

“Turn Off the Screens” and join us for fun, physical activity, prizes and refreshments

Monday April 30	Tuesday May 1	Wednesday May 2	Thursday May 3	Friday May 4
<p>Family Fitness Night</p> <p>Where: Canada Games Complex Family Fitness 6:00—7:30 p.m. Followed by a Family Swim 7:30 p.m. - 9:00 p.m.</p> <p>Cost: \$2.00/ person</p>	<p>Amazing Race Scavenger Hunt</p> <p>Where: Gammondale Farm 6:00 p.m.-8 p.m. (registration ends at 7:00 p.m.)</p> <p>Cost: \$3.00/ team of 4</p>	<p>Twoonie Swim <i>Come out for a swim or try diving with the Thunder Bay Diving Club</i></p> <p>Where: Canada Games Complex 7:00 p.m.-9:00 p.m.</p> <p>Cost: \$2.00/ person</p>	<p>Bowling</p> <p>Where: Superior Bowladrome 4:00 p.m.-8:30 p.m.</p> <p>Cost: \$2.50/ person (incl. tax and shoes)</p>	<p>Free Swim Night</p> <p>Where: Churchill Pool & Volunteer Pool 6:00 p.m.-8:30 p.m.</p> <p>Cost: Free</p>
<p>Boulevard Lake Family Walk</p> <p>Start Location: Boulevard Lake Pavilion Parking Lot</p> <p>Start Time: 6:30 p.m.</p>		<p>“City-Hike” Needing-McIntyre Floodway</p> <p>Hosted by: T. Bay Hiking Association & Lakhead Region Conservation Authority</p> <p>Start Location: TBDHU Parking Lot 999 Balmoral St.</p> <p>Start Time: 6:30 p.m.</p>	<p>Fresh-Air Walk</p> <p>Hosted by: Fresh-Air Experience</p> <p>Start Location: Fresh-Air Experience Parking Lot</p> <p>Start Time: 6:30 p.m.</p>	<p>Marina Park Family Walk</p> <p>Start Location: Marina Park Public Boat Launch Parking Lot</p> <p>Start Time: 6:30 p.m.</p>

Visit www.tbdhu.com for more information on events, tips for staying screen free, prizes and rules of the challenge.

Grand Prizes

1. Family Fitness Makeover at the Canada Games Complex valued at over \$1,000.00.
2. Junior membership at the City Golf Courses valued at \$400.00.
3. Bike from Rollin’ Thunder valued at \$379.00.
4. Jordan Staal Hockey Jersey (donated by Petrie’s Cycle & Sports)

Evaluation (please check one answer in each box)

<input type="checkbox"/>	I spent less time than usual in front of a screen this week.
<input type="checkbox"/>	I spent the same amount of time as usual in front of a screen this week.
<input type="checkbox"/>	I spent more time than usual in front of a screen this week.

<input type="checkbox"/>	I was less physically active than usual this week.
<input type="checkbox"/>	I did the same amount of physical activity as usual this week.
<input type="checkbox"/>	I was more physically active than usual this week.