519-667-4400

ACT-i-Pass Fall 2014

Dates may be subject to change. For the most up-to-date schedules and times, including Spectrum sessions dates and specific times, please visit inmotion4life.ca.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI.	SATURDAY	SUNDAY
Basketball 10/12 Knollwood P.S. 7:00-8:00pm 259079 Hip Hop 7/9 Knollwood P.S. 7:00-8:00pm 259118 Floor Hockey 7/9 Lord Nelson P.S. 6:00-7:00pm 259183 Floor Hockey 10/12 Lord Nelson P.S. 7:00-8:00pm 259204 Soccer 7/9 Arthur Stringer P.S. 7:00-8:00pm 259472 Basketball 7/9 Northbrae P.S. 7:00-8:00pm 259014 Soccer 10/12 Westmount P.S. 7:15-8:15pm 259052 Soccer 7/9 Byron Somerset P.S. 7:15-8:15 259078 Hip Hop 10/12 Wilfrid Jury P.S. 7:15-8:15pm 258873	Cheerleading 7/9 Jack Chambers P.S. 6:00-7:00pm 259594 Cheerleading 10-12 Jack Chambers P.S. 7:00-8:00pm 259597 Glee 7/9 Tweedsmuir P.S. 7:00-8:00pm 259227 Basketball 7/9 Glen Cairn P.S. 7:00-8:00pm 259018 Volleyball 7/9 Wilfrid Jury P.S. 6:00-7:00pm 258649 Volleyball 10/12 Wilfrid Jury P.S. 7:00-8:00pm 258642 Cardio Funk 7/9 South London C.C. 7:15-8:15pm 258924 Hip Hop 10/12 Lambeth C.C. 7:15-8:15 258875	Oodles & Doodles of Art 7/9 Ryerson P.S. 7:00-8:00pm 259583 Basketball 10/12 Lord Nelson P.S. 7:00-8:00pm 259085 Skipping 7/9 White Oaks P.S. 6:00-7:00pm 259305 Skipping 10/12 White Oaks P.S. 7:00-8:00pm 259301 Soccer 10/12 White Oaks P.S. 7:15-8:15pm 259046 Volleyball 7/9 Westmount P.S. 6:00-7:00pm 258645 Soccer 10/12 Byron Somerset P.S. 7:30-8:30pm 259053 Basketball 7/9 Byron Somerset P.S. 7:15-8:15pm 258969	Hip Hop 10/12 Wilton Grove P.S. 7:00-8:00pm 259618 Football 7/9 Wilton Grove P.S. 7:00-8:00pm 259615 Hip Hop 7/9 Medway C.C. 7:00-8:00pm 258886		Write it 7/9 Central Library 9:30-10:30am 259620 Write it 10/12 Central Library 10:30-11:30am 259622 Basketball 10/12 South London C.C. 11:15-12:15pm 258944 Basketball 7/9 South London C.C. 10:15-11:15pm 258963 Glee 7/9 Byron Rec Centre 10:00-11:00am 258593 Glee 10/12 Byron Rec Centre 11:00-12:00pm 258589	<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; text-align: center;"> Only these specific Spectrum programs are offered as part of the pass. Please preregister by phone at 519.661.5575 or in person before attending. </div>

GOLF - Hickory 9 hole – use the pass on one occasion and bring a friend/parent for free.

SKATING - Free entry to all public skating/family skating September through to end of March at all City facilities.

Swimming 7:30pm-9:00pm Carling Heights Pool			Swimming 3:30pm-5:00pm South London Community Pool			Swimming 3:00pm-5:00pm Aquatic Centre (CLOSED UNTIL NOVEMBER)
					Drop-In Program 1:00pm-4:00pm Boys & Girls Club	Drop-In Program 1:00pm-4:00pm Boys & Girls Club
YMCA Drop-In Program (Centre Branch, Stoney Creek or The Bob Hayward) 4:30pm-6:00pm			YMCA Drop-In Program (Centre Branch, Stoney Creek or The Bob Hayward) 4:30pm-6:00pm			

PLEASE NOTE: Not all Spectrum programs run the full winter period. Specific session dates and times, as well as new fall schedules, can be found at inmotion4life.ca.