







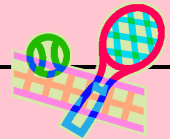

Daily Physical Activity

What Parents and Students Can Do At Home



June 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June is Recreation and Parks Month. "Time to Play!". Kick off outdoor play by enjoying our beautiful parks, facilities and programs. Check out www.thunderbay.ca/recmonth for a calendar of free or low cost events around the city. Info: 625-2351</p>					<p>1 Family Swim 7-9 pm \$2 Canada Games Complex, Churchill and VP Pool</p>	<p>2 Play sidewalk chalk games (hopscotch, 4-square)</p> 
<p>3 Hike, bike, do what you like!</p>	<p>4 Rent a canoe or kayak and go for a paddle</p>	<p>5 Play croquet</p> 	<p>6 Play capture the flag</p>	<p>7 Play ball! Kick, catch, roll and throw!</p>	<p>8 Climb a tree</p>	<p>11 Go to the driving range or play min-golf</p>
<p>10 Parent and Child Golf (Kids golf free!) 3-9 pm Chapples Golf Course</p> 	<p>11 Go puddle jumping</p>	<p>12 Play baseball</p>	<p>13 Game of volleyball anyone?</p>	<p>14 Play basketball</p> 	<p>15 How far can you run?</p>	<p>16 Have a potato sack race</p>
<p>17 Parent and Child Golf (Kids golf free!) 3-9 pm Strathcona & Municipal Golf Course</p>	<p>18 Organize a mystery race in which everyone hunts for a hidden object</p>	<p>19 Run relay races</p>	<p>20 Build obstacle courses and organize individual or team challenges</p> 	<p>21 Dance! Dance!</p>	<p>22 Have a family or neighbourhood soccer game</p>	<p>23 Tennis Time! Thunder Bay Community Tennis Centre 1-3 pm No fee Chapples Park</p>
<p>24</p>	<p>25</p>	<p>26</p> 	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p style="text-align: center;">Most of all have an active, happy and safe summer!</p>						