

Get Your Grade 5&6 Get Active! Card to enjoy free drop-ins!

Program Description:

In a partnership to promote youth involvement in physical activity, Coquitlam, Port Coquitlam, and Port Moody are offering a new, *Get Active! Card* for all Grade 5 & 6 students in School District #43, giving them free admission to drop-in swimming, skating and gymnasium-based activities in the three cities.

The Grade 5 Get Active! Card provides all Grade 5 students with free admission to drop-in swimming, skating and gymnasium based activities. The Grade 6 Stay Active! Card gives students 12 admissions during the school year to participate in drop-in swimming, skating and gymnasium based activities in Coquitlam, Port Coquitlam and Port Moody.

Purpose:

The objective of the Grade 5&6 *Active Communities* program is to encourage youth participation in physical activity. Research has shown that developing healthy lifestyles at this age – when children start to choose their own activities and are interested in an increasing number of social recreation programs – builds a pattern of physical activity and healthy living that they continue as adults.

By offering free admission to drop-in activities, it is hoped this added incentive will attract more young people to recreational activities to support this trend towards active living.

Eligibility:

School District 43 students will need a letter of verification from their school to take to the recreation centres for their Get Active or Stay Active Card.

For Coquitlam, please bring documentation to one of: Chimo Pool, Pinetree Community Centre, Centennial Activity Centre, City Centre Aquatic Complex, Poirier Leisure & Parks Administration, Summit Community Centre.

For Port Coquitlam residents, please bring documentation to either Port Coquitlam Recreation Complex or Hyde Creek Recreation Complex.

For Port Moody residents please bring documentation to Port Moody Social Recreation Centre.

Documentation required:

- **Letter of verification from School District 43, signed by the school principal**
- Birth Certificate showing the student's age as of December 31, 2010
- Proof of residency – Coquitlam, Port Coquitlam, Port Moody, Belcarra or Anmore address