


ACTIVE2010

Try It On!

Offering families new activities at no cost  
the week of September 10-16, 2006.

Try it On is a week that provides families from the  
South Georgian Bay area, free access to facilities that provide  
opportunities to be physically ACTIVE.

CALENDAR  
OF EVENTS

Sunday, 10	Monday, 11	Tuesday, 12	Wednesday, 13	Thursday, 14	Friday, 15	Saturday, 16
<p><b>Family Yoga</b> Collingwood YMCA 200 Hume St 445-5705 10:00 - 11:00am Comfy Clothing</p>	<p><b>Family Fun Run</b> Collingwood Running Co. 1 First Street 444-0072 6:30pm  Adidas Test Run Event Shoes and free socks will be provided to test</p>	<p><b>Martial Arts</b> Maizis Martial Arts 272 Main St, Stayner 428-5425 5:00 - 6:00pm 3-7yrs 6:00 - 7:00pm 8-13 yrs 7:00 - 8:00pm 14+ yrs Pre Registration Required Loose Comfy Clothing</p>	<p><b>Tai Chi</b> Taoist Tai Chi-Collingwood 126 Hurontario St, Unit 203 444-0194 3:00 - 6:00pm Pre Registration Required Comfortable clothes, indoor shoes</p>	<p><b>Gardening</b> Collingwood Horticulture Soc. Collingwood Arboretum 445-6440 9:00 - 11:00am Clothing that can get dirty</p>	<p><b>Swim Team</b> C'wood Clippers Swim Team YMCA-200 Hume St 445-5705 5:00 - 6:00pm Swim Suit &amp; Towel</p>	<p><b>Tai Chi</b> Maizis Martial Arts 272 Main St, Stayner 428-5425 11:00 - 12:00pm Loose Clothing</p>
<p><b>Open Swim - YMCA</b> Collingwood YMCA 200 Hume St 445-5705 3:30 - 4:30pm Swim Suit and Towel</p>	<p><b>Swim Team</b> C'wood Clippers Swim Team YMCA-200 Hume St 445-5705 5:00 - 6:00pm Swim Suit &amp; Towel Required</p>	<p><b>Rowing</b> Collingwood Rowing Club Harborview Park 445-5088 5:30 - 7:00pm Water Shoes and clothing to suit weather</p>	<p><b>Open Swim - YMCA</b> Collingwood YMCA 200 Hume St 445-5705 7:00 - 8:00pm Swim suit &amp; towel</p>	<p><b>Group Cycle</b> Collingwood YMCA 200 Hume St 445-5705 5:00 - 5:45pm Running shoes and workout clothing</p>	<p><b>Rowing</b> Collingwood Rowing Club Harborview Park 445-5088 5:30 - 7:00pm Water shoes and clothing to suit weather</p>	<p><b>Rowing</b> Collingwood Rowing Club Harborview Park 445-5088 5:30 - 7:00pm Water shoes and clothing to suit weather</p>
		<p><b>Seniors Try It On</b> Wasaga Beach Parks &amp; Rec Wasaga Beach Rec Plex 1:00 - 4:00pm Tai Chi, Yoga, Walking Call for times and details Appropriate for those 55+</p>	<p><b>Scottish &amp; Celtic Dance</b> Wasaga Beach Parks &amp; Rec Wasaga Beach Rec Plex 6:00 - 7:00pm 5-15yrs 7:00 - 7:30pm Dance Demo 7:30 - 8:30pm 16 yrs +</p>	<p><b>Pilates for All Ages</b> Partners in Health YMCA Gym - 200 Hume St. 441-2258 4:00 - 5:00pm Wear Comfortable Clothing</p>	<p><b>BDB - Try It On</b> Breaking Down Barriers Trinity United Church Maple St. 445-1543 11:00 - 2:30pm Wheelchair Curling, Tai Chi Comfortable clothes and indoor shoes</p>	<p><b>Tai Chi</b> Taoist Tai Chi-Collingwood 126 Hurontario St, Unit 203 444-0194 10:00 - 1:00pm Pre Registration Required Suitable for people with special needs</p>
		<p><b>Trail Walk</b> Environment Network Meet at the Station 7:00pm Opportunity to go on a group led walk Clothing to suit weather</p>	<p><b>Trail Walk RAIN DATE</b> Environment Network Meet at the Station 7:00pm Opportunity to go on a group led walk Clothing to suit weather</p>	<p><b>Martial Arts</b> Collingwood Martial Arts 9595 Hwy 26 East 444-0240 12:30-1:15 &amp; 1:30-2:15pm Comfortable Clothing Pre Registration Required</p>		

www.activedirections.ca

We build strong kids,  
strong families,  
strong communities.



Plus de vie à la vie  
des jeunes, des familles  
et de la communauté.

YMCA



Ontario

Ministry of Health Promotion