

RUN.

**How active?
Activity Ideas
and Skills**

PARENTS

130 families with young attended the **PRHC Family Play for Health** program to learn how active children should be and ideas for activities.

"We had a great time and learned so much information. I can't wait to use it all when my baby gets bigger"

"... Lots of great info to get us thinking and changing bad habits"

LEADERS

100 leaders in recreation and education attended the **Central East Physical Literacy Conference**

50 Early Childhood Educators attended a workshop on Nature Play



KIDS

At various schools, kids learnt skills for **bike-riding, swimming, and cross-country skiing**

JUMP.

Try Something NEW!

Peterborough Gets Active Month

Throughout the month of **April**:

110 events at **38** locations (City & County)
300 families & **600** children participated in at least 1 activity

All activities were **FREE** and transit passes were available

Participants appreciated the chance to **try new things for free** and options for different ages and locations

Peterborough Pulse

9000 people attended the active **Open Streets** event July 16 downtown Peterborough

70 local businesses engaged

Active Together

23 presentations to classes about **Para sports** and trying out fun, inclusive activities



PLAY.

Expanding and Improving Programs

BEFORE School

Active Transportation to school programs supported at

37 schools

Bike Racks to **15** elementary schools

New play equipment purchased for toy lending at **Early Years Centre** - used by families **500+** per year

AT School

Healthy PALs recess program was evaluated

Pedal Power cycling education to **200** Grade 5's + evaluation plan developed

Swim to Survive to 6 more schools & **167** Grade 3's + program guide & videos developed

3 stationary bikes for a local school's pilot project

Ski School on Wheels to **250+** Grade 5-8's

AFTER School

YMCA After School Program expanded to **2 new** locations

Free Swim Passes available to **families in need**

Outdoor equipment purchased for local **Scouts** (over 300 members)

Skating Programs

School or public skating programs were funded in **nearly all municipalities**



EVERY DAY.

Moving Forward

Many of the above programs will continue to be offered and HKCC support has provided support for future work.

In addition,

Discussions continue between schools and child care facilities about **shared use of school facilities.**



The City has added a Recreation layer to their interactive Community Services Map, mapping out **parks, trails, community centres, clubs, etc.** across the City and County.

