

CORNWALL ENERGIZE

Community Task Force



Fall/Winter 2009-2010



For more information on the Energize Newsletter please call 613-933-1375 ext:214



Get Moving with Free Physical Activities

<u>Free Physical Activity</u>	<u>Date & Time</u>	<u>Location</u>
<i>Children's Yoga</i>	<u>Saturdays</u> ; 10 to 11 a.m. (Sept to Dec 2009)	Cornwall Public Library
<i>International Children's Day</i> <i>Better Beginnings</i> <i>Better Futures</i>	<u>November 20, 2009</u> ; Swim 7 to 8:30 p.m. Bowl 4 to 6 p.m. Soccer 3 to 5 p.m. and Skate 3:30 to 5 p.m.	Aquatic Centre Olympia Bowl Soccer Dome Si Miller Arena
<i>Kayaking</i> <i>Better Beginnings</i> <i>Better Futures</i>	<u>November 21, 2009</u> ; 12 to 2 p.m (4 to 10 yrs old) <u>November 22, 2009</u> ; 12 to 2 p.m (11 to 18 yrs old)	Aquatic Centre
<i>Rock Climbing</i> <i>Better Beginnings</i> <i>Better Futures</i>	<u>November 22, 2009</u> ; 1 to 5 p.m.	Cornwall Armoury
<i>Energize Swim PD Day</i> <i>(French School Boards)</i>	<u>November 27, 2009</u> ; 1 to 2 p.m.	Aquatic Centre
<i>Energize Skate PD day</i> <i>(English School Boards)</i>	<u>December 4, 2009</u> ; 11 a.m. to 12 p.m.	Civic Complex
<i>Holiday Skate</i> <i>Tim Horton's</i>	<u>December 21, 22, 23, 28, 29, 30, 2009</u> ; 1 to 2:20 p.m.	Civic Complex
<i>Energize Swim PD Day</i> <i>(English School Boards)</i>	<u>February 3, 2010</u> ; 1 to 2 p.m.	Aquatic Centre
<i>March Break Swim:</i> <i>"Club Optimiste de Cornwall"</i>	<u>March 2010</u> ; *Please contact 613-933-3586 for dates/times	Aquatic Centre
<i>March Break Skate</i> <i>Tim Horton's</i>	<u>March 15, 16, 17, 18, 19, 2010</u> ; 1 to 2:20 p.m.	Civic Complex

"For the first time in recorded history younger generations are expected to live shorter lives than their parents due to obesity." Fitzpatrick, M 2007

